

Everett Independent

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Wednesday, July 29, 2026

Environmental remediation underway at former Everett High School

Special to the Independent

Environmental remediation is underway at the former Everett High School at 548 Broadway as the City takes an important step toward preparing the building for future use.

While the former Everett High School closed in 2007, portions of the building have remained in regular use over the years. Other areas, however, have sat vacant for nearly two decades. Walking through



A former classroom is filled with discarded furniture, debris, and other materials awaiting removal.

those sections today reveals just how much time has passed. Floors have buckled, debris from deteriorating ceilings has collected in classrooms, and computers from the ear-

ly 2000s still sit where they were left. Some rooms feel as though they were frozen in time, while others show the

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DiDomenico secures \$5 million and key legislative wins in Senate Economic Development bill

Special to the Independent

Senator Sal DiDomenico secured language in the Senate Economic Development bill for several of his key policy priorities, and he brought \$5 million in bond authorizations for local infrastructure projects in the district. The economic development package lifts up small businesses and burgeoning industries, bans predatory kiosks used in cryptocurrency scams, and reins in the potential dangers of artificial intelligence by instituting responsible guardrails against catastrophes.

DiDomenico secured several



Senator Sal DiDomenico speaking in support of his economic development bill amendments on the Senate floor.

of his own proposed bills in the Economic Development bill

See ECONOMIC Page 10

McGonagle delivers authentic copy of Declaration of Independence to Mayor Van Campen, City

Special to the Independent

Rep. Joe McGonagle visited Everett City Hall earlier this month to deliver an authentic, handprinted copy of the Declaration of Independence to Mayor Van Campen and the City in honor of the 250th anniversary of the signing of the Declaration. The Mayor and Representative were joined by McGonagle summer intern and Everett native Emily Buss who is a rising junior at University of Massachusetts Boston.

"I thought this was a fantastic idea to celebrate the 250th anniversary of the signing and bring together the Commonwealth through our different communities," said McGo-

nagle. "Seeing and reading the Declaration in this format brings to life the magnitude of such a document, what it meant in 1776 and what it means today. I am so grateful to my colleague Rep. Sean Garballey for organizing this venture and thankful for to Mayor Van Campen for all he continues to do for this City."

The ceremony was part of a push across the Commonwealth for legislators to deliver these documents to each city and town in Massachusetts. The copies come as a result of the efforts of historian and printer Gary Gregory, who has printed hundreds of copies of the Declaration at the Museum of Printing in Haverhill using

18th-century techniques, recreating a labor-intensive process similar to that used in 1776. The effort brings to life a lesser-known chapter of Revolutionary history, the distribution of the Declaration across all Massachusetts cities and towns just weeks after the Founding Fathers drafted the original document on July 4, 1776.

After its adoption, more than 300 printed copies of the Declaration were sent to parishes throughout the state, where they were read aloud to residents by their ministers, and recorded into official town records. Over one hundred of the original copies remain preserved today, with more still being discovered.



Rep. McGonagle presenting an authentic copy of the Declaration of Independence to Mayor Van Campen with our intern, Emily Buss.

Everett Independent

President: Stephen Quigley

Editor in Chief: Cary Shuman

THE FARMERS MARKET IS A WELCOME RETURN TO OUR CITY

We know we speak for all of our fellow residents in thanking Mayor Robert Van Campen and the Everett Food Policy Council for their efforts in bringing back the Farmers Market to our city after a 10-year absence,

The food-to-table movement has grown exponentially in recent years and we are heartened to see that Everett is taking part in that effort.

The first two of the Farmers Markets (held on School Street off Broadway) in July were a big success. Upcoming markets are scheduled for the Saturdays of August 8, August 22, and September 12, with hours from 11 AM-3 PM.

Farmers Markets are among the little things that make up the fabric of a community. We're sure that with the encouragement of the mayor and city organizations, the Everett Farmers Market will continue to grow in popularity, both among vendors and our residents in the years to come.

OUR SOX ARE ON FIRE!

