Call 781 485 0588

Everett Independent Newspaper Co.

Wednesday, December 11, 2024



Santa and Mrs. Claus arrived in style thanks to the Everett Fire Department.

PHOTOS COURTESY THE CITY OF EVERET



The School Street and Norwood Street municipal parking lot was filled with attendees and activities for all to partake in.

City of Everett lights Christmas Tree in celebration of the holiday season

Special to the Independent

The City of Everett hosted the annual Christmas Tree Lighting event on Friday, Dec. 6 at Everett Square in celebration of the holiday season.

The City spread holiday cheer with many fun and free activities including live performances, hay rides, train rides, holiday

characters, face painting, balloon creations, food, giveaways, and even a special visit from Santa and Mrs. Claus directly from the North Pole. The jolly couple paraded down Broadway, led by the Everett police and fire departments and Everett High School's award-winning band. Following the arrival of Santa and Mrs.

Claus, they sang some holiday songs on the big stage and then made their way to the Parlin Memorial Library to take photos with attendees.

In addition to the festive activities, Mayor Carlo DeMaria and family threw the switch and lit up the beautiful Christmas tree to spread holiday cheer throughout the communi-

"The Christmas Tree Lighting is one of my personal favorite annual events because it's always a fantastic opportunity for our community to come together to spread cheer and celebrate the holiday season," said Mayor De-Maria. "I'd like to thank

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Everett is well prepared for the upcoming winter

Special to the Independent

With the snow season now upon us, the City of Everett is well prepared for snow removal measures. Mayor Carlo De-Maria recently met with his senior staff to ensure that the procedures, staffing, and supplies for snow removal and parking enforcement are effectively in place.

All pieces of snow removal equipment, both City-owned and contracted vehicles, along with several snow blowers for City buildings will be

made available for the upcoming season. For major storms, crews will work in coordinated split shifts, utilizing plows, sanders, bobcat front-end loaders and sidewalk plows to ensure the safety of the City's main arteries, side streets, and sidewalks. In the days following major storms, the Department of Public Works (DPW) will continue the work of

plowing and coordinating additional snow removal. The City has reaffirmed its strategy for notifying residents of parking bans. Parking bans and restrictions will be implemented and enforced ahead of storms. Once the decision has been made to declare a snow parking ban, the information will be made available to residents through robo-calls, postings on Everett Community Television (ECTV), social media (Facebook: /cityofeverettma; Instagram: @cityofeverettma; X (the platform formerly known as Twitter): @EverettGov_MA), the city-

and by the activation of

website,

ofeverett.com

the blue emergency lights along main arteries. Residents can also call 311 or 617-394-2270 for any information. For this snow season,

December 2024 to March/ April of 2025, the year used for parking bans will be $20\hat{2}5$ – an odd numbered year - thus vehicles should park on the ODD side of the street. secondary streets - where parking is normally allowed on both sides – parking is ONLY

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Progress Made

Seventh-and-eighth grade academy looking to use old EHS building

The issue of using the old Everett High School building for a seventhand-eighth grade academy will move forward with a neighborhood meeting on the issue set to take place in January.

City Council President Robert Van Campen had requested an update from Mayor Carlo DeMaria on the ongoing efforts "to reclaim the former Everett High School for expanded school purposes, including the relocation of certain other non-educational uses within the facility." DeMaria spoke at the

meeting and provided additional information about the project and the possibility that the Eliot Family Resource Center and the Broadway Boxing Club could continue to operate within the facility using separate entrances.

Frank Tedesco, president of Mount Vernon Group Architects, also addressed the Council, indicating that the project's square footage will be expanded at the building, and the estimated cost for the project would likely rise from \$72 million to



Mayor Carlo DeMaria is pictured after speaking at Monday's City Council meeting.

\$79 million. He said the completed project would be like having "a brandnew school" at the site. Mount Vernon has accomplished a similar "brand new look" with its highly acclaimed renovation project of Beverly High

After the meeting, Van Campen expounded on his belief that a neighborhood meeting is necessary at this point in the discus-

"I'm trying to avoid unnecessary negative impacts, so I'm still analyzing and studying this project just to make sure that ultimately this is going to work for the area," said Van Campen.

See PROGRESS Page 3

Councillors Smith, Rogers offer differing viewpoints on live animal testing issue

By Cary Shuman

The City Council voted by a 5-4 margin to send a request by Councilor-at-Large Stephanie Smith to the Legislative Affairs Committee on amending an ordinance on the issue of live animal testing at future life science centers that may be built in Everett.

Councilor-at-Large Katy Rogers spoke against the measure following Smith's opening state-

Smith noted that last month the Council voted to amend the city's zoning ordinance to create the Everett Docklands Innovation District.

"A component of this district was to include life sciences as a by-right use," said Smith. "This is the first time we've ever included life sciences as a by-right use in any of our zoning, so now as a result, I feel we need to update some of the other ordinances because of that."

Smith said her amendment "was not a result of a corporation or private developer influencing me, and it's not developer driven."

Smith said a life science center in Everett "is the opportunity for job creation and workforce development."

"These are high-skilled. high-wage jobs for Everett residents who would otherwise have to commute to other cities that do allow this," said Smith. "This is a once-in-a-lifetime opportunity for us to have economic growth, sustainability and innovation here in Everett."

Smith said her proposal does not lift animal testing completely, instead limiting it "to small vertebrate species such as mice, rats, and fish, and only where [the city] is zoned for life sciences."

Rogers sought a special

See COUNCIL Page 3



Ward 2 Councilor Stephanie Martins (left) listens to Chief Financial Officer Eric Demas (right) as he responds to her request for an update on ARPA fund distribution to local organizations in the city.

COUNCIL PRESIDENT ROBERT VAN CAMPEN HOSTS HOLIDAY PARTY

A large crowd of family, friends, and supporters across the city attended City Council President Robert Van Campen's Holiday Party Dec. 4 at Anthony's Malden.

The guests also celebrated Van Campen's 50th birthday with a special cake decorated in his honor.

"He's a role model at a time when we need role models," said friend Chris Connolly in his introductory remarks. "I like to think of Robert as a gentleman and a scholar. He's reliable, he's educated, and he's in for the right reasons for the people of Everett and beyond, being a union general counsel for AFSCME. Everyone appreciates Robert in the city and all that he does as the president of the City Council."

Mr. Van Campen's son, John, also spoke to the gathering, stating, "As a member of the City Council, he works tirelessly to make our community a better place. For as long as I can remember, he has been deeply involved in public service, taking on all the responsibilities that come with it. He's someone who generally cares about others and their well-being. He's a great dad. He's taught me that

leadership isn't about the title, it's about service."

Robert Van Campen thanked the tremendous crowd for their support, jesting, "This is overwhelming to me. I woke up this morning and I said to Lisa, 'What if no one comes to this [event]?' But we're all here and I'm grateful for that."

Van Campen said cordially, "We have to get back to a world where we can disagree with each other without being enemies."

Van Campen expressed his appreciation to the many councillors and school committee members in attendance for their service in the city.

"Public service is hard," said Van Campen. "The folks that I serve with, they come at this work with a genuine interest in solving the problems face. At the end of the day, we may have disagreements, but we're not enemies. We're fellow citizens."

Van Campen concluded his remarks by thanking his wife, Lisa, and his children, John and Lily, for their support, encouragement, and understanding of his being a busy councillor. "I love you guys very much," he said.



City Council President Robert Van Campen welcomes Kelley Naumann and Alex Naumann to his Holiday Party at Anthony's, Malden.



Robert Van Campen welcomes Saugus Town Moderator Steve Doherty and Town Meeting Member Sue Palomba to the Holiday Party.



Melrose City Councilor Shawn MacMaster, former Melrose Mayor Rob Dolan, and City Councilor Mark Garipay are pictured with Everett City Council President Robert Van Campen.



Former city councillor
Al Lattanzi and Supt. of
Schools William Hart.



Robert Van Campen and his mother, Marie Van Campen.



City Council President Robert Van Campen, with Marie Tozzi and LA Zawodny.



DJ Mike Phillips (right) and Sue Phillips.



Guests from the family, from left, Shawn Morrow, Mikayla Morrow, Susan Van Campen, Linda Morrow, Shawn Morrow Sr., Jake Morrow, and Ashley Brown.



City Council President Robert Van Campen, with his wife, Lisa Van Campen, son, John, and daughter, Lily.



Colleagues on the City Council turned out to support Council President Robert Van Campen at the Holiday Party. From left, are Councilors Michael Marchese, Stephanie Martins, John Hanlon, Katy Rogers, Guerline Alcy-Jabouin, Stephanie Smith, Robert Van Campen, Holly Garcia, and Anthony DiPierro.



City councilors and members of the School Committee are pictured with Robert Van Campen at his Dec. 4 Holiday Party at Anthony's, Malden



Thank you for kicking off the holiday season with me!
I am honored by your support.

City Council President Robert Van Campen & Family

Winter // CONTINUED FROM PAGE 1

allowed on the side of the street where the house numbers are odd when a snow parking ban is declared. This rule will apply for the entire snow season. However, for streets that are one-sided parking, vehicles must remain on the side that is usually allowed. As always, there is no parking permitted on main arteries during a snow parking ban.

- Main arteries include: • Alpine Ave. - Both
- Bellrock Avenue Entire length.
- Broadway From Boston to Malden line.
- Bryant Sreet. Entire length. • Bucknam Street -
- From Norwood to Belmont Street. • Chelsea Street - From
- Everett Square to Everett • Elm Street - From Fer-
- ry Street to Revere line. • Ferry Street - From Malden line to Chelsea
- Fuller Street Entire length.
- Garland Street Easterly side from Woodlawn
- Street to Lawrence Street. • Hancock Street - From Broadway to Malden line.
- High Street From Broadway to Ferry Street.

- Lawrence Street Entire length.
- Lynn Street Entire length.
- Main Street Sweetser Circle to Malden line. Nichols Street - From
- Ferry Street to Chelsea • Norwood Street -
- From Bucknam Street to Everett Square. • Second Street - Entire
- length. • Tileston Street - Entire
- length. • Tremont Street - Entire length.
- Union Street Entire length.

Failure to follow snow parking ban regulations will result in the ticketing and towing of vehicles.

The Department of Public Works would like to remind residents to not throw snow back onto the street when shoveling. This hinders the efforts of the City to effectively plow roadways and is subject to fines. When possible, residents are asked to wait until the storm is over before removing snow from driveway entrances to avoid shoveling multiple times. Plows do not intentionally push snow in front of driveways; however, it efforts to keep roadways clear. Also, using objects to reserve parking spaces on City streets is prohibited by City ordinance.

In the event there are snow banks that make it difficult to place trash bins on the sidewalk, residents may place trash bags on top of the snow banks to be collected for removal. Please note that this will only be allowed when snow banks are too high and make it inaccessible for residents to place trash bins regularly on the side-

The Everett Fire Department is also asking residents to help clear snow at least three feet around fire hydrants. This is important for helping emergency personnel with quickly accessing fire hydrants during emergency situations.

The Mayor and his administration ask that all residents help the City achieve a successful snow removal season by following these regulations and thank everyone in advance for their cooperation. For more information, please call the Constituent Services Department at 617-

City of Everett launches communication boards improving accessibility at City Hall

is a part of the necessary

Mayor Carlo DeMaria is pleased to announce that the City of Everett has recently launched communication boards to assist individuals with limited spoken language ability in accessing City services.

The initiative, which began in collaboration with City Councilor Holly Garcia, will expand City Hall's accessibility options to help individuals with limited speaking abilities with communicating with City staff. The boards display illustrations with short descriptors to help those with limited speaking abilities express themselves by gesturing or pointing to the images to communicate. With the help of a communication board, a person can gesture to a service they are looking for or ask or answer questions that will help a City staff member assist a constituent.

"We constantly strive to ensure residents know that City Hall and the services that are provided are available to everyone," said Mayor DeMaria. "I want to thank all those in-



An example of the communication boards available at City Hall that will be used to assist individuals with limited spoken language ability in accessing City services. (Photo courtesy of the City of Everett)

volved with introducing communication boards to key offices and for furthering our commitment to increasing accessibility in all that we do."

The communication boards were provided to

some of the most frequently visited offices at City Hall, including Constituent Services, Collector's Office, Health Department, City Clerk's Office, and Mayor's Office.

The Platters return to the Regent Theatre with acclaimed 'Very Merry Christmas Show!'

Special to the Independent

The Rock n' Roll, Vocal, and Grammy® Halls of Fame culture icons, The Platters® (theplatters. com), defacto members of the Marvel® Cinematic Universe® (MCU) music family, bring their critically acclaimed Very Merry Christmas Show back to The Regent Theatre, 7 Medford Street in Arlington for one show only on Thursday, December 19, 2024, at 7:30 p.m. The Platters, founded

and named by Herb Reed in the mid-50s, continues today with Lance Bernard Bryant, Omar Ross, Jovian K. Ford, and Brittney Necole Bellamy. Collectively, they lend their harmonically smooth voices to taking audiences on a holiday-themed soiree via a magical, interactive, sonic-driven sleigh ride fueled by music from across the decades. The Platters weave many of their major evergreen hits, including "The Great Pretender," "My Prayer," and "Smoke Gets In Your Eyes," together with family fun holiday classics geared toward a night of joyful memories and family fun accompanied by their band Sonic Evolution. At the invitation of former East Boston and Revere native Frederick J. Balboni, Jr. (bcg-hre. com), the successor to



Shown (left to right) Jovian Ford, Omar Ross, Brittney Nicole Bellamy, and Lance Bernard Bryant.