With all of the excitement of the World Cup, the Tall Ships, and the Revere Beach Sand Castle Festival in the rearview mirror, we were ready to settle in for a relatively-nonchalant second half of the summer season.

With the Red Sox hopelessly wallowing in the mire of mediocrity (if that), even the Sox' front office seemed to have a, "Wait 'til next year," mindset, ready to trade away some top players by the July 31 trade deadline.

But just when everyone was ready to give up on the 2026 season, the unexpected happened -- the Sox caught fire. A four-game sweep of the Yankees in late June was satisfying (because of course, it was the Yankees), but at the time we could hardly have imagined that it would provide the spark that would jump-start the Sox into playoff contention.

Those of us who had written off the Sox in 2026 now are jumping on the bandwagon after the Sox' historic 15-game winning streak, which included sweeps of the AL Central-leading White Sox and the AL East-leading Rays, a skein that has propelled the Red Sox into the second spot in the Wild Card race.

What has been most impressive about the Sox' success is that they have accomplished it without the two players -- ace pitcher Garrett Crochet and young slugger Roman Anthony -- who were seen in the pre-season as essential to their hopes for reaching the playoffs.

The 15-game streak equals the legendary 1946 team for the longest in Red Sox history. And for those of us who are long-time Sox fans (though not quite old enough to have been around in 1946!), the recent streak recalls the 10-game streak of the 1967 Impossible Dream team and the 12-game streak that was known as "Morgan Magic" in 1988.

All three of those teams achieved great success, winning the pennants in 1946 and 1967 and the division in 1988, though they all fell short of a World Series championship.

Independent Forum

UPCOMING EVENTS AT EVERETT PUBLIC LIBRARIES

Parlin Adult and Teens
Yarn Club Parlin Fresco Room. Tuesdays 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! The first Tuesday of every month is Beginner Crochet Day, where we will be making a new beginner-friendly crochet project each month. Yarn and crochet tools will be provided by the library, so just bring yourself and get ready to make something new!

Author Event - Michael Blanding, Parlin Meeting Room, Wednesday, August 5th at 7:00 pm. Michael Blanding will be discussing his new book, *The Gospel According to Hobby Lobby*.

Silent Book Club Parlin Fresco Room. Saturday, August 8th, from 12-2pm. Join the Silent Book Club, a unique book club where we enjoy quiet reading. Settle into a cozy space with a book, or choose one from our selections, and enjoy an hour or two of uninterrupted reading alongside fellow book lovers. No pressure, no discussions - perfect for those seeking a peaceful escape or motivation to turn the next page. Cozy vibes and reads will be provided. All are welcome!

Parlin Childrens

Lego Club. Parlin Children's Room. Monday, August 3rd from 3-5pm. Come to the Children's Room 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, August 5th 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, August 5th 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.

Story Time Adventures with Mrs. McAuliffe Parlin Children's Room. Friday, August 7th at 11am. Join us on Fridays at 11am with Mrs. McAuliffe for our enchanting Story Time! You will be whisked away on magical adventures through the pages of your favorite books. Bring a friend or make a new one in our circle of friends.

Friday Family Movies Parlin Meeting Room. Friday, August 7th at 3 pm. Break out the pop-

See **LIBRARY** Page 3

Everett Independent

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NEWS IN BRIEF

SHERIFF KOUTOUJIAN APPLAUDS SENATE MOVE TO BAN CRYPTOCURRENCY KIOSKS

Middlesex Sheriff Peter J. Koutoujian today applauded members of the Massachusetts State Senate for their move to ban cryptocurrency kiosks. Sheriff Koutoujian testified in support of legislation restricting cryptocurrency kiosks in October of last year, and garnered the support of all 14 Massachusetts Sheriffs to ban the machines statewide.

“I am proud to have collaborated closely over the last several months with AARP Massachusetts, my fellow sheriffs and public safety partners, and legislators like Senator John Cronin to push this ban forward because we need to protect residents now and into the future,” said Sheriff Koutoujian. “For far too long, criminals have taken advantage of the unregulated world of cryptocurrency ATMs – or kiosks – to scam people out of their hard-earned savings. We applaud the Massachusetts Senate for supporting a statewide ban on these kiosks to provide much-needed protection to our friends, neighbors and loved ones. We will keep working to see this matter of public policy and public safety become law.”