Herb Reed, asked Everett Public Schools national award-winning

Music Director Gene O'Brien to join the group on stage during their only Boston area date. Accepting the invitation, Everett High School choral director Corey Crofoot was tasked by O'Brien to create an all-inclusive school and community choir to showcase the diverse talents of the students of the performing arts community. Members of the choir from the First Parish in Lexington will also be join the choral ensemble. The Platters became citizens of the MCU in 2021, with one of their timeless hits, Twilight Time, placed on the breakthrough Marvel $\mbox{\ensuremath{\mathbb{R}}}$ — Disney+ $\mbox{\ensuremath{\mathbb{R}}}$ streaming television series WandaVision. This past July, Only You (and You Alone), the song that first launched the vocal group

onto the national music charts, recently took the top spot on the critically acclaimed soundtrack of Marvel's international blockbuster Deadpool & Wolverine. According to Balboni, Jr., Reed's handpicked, direct successor and international keeper of his legacy, "We look forward to involving talented students and community members to come together and share the stage with us to showcase their talents. It helps us entertain the greater community so they can take time out of their busy lives to enjoy the season's spirit. " He continued, "Our family show will have plenty of surprises, including a special guest appearance by Santa

himself. Winthrop-based classic rock and soul group Smokin' Joe and The Henchmen will open the holiday show.

Progress // CONTINUED FROM PAGE 1

Van Campen said that Eliot Family Resource Center provides "critical services to the community, but I am still questioning whether those impacts adding a seventh-andeighth-grade project would be too great in this congested area."

Van Campen asserted that the neighborhood "is fully supportive of reclaiming the building [the old Everett High School] school purposes. That's something I'm fully supportive of but the open question is whether these non-educational uses (Eliot Center, Broadway Boxing Club) can coexist for a greater use of the building for school purposes, and that's still the question that has to be

Mayor DeMaria agreed with Van Campen's request to hold community meetings on the project and an additional request Councilor-at-Large

answered."

John Hanlon that residents ipate in the meeting reshould be able to particmotely from their homes.

Everett Arts & Culture Events

Think

Art At City Hall Everett Featuring works under 16" from Everett artists Art for sale, support living

artists. Art makes a great gift!

CALL TO ARTISTS! NEW YEAR - NEW ART!

Share your newest work! Email EverettArtEntry@gmail.com for more information. Open to all, no fee.

JOIN the

EVERETT CULTURAL COUNCIL

Join us as we create and support Everett's Arts & Cultural Community for ALL Everett residents For more info, email:

EverettCulturalCouncil@ci.everett.ma.

Council // CONTINUED FROM PAGE 1

'point of personal privilege" to speak on Smith's motion, and Council President Robert Van Campen approved the request.

"While I believe Council Smith's attentions are sincere in this matter, I do believe the Davis Company has dubious intentions, as was demonstrated two years ago, as well as during a public meeting the other night, in which they pitched animal testing to residents despite an ordinance already existing," said Rogers. "To me, that is direct interference in our municipal process, our government, and democracy as a whole."

Rogers issued a statement on the matter Tuesday stating, "If we allow animal testing in Everett, we cannot undo it or reclaim the cruelty-free reputation residents have worked so hard to establish. The proposed Innovation District will thrive regardless of animal testing. The Davis Company, a \$4 billion real estate corporation, is committed to developing the area with or without it and should not be attempting to push amending it for profit. Allowing animal testing does not alter the district's trajectory but does compromise the ethical standards established by Everett residents.

Animal testing serves a private corporate agenda,

not the public good. The

ordinance was a constitu-

ent-led initiative, shaped by community voices to reflect Everett's values. Amending it undermines transparency and trust, principles we value in our community partnerships.

While animal testing may not harm the average resident directly, it offers no tangible benefits either. In contrast, maintaining Everett's cruelty-free status strengthens our advocacy for broader animal protections and positions us as a compassionate, forward-thinking community. By upholding the ban, we set a crucial precedent: companies must innovate with the community, not against it. This is not about stifling prog-

ress; it's about ensuring

values and that developers respect the guidelines set by the people. Corporate partners should not be silencing community input for profit."

Lama, Naresh

the future aligns with our

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Everett Independent

President: Stephen Quigley Editor in Chief: Cary Shuman

DOMESTIC VIOLENCE: THE SCOURGE WITHOUT END

When we heard the news last Friday morning that a 32 year-old woman had been shot and killed in broad daylight on a busy Chelsea street, the first thought that immediately crossed our mind was: The husband or boyfriend did it. Just a few hours later, police announced that they had arrested a suspect, the victim's 31 year-old estranged husband who, according to news reports, had called police to turn himself in.

We've been in the news business for longer than we care to remember and the world has changed in ways that were unimaginable when we began our career in journalism more than 50 years ago. But despite the changes in technology and societal attitudes regarding countless issues, the one constant that has remained is the pathology of domestic violence.

It still is the case today, just as it always has been, that a woman is more likely to suffer violence by a partner than from any other source. The statistics tell the tragic story: Nearly half of all women murdered in the United States are killed by a current or former intimate partner; 1 in 4 women will experience physical violence from an intimate partner in their lifetime; 1 in 3 women will experience some form of sexual violence from an intimate partner in their lifetime; and 1 in 6 women will experience stalking from an intimate partner in their lifetime.

It also has remained true that the most dangerous time for a woman in a relationship is the period when she first decides to leave her partner. The victim in the shooting this past week had been married to the suspect for 10 years, but they had become estranged only within the past two weeks.

In addition, an article in this week's New York Times has highlighted another dangerous time period for women: According to the Times, the second-leading cause of death (other than from the pregnancy itself) for women who are pregnant or recently postpartum is domestic violence.

What also was not surprising about Friday's tragic event is that a gun was used by the perpetrator. The mere presence of a firearm in a domestic violence situation increases the risk of homicide by 500% and more than half of intimate partner homicides are by firearm.

Fortunately, the U.S. Supreme Court recently let stand laws that exist in every state that require a person with a domestic violence restraining order to turn in his guns. However, there had not been a restraining order between the parties involved in Friday's tragedy.

Domestic violence cuts across all racial and economic lines. Just the week before Friday's incident (in which the victim and the suspect, both of whom are Haitian immigrants and are Black), it was announced that the Cohasset man who allegedly murdered and dismembered his wife -- both of whom are white -- at Christmas time two years ago will stand trial next year. We also would note that today's Massachusetts domestic violence laws stem from the 1970s after an incident in that wealthy suburb of Cohasset in which the husband shot and killed his wife and then shot and wounded his children before turning the gun on himself.

We generally conclude our editorials by offering our view on what lawmakers or individuals can do in order to bring about societal change. However, when it comes to domestic violence, we have no ready solution to this long-standing problem. We can only recommend to women and anyone who is in an abusive relationship to end it immediately and seek help from law enforcement, the courts, and the many services available to victims of domestic violence in our communities. (In Chelsea, HarborCOV offers services for victims of domestic violence. Its 24 hour hotline number is 617-884-9909.)

ANOTHER DICTATOR BITES THE DUST

The demise of the dictatorship in Syria this weekend that brought to an end 50 years of brutal rule by the Assad family -- Bashir al-Assad had succeeded his father, Hafez al-Assad -- was startling to most observers. The Assad regime had successfully fought off a rebel army more than a decade ago, and though Syria had been divided into areas of control by various rebel groups and the government, the Assad regime, bolstered by the Russians and the Iranians, seemed secure.