The language banning the kiosks was included as an amendment on the Senate’s version of the new economic development bill (S3178). The bill is next expected to head to a conference committee to be finalized.

The move to ban the kiosks comes as Massachusetts public safety agencies have repeatedly issued public warnings about the ability of scammers to utilize the machines to defraud unsuspecting resi-

dents. The Middlesex Sheriff’s Office has included warnings in news releases, public service announcements and through community-based presentations over the last two years.

OVERNIGHT CLOSURE OF SUMNER TUNNEL

The Massachusetts Department of Transportation (MassDOT) is announcing that the Sumner Tunnel / Route 1A southbound will close to all traffic on Friday, July 31, at 11 p.m. and will reopen to traffic at 6 a.m. the following morning. Travel through the Ted Williams Tunnel (I-90) and Callahan Tunnel (Route 1A northbound) will remain available. A signed detour will be in place during the closure.

This closure is necessary for crews to safely conduct repairs and maintenance activities.

Appropriate signage, law enforcement details, and messaging will be in place to guide drivers through the work area.

Drivers traveling through the affected areas should expect delays, reduce speed, and use caution.

All scheduled work is weather dependent and subject to change without notice.

For more information on traffic conditions, travelers are encouraged to:

- Download the Mass511 mobile app or visit www.mass511.com to view live cameras, travel times, real-time traffic conditions, and project information before setting out on the road. Users can subscribe to receive text and email alerts for traffic conditions.
- Dial 511 and select a route to hear real-time conditions.
- Follow @MassDOT on X, (formerly known as Twitter), to receive regular updates on road and traffic conditions.

DiDomenico welcomes sales tax-free weekend

Special to the Independent

Senator Sal DiDomenico and his colleagues in the Massachusetts Legislature set Saturday, August 8 and Sunday, August 9 as the official dates of Massachusetts’ annual sales tax holiday. During the holiday, the state’s 6.25 percent sales tax will be suspended for most retail items priced under \$2,500.

A 2018 state law, which made the sales tax holiday permanent, requires the Legislature to vote to set the dates of the holiday each year. Both branches adopted resolutions setting this year’s dates (H.5495/S.3119), sponsored by Representative Carole A. Fiola

(D-Fall River) and by Senator Nick Collins (D-South Boston).

“As prices shoot up on all kinds of products thanks to tariffs and foreign wars, this year’s temporary suspension of the sales tax will bring needed relief to consumers while supporting small businesses across the state,” said Senator Sal N. DiDomenico. “I encourage all my residents to take advantage of this weekend, and I look forward to the increased economic activity for stores throughout my district.”

A spike in consumer activity routinely boosts indirect tax revenues. According to the

Department of Revenue, the 2025 sales tax holiday generated \$3.65 million in indirect tax revenues due to increased economic activity.

At a time when consumers are seeing prices on store shelves rise, driven in part by federally imposed tariffs, this year’s Massachusetts sales tax holiday will give shoppers a much-needed break. The holiday also encourages families looking to shop for back-to-school season to support local small businesses and retailers.

Information about eligible purchases is available on the Department of Revenue website.

Library // CONTINUED FROM PAGE 2

corn! Come and watch Harold and the Purple Crayon, Rated PG, with your friends and family.

Origami Club. Parlin Children’s Room. Saturday, August 8th 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

Golden Minds: Play, Create, Connect, Shute Meeting Room, Monday, August 3rd at 10am. Join us for our monthly senior social at the Shute Library! Enjoy books, puzzles, crafts, and games with friends in a fun and welcoming environment. Stay engaged and connect with your peers! No registration required. This event is open to ages 55-109! Games are generously supplied by the Council of the Aged.

Ready Player One Games, Shute Meeting Room, Wednes-

days at 2:30 PM. Level up your Wednesdays with our ultimate gaming hangout! Grab your friends and dive into fun Nintendo Switch and PlayStation games. Recommended for ages 11 and up.

Shute Children’s

Story to Screen: Family Movies Shute Meeting Room. Thursday, 12 PM. It’s time for films and fun! Munch on popcorn and watch movies that were once stories on the page. Can you answer the question: what was better, the book or the movie? Join us this week for Hayao Miyazaki’s animated film, “Howl’s Moving Castle,” based on the book by Diana Wynne Jones.

Storytime at the Shute Shute Children’s Room. Mondays at 10 AM and Tuesdays at 12 PM. What’s better than a good story? Sharing it with friends! Join Miss Val at the Shute Library for Fairytale Fun!

Master Builders: Lego Free-play: Shute Children’s Room. Thursdays from 3-5PM. Free-play session with Legos and other building blocks. Bring a buddy, or make a new one, as you explore your imagination brick by brick! We provide the space and the materials to let your vision take shape. What will you create?

Spintronics - Stem Free-Play Join us at the Shute Memorial Library every Friday afternoon from 2:30 - 4:30 PM for a STEM-based free-play session. Try “Spintronics,” and use mechanical circuits to solve puzzles, or try “Bridge or Bust,” and see if you can build a bridge large enough to span the distance and sturdy enough to hold the weight. Both games will test (and expand) your ability to solve problems creatively. Will you rise to the challenge? For Ages 8 and up. Registration is not required.

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Remediation // CONTINUED FROM PAGE 1

visible effects of years without regular use. In one science lab, broken glass covers part of the floor while lab tables, equipment, and classroom materials remain intact on the other side. The conditions highlight why environmental remediation is necessary before these spaces can safely be brought back into service.

The project is being funded through a one-time grant, allowing the City to complete the work without impacting the local operating budget. The remediation will help bring previously unused portions of the building up to today's standards and preserve the property for future use.

"When I walked through one of the classrooms, my first thought was, 'It's sad we let it get this far,'" said Mayor Robert J. Van Campen. "This building has been part of Everett's history for generations, and we have a responsibility to take care of it. Whether it ultimately becomes part of our long-term solution to school overcrowding or serves another community purpose, preparing it now gives us options for the future."

As the City works to address school overcrowding, one option under consideration is converting the former Everett High School into a middle school. The City is also evaluating the former Pope John XXIII High School property before any final decisions are made.

The City wants to reassure residents that the areas occupied by students and staff over the years have remained safe for use. The work taking place today is focused on preparing previously unused sections of the building for future occupancy.

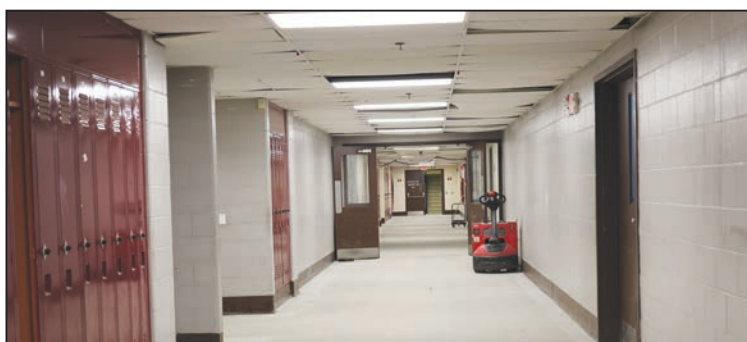
To accommodate the project, the Wellness Center at the former Everett High School closed in June when remediation work began. The Eliot Family Resource Center has also been temporarily relocat-



A contractor works inside the former Everett High School as environmental remediation continues throughout the building. #83) An abandoned science lab offers a glimpse into areas of the building that have sat vacant for nearly two decades.



A classroom sits empty as years of deterioration are visible throughout the space.



Environmental remediation has been completed in portions of the building, highlighting the progress made in preparing the former Everett High School for future use.

ed during construction. Work on the building's first floor and lower level is expected to be completed by September, with the Wellness Center anticipated to reopen around that time. The full remediation project is expected to continue through Oc-

tober as part of a multi-phase effort.