However, the denigration of Iran's military capabilities by Israel this past year and Russia's weakened position because of its war in Ukraine left the Assad regime vulnerable to the rebel factions who never had gone away over the past decade.

What caught everyone by surprise, including Bashir al-Assad himself, was the rapidity of the rebels' advance from their stronghold in a tiny portion of northwestern Syria in the city of Idlib to the capital of Damascus, hundreds of miles away.

The images of Syrians rejoicing in the streets amidst the toppled statues of Hafez al-Assad were reminiscent of what happened in the immediate aftermath of the fall of so many other Middle East dictators, including Saddam Hussein in Iraq and Muammar al-Gaddafi in Libya.

The quick end to the al-Assad regime brought to mind a phrase by a character in the novel, The Sun Also Rises by Ernest Hemingway, about how bankruptcy befalls someone: "Gradually and then suddenly."

We join with the Syrian people in their joy and pray that their future, whatever path it may take, will be

peaceful.

Independent Forum

Upcoming Events at Everett Public Libraries

Parlin Adult and Teens

Crochet Workshop Series Parlin Meeting Room. Tuesday, December 17th at 6pm. Our Fall series of crochet workshops will guide you through all the essentials, from getting your yarn on the hook to finally finishing that tricky project you've been working on. This week we'll be working on wearable crochet looks. BYO yarn and hooks, or borrow some from the library! Materials have been generously funded by the Friends of the Everett Public Libraries. Suggested for ages 14+. Registration is recommended, sign up online at bit.ly/eveprograms

Yarn Club Parlin Fireplace Room. Tuesday, December 17th 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!

Puzzle Club Parlin Trustees Table. Wednesday, December 18th from 3-5pm. Piece together fun and friendship at the Parlin puzzle table! We'll have puzzles of all shapes and sizes to work on together. Recommended for ages 10 and up.

Murder/Mystery Book Group, Connolly Center Meeting Room. Thursday, December 19th at 12pm. In Anne Perry's A Christmas Vanishing, Mariah arrives for a Christmas visit to find her friend vanished and her invitation rescinded. Has her friend run off with another man? Was she kidnapped? See Kathleen for copies on her twice monthly visits, or call the Parlin (617) 394 2300 or Shute (617) 394 2308 libraries.

Resume Writing, Parlin

Information Desk. Do you need help sprucing up an old resume or creating a new one? Sign up for a thirty minute session at the Parlin. By appointment only. To register, please call or send email to Kathleen, 617-394-2300 or slipp@noblenet.org Computer Basics 101,

Parlin Information Desk. 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. To register, please call or send email to Kathleen, 617-394-2300 slipp@noblenet.org.

Parlin Childrens

Club. Children's Room. Monday, December 16th 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, December 18th at 11am. Join us for a fun-filled morning of singing and storytelling with Karen! Suggested ages

Drama Class. Parlin Children's Room. Wednesday, December 18th 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.

Storytime Adventures with Mrs McAuliffe,

Parlin Children's Room, Thursday, December 19th at 11:00 Join Children's Librarian Mrs. McAuliffe for our enchanting Story Time! Listen to stories about the different ways our community celebrates the holidays during this special edition of Story Time Adventures. Learn about Christmas, Hanukkah and Kwanzaa. Bring a friend or make a new one in our circle of friends.

Crafternoon Parlin Craft Room. Thursday, December 19th at 3pm. Join us for a holiday themed craft project Suggested ages 3

Friday Family Movies Special Holiday Double Feature! Parlin Meeting Room. Friday, December 20 at 3 pm. Break out the popcorn! Come and watch 2 family classics back to back, A Charlie Brown Christmas and Rudolph the Rednosed Reindeer.

Fluency Fun Fridays! Parlin Children's Room. Friday, December 20th at 3pm. Level up your fluency game! Drop by the Children's Room for an afternoon of fun board games like Scrabble and Bananagrams, word searches and crossword puzzles. Suggested ages

Origami Club. Parlin Fireplace Room. Saturday, December 21st at 12pm. Learn how to fold paper animals of all kinds! Open to all ages and abilities. Paper and instruction will be provided.

Shute Adult and Teens

Romance Book Club, Shute Meeting Room. Tuesday, December 17th at 6 PM. Calling all romance lovers! Join our Romance Book Club at the Shute Library! We'll meet every third Tuesday of the month (unless otherwise

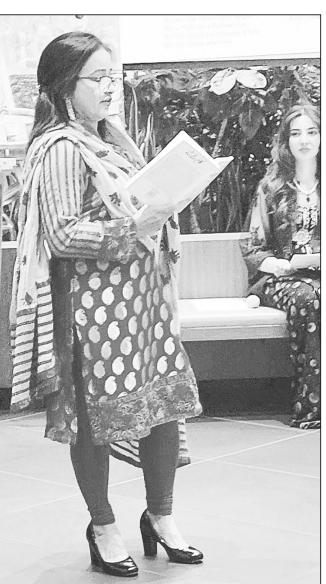
noted on our calendar). No registration needed just bring your love for all things romance! For ages 18 and up. The book of the month is Life's Too Short by Abby Jimenez. We'll have light refreshments and snacks thanks to the Friends of the Everett Public Libraries. Limited copies will be available to borrow at our circulation

Crafty Conversations: Wall Hanging Ed., Shute Meeting Room. Thursday, December 19th at 7 PM. Join us for Crafty Conversations: Wall Hanging, a cozy winter crafting session where you'll create unique snowflakes to hang on a decorative branch. Add your own personal touch to your winter decor. Suggested for ages 14 and up. Registration is required. This program is generously funded by the Friends of the Everett

Public Libraries. 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. By appointment only. Please email shuteinfo@noblenet.org or call 617-394-2308.

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. Please email shuteinfo@noblenet.org or call 617-394-2308.

EVERETT RESIDENT CELEBRATES POETRY



The American Association for Arab Women in Malden

Please visit everettindependent.com

celebrated poetry with an international recital at 350 Main

St. in Malden. Everett resident Komal presented a piece by

Baba Bulla Shah titled "Bulla ki Jaana mein kon" to repre-

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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Tree $\!\!\!/\!\!\!/$ continued from page 1

all of the sponsors, participants, volunteers and everyone who attended for making this event another tremendous success. Merry Christmas and Happy Holidays, Everett."

All of the upcoming City of Everett events can be found by visiting the

events calendar on the City website at cityofeverett.com/calendar/category/events/list. Residents can also follow the official social media pages on Facebook, Instagram and X (the platform formerly known as Twitter) to stay updated. Facebook: /cityofeverettma and /mayorcarlodemaria. Instagram: @cityofeverettma and @ mayorcarlodemaria. X: @ EverettGov_MA and @ Mayor_DeMaria. All are welcome to attend the upcoming events.