By completing this work now, the City is preserving an important community asset while ensuring it has more options to meet Everett's future needs. No final decision has



A tarp hangs from the ceiling where there are signs of water damage.



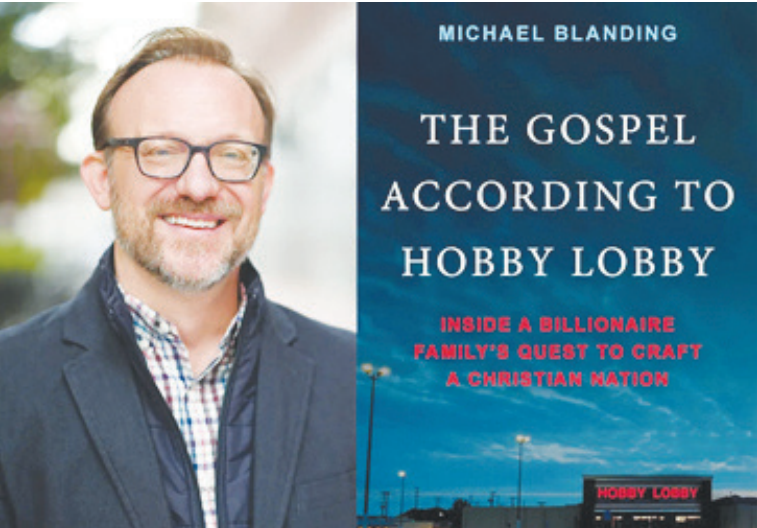
Years of vacancy have left this room covered in debris, illustrating the extent of deterioration in previously unused areas of the building.



An abandoned science lab offers a glimpse into areas of the building that have sat vacant for nearly two decades.

been made about the building's long-term use, but the remedi-

ation will ensure it is ready for whatever comes next.



Author Michael Blanding is an investigative journalist and best-selling author.

MEET BESTSELLING AUTHOR
MICHAEL BLANDING AT THE
PARLIN LIBRARY

The Everett Public Libraries are pleased to welcome investigative journalist and bestselling author Michael Blanding on Wednesday, August 5, at 7 p.m. for a discussion of his latest book, *The Gospel According to Hobby Lobby*.

Published in July 2026, *The Gospel According to Hobby Lobby* examines the pivotal role the Green family has played in funding and advancing America’s ascendant Christian nationalist movement. Blanding is the bestselling author of *The Map Thief* and

In Shakespeare’s Shadow and is known for his investigative reporting and in-depth nonfiction.

The event will be held in the Parlin Memorial Library Meeting Room. Following the discussion, attendees will have the opportunity to purchase a copy of the book and have it signed by the author.

For more information, please contact Kathleen Slipp, Adult Services Librarian, at slipp@noblennet.org or (617) 394-2300.

Commissioner rejects proposed rate
increase from Fallon Community Health Plan

Special to the Independent

Governor Maura Healey announced that the Division of Insurance has negotiated down proposed rate increases from seven health insurers, saving Massachusetts residents and businesses a projected \$72 million in health care premiums for 2027.

The Division of Insurance re-negotiated lower rates with Blue Cross Blue Shield of Massachusetts HMO Blue, INC., Harvard Pilgrim Health Care, Health New England, Mass General Brigham Health Plan, Tufts Health Public Plans, United Healthcare and WellSense Health Plan. These efforts will result in savings for the approximately 670,000 Massachusetts residents and businesses who are enrolled in these plans in the Massachusetts merged market.

Commissioner Michael Caljouw also rejected Fallon Community Health Plan’s proposed 25.7% rate increase for being excessive and inconsistent with his responsibility to Massachusetts consumers and businesses. This disapproval is now subject to an administrative appeal process should the insurance company choose one.

cess should the insurance company choose one.

“Massachusetts residents and businesses are already struggling with the high cost of health care. Nobody can afford massive increases in their health insurance premiums on top of that,” said Governor Healey. “Commissioner Caljouw and his team are always looking for ways to lower people’s costs – whether that’s by capping co-pays and deductibles or removing prior authorizations. Now, he’s saving people tens of millions of dollars next year by negotiating with affordability as his focus.”