From left: State Senator Sal DiDomenico, Tricia DiDomenico, First Lady Stacy DeMaria, Mayor Carlo DeMaria, and former City Councilor Al Lattanzi.



The Everett High School Band led by Music Director Gene O'Brien paraded down Broadway to Everett Square to kick off the evening festivities. See Page 6 for more photos.



Attendees ready for the hay ride to begin.



City of Everett Youth Development and Enrichment Department handed out free popcorn to attendees.



From left: City of Everett ECTV/Communications Event Coordinator Bobby Barrett, Director of Diversity, Equity, and Inclusion Cathy Draine, First Lady Stacy DeMaria, Mayor Carlo DeMaria, and Zion Church Ministries' Bishop Robert G. Brown.



At the Mayor's tent from left: Catarina Patterson, Gerri Miranda, First Lady Stacy DeMaria, Mayor Carlo DeMaria, and Cathy Draine and her daughter Ailey.







the Parlin Memorial Library.

Everett's official Christmas tree is lit for the holiday season.

CITY OF EVERETT LIGHTS CHRISTMAS TREE IN CELEBRATION OF THE HOLIDAY SEASON



A young attendee gets their face painted inside the balloon creation and face painting tent.



Santa and Mrs. Claus, along with other holiday characters, sang some songs with attendees.



Attendees received free balloons and face painting as part of the festive activities.



Mayor Carlo DeMaria and First Lady Stacy in front of the City of Everett's official Christmas tree.



Mayor Carlo DeMaria and family celebrated the holiday season with the community at the City of Everett's annual Christmas Tree Lighting.



Mayor's Office Executive Manager Dolores Lattanzi and former City Councilor

Al Lattanzi.



Everett Department of Public Works employee Pedro Rivera sang holiday tunes for attendees.



At the Mayor's tent from left: Catarina Patterson, Gerri Miranda, First Lady Stacy DeMaria, Mayor Carlo DeMaria, and Cathy Draine and her daughter Ailey.



A young attendee taking a photo with a minion.



Buzz and Woody taking a photo with an attendee at the City of Everett's annual Christmas Tree Lighting.



From left: President of the Everett Chamber of Commerce Dan Cameron, First Lady Stacy DeMaria, and Mayor Carlo DeMaria.



The Everett Police Department brought the mobile Bear Force One to the event to let attendees know about their upcoming Polar Plunge event to benefit the Massachusetts Special Olympics. From left: Everett Police Lieutenant Larry

Jedrey, First Lady Stacy DeMaria, and Mayor Carlo DeMaria.



Attendees had the opportunity to participate in arts and crafts while waiting to see Santa and Mrs. Claus.



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EVERETT CRIMSON TIDE FALL ALL-SPORTS AWARDS NIGHT

The EHS Crimson Tide Athletic Department head by Athletic Director Tammy Turner and Superintendent William Hart hosted the annual all-sports awards dinner at Anthony's of Malden.

Coaches and student

athletes that competed throughout the fall season, usually ending by the first week in November, gathered to enjoy an evening together, showing support for their coaches, seniors and team play.



Cheering Coach Taylor Leo and Asst. Coach Katelyn Mastrocola with the EHS All-Star Sarah Tiberri.



Soccer Coach Dom Persuitte with EHS All-Stars Yelsa Garcia and Emilia Maria-Babcock.



Volleyball Coach Michael Fineran with EHS All-Stars Victoria Rodriquez and Sonia Costanza Flores.



Head Coach Dom Persuitte with the EHS Girl's Soccer Team. See Page 8 for more photos.





Head Coach Taylor Leo and Asst Coach Katelyn Mastrocola with the EHS Football Cheering Squad.



 $Head\ Coach\ Justin\ Flores\ and\ the\ Crimson\ Tide\ Football\ Coaching\ Staff\ and\ the\ EHS\ Football\ Team.$

EPS



EHS Athletic Director Tammy Turner was the Master of Ceremonies for the event.



Everett Superintendent of Public Schools William Hart welcomes the coaches, athletes and families to the dinner.



EVERETT HIGH BAND WITH ALUMNI, TEACHERS AND FRIENDS • JAZZ BAND & JAZZ COMBO •

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EVERETT CRIMSON TIDE FALL ALL-SPORTS AWARDS NIGHT



EHS Athletic Director Tammy Turner with Asst. AD Steve Gallagher and Everett Superintendent of Public Schools William Hart at the Annual EHS All Fall Sports Awards Dinner at Anthony's in Malden.



Soccer Coach Rodney Landaverde with EHS All-Stars Luvens Hector, Bryan Ribeiro, and Kareem Drissi.



Field Hockey Coach Nicola Jones with EHS All-Stars Justin Contreas Chacon, Jasmine Salvador Lopez, and Luiza Velev.



Head Coach David Peach and the EHS Golf Team.



Head Coach Brendan Hahesy with the EHS Cross Country Team.



Head Coach Rodney Landaverde with the EHS Boys' Soccer Team.



Head Coach Nicola Jones with the EHS Field Hockey Team.





Photos on your phone? Just scan here and attach the photo to the email that is generated!





Football Coach Justin Flores with EHS All-Stars Yariel Ortiz, Carlos Silva Rodriguez, Joao Barreiros, Emmanuel Santiago, and Marvin Desruisseaux.



Head Coach Chris Chase with the EHS Unified Basketball Team.

La Colaborativa deploys \$2 million climate future initiative to empower young adults

Special to the Independent

Colaborativa recently announced the launch of its Climate Future Initiative, the largest climate-tech workforce training, career readiness, and economic development program in the Metro North Region.

"We're grateful to the Healey-Driscoll Administration, MassCEC, and Senators Warren and Markey for catalyzing meaningful strides towards ensuring the clean energy transition uplifts, rather than exploits, Latinx and immigrant communities." said Gladys Vega, President/CEO of La Colabo-

In total, the multilingual program represents a \$2 million investment overseen by La Colaborativa, with financing provided by the U.S. Department of Labor through Senators Warren and Markey, coupled with major grants through the Mass. Clean Energy Center (Mass-CEC), the Executive Office of Economic Development (EOED), and MassHire Metro North Workforce Board. It sets the stage for the development of La Colaborativa's Center for Economic Development at 50 Heard St.

"Through a cross-sector partnership convened by La Colaborativa, this approach recognizes that we can only overcome the displacement crisis, poverty, and community violence by deliberately empowering our youth and young adults." said Dinanyili Paulino, EVP of La Colaborativa.

Centered on galvanizing an equitable, dynamic 21st century economy, the program aims to diversify the next generation of climate-tech leaders.

"With a forecasted shortage of over 38,000 climate-tech jobs across the Commonwealth, La Colaborativa is committed to fostering the advancement of our young people through high-paying jobs in the HVAC, electrical, energy efficiency, and green construction realms," said Alex Train, COO of La Colaborativa.