Last year, Governor Healey signed legislation that increased the Division of Insurance’s consideration of affordability during his review of the merged market rate filings. As a result, Commissioner Caljouw was able to initially save residents and businesses \$54 million in 2026 by re-negotiating rate increases.

ability during his review of the merged market rate filings. As a result, Commissioner Caljouw was able to initially save residents and businesses \$54 million in 2026 by re-negotiating rate increases.

Governor Healey has also taken action to cap health care co-pays and deductibles for the first time in Massachusetts history, and further lowered that cap this year to save people an estimated average of \$232 per year. She also eliminated prior authorization requirements for many routine and essential health care services, reducing delays and administrative costs for patients and providers, and prohibited medical debt from appearing on consumer credit reports.

Real Estate Transfers

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Tyrtle LLC	126 Central Ave LLC	126 Central Ave	\$750,000
Sbabou, Mohammed	Shah, Sagar	308 Carter Rd #208	\$425,000
Li, Rihua	Silva-Novais, Jonathan	87 Madison Ave #3	\$647,500
Rahim, Farighon Abdul	Lamontagne, Stephen A	96 Cleveland Ave	\$725,000



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Healey-Driscoll Administration expands firefighter survival training with new mobile SCBA maze

Special to the Independent

The Massachusetts Department of Fire Services (DFS) announced the expansion of firefighter survival training at the Massachusetts Firefighting Academy (MFA) with the addition of a new mobile self-contained breathing apparatus (SCBA) training maze. The new training system will increase access to realistic, hands-on instruction for recruit and veteran municipal firefighters across the Commonwealth.

“One of DFS’s most important responsibilities is ensuring firefighters across Massachusetts have access to the highest-quality training possible,” said Public Safety and Security Secretary Gina Kwon. “That means continually investing in modern equipment and training environments that reflect the dangerous and unpredictable conditions firefighters face in the field. Better training builds more confident, better prepared firefighters, and better prepared firefighters help make communities across Massachusetts safer.”

The new mobile training maze expands the MFA’s ability to deliver firefighter survival training both on campus and directly to local fire departments. Combined with the Academy’s existing mobile training re-

sources, it will increase access to realistic, hands-on SCBA training for recruits and experienced firefighters alike. The unit also replaces the Academy’s original Stow-based SCBA maze, ensuring this critical training remains available for years to come.

This year, DFS marks 30 years of training Massachusetts firefighters through the MFA. Since 1996, the Academy has prepared thousands of firefighters for the challenges of the job while continually evolving its training programs to reflect new technologies, emerging hazards, and best practices. The addition of the new mobile SCBA training maze builds on that legacy by giving more firefighters the opportunity to train in realistic, high-pressure environments that build the skills and confidence they need to respond safely and effectively when lives are on the line.

“The SCBA Training Maze is one of our most frequently requested training tools,” said State Fire Marshal Jon M. Davine. “This new mobile unit allows us to deliver critical survival training to more firefighters in more communities while strengthening the MFA’s ability to prepare recruits and veteran firefighters for the dangerous and unpredictable conditions they face. Providing firefight-



The Massachusetts Firefighting Academy’s new SCBA Maze Trailer will provide vital firefighter safety training at the MFA’s Stow campus and at local fire departments. It replaces a 40-year-old permanent installation that is at the end of its useful lifespan.

ers with realistic training is one of the best investments we can make in their safety and the safety of the communities they serve.”

Inside the maze, firefighters navigate dark, confined, and unfamiliar environments while wearing full turnout gear and SCBA. The training is designed to build confidence under stress, improve air management, and reinforce the skills firefighters rely on during searches, rescues, and self-extrication.

Last year, the MFA’s Springfield-based mobile SCBA maze supported training for more than 500 municipal firefighters. The addition of a second road-worthy mobile unit will expand training opportunities for fire departments across Massachusetts while continuing to support recruit training at the Stow campus.