In turn, developing an adept, agile climate-tech workforce will accelerate the decarbonization of the Metro North Region, foster climate preparedness, and achieve an unmatched quality of life by lowering household costs, mitigating air pollution, and generating tangible economic

benefits for low-income

With La Colaborativa spearheading the effort, the multilingual program will be implemented in partnership with Frank-Cummings Institute of Technology, the Green Jobs Academy, TNEC-UMass Lowell. and the North Atlantic Regional Council of Carpenters. This multifaceted approach will directly train and equip over 143 young adults, ages 18 to 24, and mid-career adults for careers in a variety of fields. Moreover, through its Youth Development Department, La Colaborativa will carry out a career exploration and job readiness program, enabling 15 youth, ages 16 to 18, to gain exposure to the host of post-secondary and career opportunities in the sustainability, clean energy, and climate resilience sectors. Simultaneously, over 1,000 residents will be positioned to thrive in the climate-tech space through contextualized ESOL classes, career readiness, and job search

As workforce training progresses, La Colabora-

residents.

tiva will institute intensive career counseling,

assistance.

La Colaborativa recently announced a \$2 million climate future initiative that will focus on climate-tech workforce training, career readiness, and economic development in the region.

job readiness, financial education, and leadership development programming. Distinguished by an emphasis on integrative wraparound services for all participants in the workforce training and youth career exploration pathways, the program will encompass intensive case management, living wage stipends to reduce economic barriers, transportation, food and clothing assistance, and access to childcare. La Colaborativa will expand private sector partnerships to directly place participants in well-paying jobs, with ongoing case management provided to promote retention and mobility.

A throughline across the program, diminishing obstacles commonly faced by BIPOC residents is essential to furthering the Commonwealth's petitiveness, enriching the local economy, and eradicating poverty.

Interested residents of ties.

Chelsea, Everett, Revere, East Boston, and Lynn can apply directly by visiting La Colaborativa's website at https://www. la-colaborativa.org, calling (617) 889-6080, or stopping by 63 6th St. in Chelsea between 10:00 A.M. and 6:00 P.M. Monday through Friday.

La Colaborativa, a 501(c)(3) nonprofit organization dedicated to the empowerment of Latinx and immigrant communi-

EHS Roundup

EHS BOYS BASKETBALL **OPENS SEASON** AT REVERE

The Everett High boys basketball team will open its 2025 season tomorrow (Thursday) evening when coach Gerry Boyce and his Crimson Tide made the short trek eastward on the Revere Beach Parkway to meet Greater Boston League (GBL) rival

The season-opening tip is set for 7:00. "We are fortunate to

have a dedicated group of players who display exceptional chemistry and character," said Boyce.

"Our captains, Jevaun Berberena, Tyson Chhun, and Henrique Pinto, will provide strong leadership both on and off the court, guiding our promising roster that includes Geor-

diell Morales.

"As we prepare for the challenges ahead, we recognize that our team is currently developing in areas such as experience and size," Boyce continued. "This season, we are focused on fostering growth and improvement each week. Our aim is to cultivate a strong work ethic,

demonstrate tenacity, and concentrate on one game at a time to maximize our potential. I am optimistic that with our commitment to learning and teamwork, we will see significant progress throughout the

In addition to the trio of captains Berberena, Chhun, and Pinto, the Crimson Tide varsity roster includes Antonio Iraola, John Luna, Deyvid Xavier, Benji Joseph, Jamill Nelson, Adam Aitmessaoud, Jayden Sanchez, Cristian Vasquez, Sean Burnett, Jayden Alsaindor, Richardson Lamerique, and Geordiell Luna

The Crimson Tide presently are scheduled to play GBL foes Lynn English, Lynn Classical, and Malden twice each and GBL foes Revere, Chelsea, Medford, and Somerville once apiece.

Non-league opponents include Newton South, East Boston, Brockton, and Brookline, plus Lincoln-Sudbury and another non-league foe to be determined in a holiday tournament at King Philip Regional HS during the Christmas break.

After the opener with

Revere, Boyce and his crew will host GBL fierce rival Lynn English on Tuesday in a key early-season league matchup. The opening tip with the Bulldogs is set for 7:00 and a packed house is expected to be on hand at the EHS gym.

WINTER SPORTS **SEASON IN FULL SWING THIS WEEK**

The 2025 winter sports season kicks into high gear this coming week for Crimson Tide athletes.

The EHS girls basketball team will entertain Greater Boston League (GBL) opponent Revere (Thursday) evening at 6:00. They will host GBL rival Lynn Classical next Thursday, also

Coach Riley Dunn and her squad are scheduled to meet GBL foes Chelsea, Malden, Revere, Somerville, Lynn English, and Lynn Classical twice each and GBL rival Medford

Non-league opponents include Lowell (2), Acton-Boxborough, Brockton, Gloucester, and Marblehead.

The EHS hockey team,

which once again will be a co-op team with Malden and Revere headed by coach Craig Richards, will open its season tomorrow (Thursday) with GBL foe Somerville at the latter's Veterans Memorial Rink at 5:30.

They will play at Keefe Academy on Sunday and will host the Lynn English/Lynn Classical coop squad at Allied Veterans Rink next Wednesday at 7:00.

Coach Jehu Cimea and the EHS girls and boys indoor track teams will open their GBL season next Thursday (December 19) with a tri-meet against GBL foes Medford and Revere at the Reggie Lewis Track and Athletic Center in Roxbury. All of the GBL meets once again this season will take place at the Reggie, with each school competing in three tri-meets and one dual meet with their seven GBL opponents.

In addition, Cimea and his crew will compete in the usual array of MSTCA and MIAA meets throughout the winter, beginning with the MSTCA Winter Festival for large schools this Sunday at the Reggie.

LEGAL NOTICE any reason the Mayor or no charge, on or after



CITY OF EVERETT **Purchasing Department** 484 Broadway, Room 14 Everett, MA 02149 25-21 SURPLUS EQUIP-MENT AND OR VEHICLES FOR SALE A description of the items and all terms and

conditions, specifications, bidding procedures, and photos may be viewed on Government Surplus Auctions | GovDeals (govdeals.com). Bidding will begin on December 13, 2024 and final bids must be submitted directly through www. govdeals.com on Decemtime this item will be auctioned will be determined on the day of the auction. Bids submitted after the appointed date will not be considered. Please email Allison. ienkins@ci.everett.ma.us with any questions. The contract will be awarded under the provisions of MGL c. 30B to the highest priced responsive and responsible bidder. Every bid must be accompanied by a signed

non-collusion form.

The City of Everett

reserves the right to

or to award or not to

award the contract for

reject any and all bids,

his designee determines to be in the City's and/or the public's best interest. The contract will be awarded under the provisions of MGL c. 30B to the highest priced responsive and responsible bidder. Every Bid must be accompanied by a signed non-collusion form.



CITY OF **EVERETT** TO BID The City of Everett, MA is seeking sealed bids for 25-25 On Call Repairs to Sewer and Water Lines. will be received by the Procurement Office, Everett City Hall, 484 Broadway, Room 14, Everett, MA 02149 until 1 pm on January 6, 2025 and at that time and place the bids will be publicly opened. The purpose of this bid is to establish a contract, by means of sealed bids, to furnish all labor, equipment, materials and expertise as required for on-call repairs to water lines and sewer

December 11, 2024 at 9 a.m. from the City of Everett's webpage Purchasing - Everett, MA Official Website. Complete instructions for filing bids are included in the Instructions to Bidders. Wage rates for this project are subject to the minimum wage rates as per M.G.L., Chapter 149, Sections 26 to 27H inclusive, as amended. The bidding and award of this Contract will be under the provisions of M.G.L., Chapter 30, Section 39M, as amended. If, at the time of the scheduled bid opening, the bid opening location shall be shut down as the result of an emergency, the bids will be due and opened at the same time and location on the 1st business day the building is able to re-open. Bids will be accepted until that date and time. It is the responsibility of prospective proposers and or bidders to check that they have received all addenda. Bids shall be awarded to the lowest responsible and eligible bidder. The City of Everett reserves the right to waive any informality in or to reject any and all bids, for any reason the City determines to be in the

best interest.

City's and/or the public's

News Briefs

EPL SEEKING YOUNG ADULT **VOLUNTEERS FOR SPRING 2025**

Mayor Carlo DeMaria is pleased to announce the Everett Public Libraries (EPL) are seeking enthusiastic, library-loving, and community-minded voung adults to apply to become a volunteer for the spring 2025 season.

Young adults aged 14 to 17 are encouraged to apply for the following volunteer opportunities:

- Library Pages: Help keep the library organized by performing tasks such as shelving books, organizing collections, and other assigned projects.
- Study Buddies: Provide homework help and tutoring to kindergarten through eighth grade stu-
- Tech Help: Assist library guests with basic technology needs ranging

from using computers to

navigating cell phones. The volunteer positions will offer applicants the opportunity to learn a variety of skills, earn service hours, and contribute to their community through serving library patrons. Applications are available until Tuesday, Dec. 31. To apply, visit www. everettpubliclibraries.org/ teen-volunteering or visit the Parlin Memorial Library (410 Broadway) or the Shute Memorial Library (781 Broadway) to learn more and apply. For questions, please email eve@noblenet.org or dial 617-394-2300.

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OBITUARIES

All obituaries and death notices will be at a cost of \$150.00 per paper. Includes photo. No word Limit.

Please send to obits@reverejournal.com

or call 781-485-0588

SEND US YOUR NEWS The Everett Independent encourages residents to submit birth and engagement announcements, news

releases, business briefs, honor rolls, social news, sports stories, and photographs for publication. Items should be forwarded to our offices at 385 Broadway, Citizens Bank Building, Revere, MA 02151. The Independent also encourages readers to e-mail news releases to editor@everettindependent.com. The Everett Independent assumes no financial responsibility for typographical errors in advertisements,

but will reprint that part of the advertisement in which the error occurs. Advertisers will please notify the management immediately of any errors that may occur.

CHURCH News

Glendale Christian Lighthouse Church

News and Notes

Sunday 10:30 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

"In Pursuit of Spiritual

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701 Broadway, Everett, Massachusetts 02149 617-387-7458 Rev. Larry Russi, Sr.

Pastor pastorlarry@

Immaculate Conception Parish

News and Notes

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

Weekly Mass Schedule ate the Immaculate Conception Parish is as fol-

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 At 12:00p.m. Masses. Spanish Mass and 4:00p.m. Haitian Creole

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

Mystic Side Congrega-

tional Church is located

in Everett, on Malden-Ev-

erett border, at 422 Main

Street. We offer a warm,

inviting atmosphere, and

all are welcome. Our Sun-

day Church service starts

at 10:30 a.m. and Commu-

nion is offered on the first

Sunday of each month. A

very pleasant coffee hour

Facebook at www.face-**Lighthouse Church** book.com/churchforeverett to view weekly devotions and updates, visit us at www.foreverett.church

thelighthousechurch701.net

at the Confession Boots in

the Chapel, and at 11:15

a.m. 12:00p.m. in Span-

Blessed Sacrament at the

Chapel on Thursday from

Book a new Fundraiser

Program at the back of

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come to worship with us

on Sunday and weekdays.

489, Broadway,

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Immaculate Conception

Everett MA 02149 Phone

and socializing follow our

services. Parking is avail-

able in our lot next to the

church on Wyllis Ave. (one

way off Main Street). We

look forward to welcoming

Mystic Side

Congregational Church

422 Main Street

Everett, MA

you this Sunday.

Thank You.

Parish

Mystic Side Congregational Church

News and Notes

Please visit everettindependent.com

7:30 a.m.-6:00 p.m.

5: Adoration of the

Bring a Book buy a

News and Notes

Glendale United Methodist Church

Church at the Well Everett

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.

Church at the Well Ev-

erett is a new church for

Everett. Check us out on

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

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

to sign up for our news-

letter 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.

evenings from 6:30 to 8:30 Pastor's Office Hours: Saturdays 10 a.m. to 2 p.m.

Other times by appoint-

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.

Zion Church - Everett

News and Notes

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

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

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Group leader experience required: BA + 10 yrs exp, or MA + 5 yrs exp. Car required. 2 year commitment preferred. Must enjoy driving in diverse Boston neighborhoods. M.Ed, LICSW, LMHC, LADC, or CADAC a plus.

Passion and commitment for helping women to rebuild their lives, a must.



Self Esteem Boston P.O. Box 301155, Jamaica Plain, MA 02130 (EOE) The Foundation for Success or email to: empowermail@selfesteemboston.com

Resume to: Marion B. Davis, President,

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Everett Independent Drop-Off Locations Pick up your weekly copy every Wednesday



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Fine Market201 Elm St.	Everett Chamber467 Broadway
Elm Street Market178 Elm St.	Everett City Hall489 Broadway
Elm Street Bakery173 Elm St.	Monica Meat Market506 Broadway
Melo's Bakery171 Elm St.	Pastelaria Restaurant508 Broadway
Stewart's Restaurant140 Elm St.	7-Eleven511 Broadway
Everett Police45 Elm St.	Dunkin'514 Broadway
Katherine's Market134 Ferry St.	McKinnon's Market620 Broadway
Fine Market180 Ferry St.	MP Credit Union650 Broadway
ERA Realty291 Ferry St.	Century 21680 Broadway
Eagle Bank299 Ferry St.	Burrito's Pizza696 Broadway
Dunkin'301 Ferry St.	K. Chivo Market704 Broadway
Glendale Liquor315 Ferry St.	Sultan Market718 Broadway
Walgreens317 Ferry St.	Everett House of Pizza722 Broadway
Apt. Building381 Ferry St.	Eastern Bank738 Broadway
Everett Public Schools121 Vine St.	Shute Memorial Library781 Broadway
Parkway Heights Tower201 Chelsea St.	Vitoria Bakery798 Broadway
7-Eleven188 Chelsea St.	Little Mania Restaurant876 Broadway
Star Convenience178 Chelsea St.	Broadway Market880 Broadway
Everett Pizza176 Chelsea St.	Jalapeño's Restaurant882 Broadway
Edward Connolly Center90 Chelsea St.	Dunkin'891 Broadway
Super J.C. Market66 Chelsea St.	Rte. 99 Smoke Shop893 Broadway
Park Plaza Condos30 Chelsea St.	Everett Villa66 Main St.
Express Market318 Broadway	Everett Variety80 Main St.
Eagle Bank350 Broadway	Neighborhood Market115 Main St.
High End Smoke Shop378 Broadway	Continental Bakery119 Main St.
Parlin Memorial Library410 Broadway	Mass Bay Credit Union183 Main St.
Walgreens417 Broadway	Regina's Liquor203 Main St.
Everett Bank419 Broadway	7-Eleven280 Main St.
The Square Deli421 Broadway	Food Mart400 Main St.
Smoke Shop423 Broadway	True Value403 Main St.
Everett Square Market445 Broadway	Nana's Pizza416 Main St.
Chrisillas Deli447 Broadway	Apt. Building120 Wyllis Ave.