The new mobile maze is one of several investments that have strengthened training at the MFA in recent years, alongside a forcible entry trailer, flashover training prop, search and rescue buildings on the Bridgewater and Springfield campuses, a hazardous materials leak prop, and a Mobile Extraction Unit used to decontaminate firefighting gear.

DFS invested approximately \$500,000 in the new training system, supported in large part

by a \$435,000 FEMA Assistance to Firefighters Grant. The investment reflects DFS’s continued commitment to provid-

ing firefighters across Massachusetts with access to realistic, state-of-the-art training.



The new SCBA Maze Trailer replaces a 40-year-old permanent installation with obsolete electronics, seen here, that has exceeded its useful lifespan.



Advanced Fire Skills Program Coordinator Al Beardsley stands in the new SCBA Maze Trailer’s control room, which features a digital audio and video feed from multiple cameras inside the training area. Instructors can communicate with trainees and control lights and sound at all times.



The new SCBA Maze Trailer’s modern lights, speakers, and video monitoring system are powered by an onboard generator, allowing it to be used anywhere local fire departments need it.

LOCAL

STUDENTS EARN

ACADEMIC HONORS

REGIS STUDENTS

SHOWCASE

SCHOLARSHIP AT

THIRD ANNUAL

SOCIAL JUSTICE

RESEARCH

SYMPOSIUM

Cosponsored by the Writing Program and the Center for Student Engagement, the symposium features student research panels, poster presentations, art/music displays and performances, and thesis slams from students across the university's undergraduate and graduate programs.

"This is the third annual symposium bringing together the research and voices of students, faculty, and staff at Regis to explore unsolved issues in our local and larger communities," said Associate Professor of the Writing Program and Symposium Coordinator Jennifer Krusinger, PhD. "At a time when AI plays an ever-more dynamic and unpredictable role in many of the professions and our society, this event underscores the power of our mission at Regis and our unique emphasis on the human role in identifying a need, taking responsibility, and developing solutions in a socially just way."

Students who presented their research included:

Jalen Jones, of Everett , a Nursing major, presented on "Are Mental Health Treatments in African Americans Limited by Stigmas of Family and Society?"

Krysonia Tavares, of Everett, a Nursing major, presented on "Why Mass Deportation is a Catholic Problem".

Kameryn Montimes, of Everett , a Nursing major, presented on "Racial Bias in OBGYN Care and its Impact on Black Women".

OBITUARIES

Pamela Mavilio

Of Everett

Pamela M. Mavilio of Everett entered into eternal rest, unexpectedly, on Thursday, July 16, 2026 at the Cambridge Health Alliance- Everett Hospital. She was 67 years old.

Born in Everett, Pam could be seen throughout the city with a happy smile and a conversation with everyone she encountered.

Pam was the beloved daughter of the late John Anthony Mavilio and Ann (Pesce) Mavilio and the dear and devoted sister of John A. Mavilio.

Relatives and friends are invited to attend Pam's visitation in the Cafasso & Sons Funeral Home, 65 Clark St., (Corner of Main St.) Everett today,



Wednesday, July 29 from 4 to 6 p.m. In lieu of flowers, contributions in Pamela's memory to the American Heart Association, 93 Worcester St., Wellesley, MA 02481 would be sincerely appreciated. Parking with attendants on duty.

Louise Jean Cafasso

Worked beside her husband in funeral businesses

Louise Jean Cafasso of Everett, entered into eternal rest at home, surrounded by her loving family on Saturday, July 25, 2026. She was 75 years old.

Born in Everett, Louise remained a lifelong resident. She graduated from Everett High School, Class of 1968 and furthered her education at Northeastern University School of Dental Hygiene and became a Certified Dental Assistant specializing in orthodontics. Louise was also a Licensed Real Estate Broker. But for most of life, she worked side-by-side beside her husband, Fred with the funeral businesses. Frederick Cafasso & Sons, Inc., Everett and Short, Williamson & Diamond Funeral Home, Belmont.