CITY PAWS

Suddenly, your dog is a senior!

By Penny & Ed Cherubino

The ASPCA 'Most dogs enter their golden years between seven and 10 years of age, with large/giant breeds becoming seniors earlier than small breeds." The signs of aging are subtle and usually include a bit

EVERETT

INDEPENDENT

November

of a slowdown. Your dog may be sleeping more and showing signs of stiffness when moving.

Our Westie Poppy is now twelve. At this point, she shows no signs of loss of vision, hearing, energy, muscle tone, skin elasticity, hair, immunity, arthri-

HOLIDAY

WEEKS

2×5 AD ANYTIME

NOV. 20 - DEC. 24

MUST BE PAID IN ADVANCE

CALL 781-485-0588 OR EMAIL

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December

BLOWOUT SALE

tis, or other joint problems.

And Poppy's mental acuity is excellent. She quickly learns new things, remembers her favorite people and places, responds to the same words, and reacts to the same things. You and your veterinary team can use this checklist to communicate how your dog is aging.

Maybe It's Not Old Age

Some things we consider old age can also be signs of pain. Changes in appetite, routine, getting up slowly, heavy panting, grumbling, and being a bit grumpy can happen as pets age, but these are all signs of pain as well. If a dog changes her sleeping position, has more accidents in the house, doesn't want to play, or avoids jumping up on a chair or sofa, you should note the behavior and report it to your vet. Most veterinary prac-

tices suggest twice-yearly checkups for seniors. Discuss weight, exercise, feeding, supplements, and medications at these sessions. Weight control is even more critical in se-



New sights and sounds can stimulate an older dog's brain. Try walking in new places with new paths, smells, sights, and sounds.

niors. It takes teamwork to help a dog lose weight. Make sure you have every member of your household on the team. Discuss your specific guidelines for feeding, restricting extra calories, and exercising to anyone who will be pet sitting, providing daycare, or boarding your senior

Improvements in veterinary science, nutrition, and pet guardian education are helping our dogs and cats live longer, healthier lives. After treatment for something other than old age, that old dog may bring you a leash or a favorite toy.

Keep up the Exercise

We all understand that daily exercise is essential for dogs' physical conditioning and weight control. However, more and more research tells us that exercising the brain is important to prevent dementia and improve dogs' quality of life. In dogs, dementia is called canine cognitive dysfunction (CCD). Many lifestyle habits that help human brain health also apply to dogs.

Think about how tired highly-activated cells make you when you take a class, learn a new skill, read up on a new topic, or spend time in a new setting or with new people. It can be exhausting Remember this when deciding on the proper brain workout for your dog.

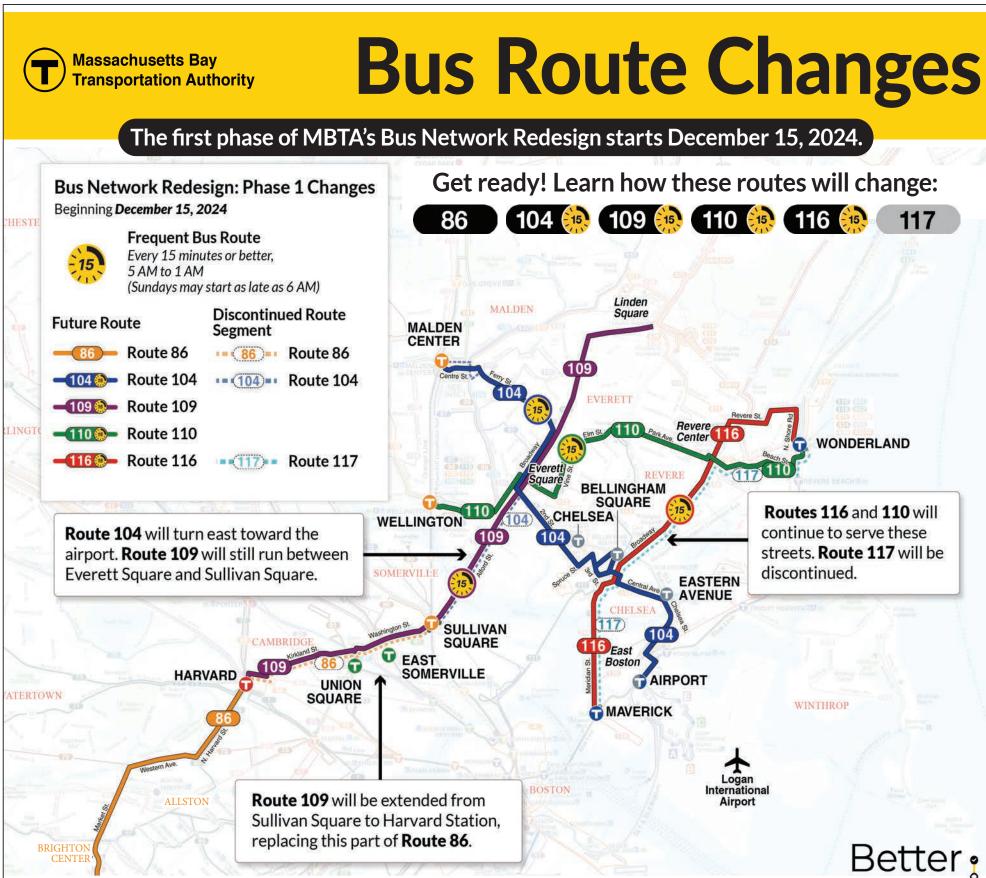
New sights and sounds may stimulate an older dog's brain. You can try walking in new places, training new behaviors, and playing games appropriate to a dog's age and physical abilities. Old dogs might enjoy a food puzzle toy that rewards their efforts to get at the food with a steady flow of treats. (Ensure those treats are healthy and part of your dog's daily food

intake.) Knowing your dog is vital. A devoted sniffer may love a good game of find-the-snack. More time with other dogs and people may stimulate a social butterfly. A shy or anxious dog may prefer to sit back and watch or play a quiet game of "push that ball to

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