Louise was the devoted daughter of the late Peter A. and Anna M. (DiGiacomo) Annese; beloved and devoted wife of Frederick E. Cafasso for over 53 loving years; dear and devoted mother of Frederick E. Cafasso, Jr.; Joseph W. Cafasso and his wife, Lucy, and Kerry Ann Cafasso and her husband, Joseph P. Szulewski, III; sister of the late Peter A. Annese and



his surviving wife, Claudia; and loving Nunnies of Joseph, Anna, Amelia, Emma Szulewski, Lucca and Daniella Cafasso, and Vanessa and Gabriella Marques.

Relatives and friends are respectfully invited to attend Louise's Funeral Mass in St. Anthony's Church, 38 Oakes St., Everett at 10 a.m. Monday, August 3. Burial will follow in the family lot at Woodlawn Cemetery, Everett. Contributions in Louise's memory to Children's Hospital Boston Trust, 401 Park Dr., Ste. 602. Boston, MA 02215 would be sincerely appreciated. Arrangements by the Cafasso & Sons Funeral Home, Everett.

OBITUARIES

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CARY SHUMAN PHOTOS

Fabbo wins Miss US Italia Pageant

By Cary Shuman

Everett native Victoria Fabbo was crowned Miss US Italia at the annual pageant held Sunday, July 26 at the Providence Marriott Downtown Hotel.

Fabbo called the entire pageant experience “extraordinary,” adding that she was “ex-

cited and proud because I know how much it means to my dad (Vittorio Fabbo).”

“My dad and his family came to America when he was 12 years old,” said Victoria. “They were farmers in the little village of Avellino, Italy. My three sisters (Nicole, Bianca, and Tina) and I have been able



Miss US Italia, Victoria Fabbo, acknowledges a warm ovation from the audience.



Miss US Italia, Victoria Fabbo, pictured with her fiancé, Nema Kheradmand, at the pageant.

to enjoy visits to that region of Italy a few times. And my fiancé (Harvard student Nema Kheradmand) proposed to me there last year which was really special.”

Fabbo, who is a celebrity chef and TV host of “Fabulous Foods With Victoria Fabbo,” participated in evening gown and interview competitions before a panel of three judges.

“It was such a professionally-run pageant – Pat Cruz does a great job,” said Fabbo. “I enjoyed meeting the other con-



Miss US Italia, Victoria Fabbo, pictured with her parents, Karen Fabbo and Vittorio Fabbo, at the pageant held at the Providence Marriott.

tants who were very nice and sweet, which I really appreciate.”

As Miss US Italia, Fabbo will begin making personal appearances at parades, feasts, parties, food festivals, and fundraisers.

Fabbo, 32, attended the George Keverian School in Everett through eighth grade and graduated from Wakefield High School in 2012. She holds

a bachelor’s degree in Culinary Nutrition and an associate’s degree in Baking and Pastry Arts from Johnson and Wales College. She also has a Master of Public Health in Dietetics from the University of Massachusetts/Lowell.

Fabbo has earned plaudits for her volunteer work of teaching cooking classes to individuals with special needs.

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Victoria Fabbo smiles as she begins her walk on the runway as the newly crowned Miss US Italia on Sunday in Providence.

STATE HOUSE TOUR



Sen. Sal DiDomenico (left) and Deputy Chief of Staff in the Office of Governor Maura Healey, Marcony Almeida Barros, a member of the Everett School Committee, are pictured at the State House as they welcomed a delegation from the City of Chelsea, winner of the 2026 All-America City Award. DiDomemico and Barros led the group on a tour of the State House before the senator recognized the group during an impressive ceremony in the Senate Chamber.

CARY SHUMAN PHOTO

More than an itch: Treating and preventing summer insect bites and health risks

By Dr. Ana Stankovic

Between backyard barbecues, beach vacations, and hiking trails, warmer weather encourages us to spend more time outdoors. But alongside all the summer fun in the sun comes the often-overlooked health risk of insect bites and stings.

Many people consider insect bites to be nothing more than an itchy inconvenience. A mosquito bite, a bee sting, or a tick found after a hike may seem like an inevitable part of enjoying nature. However, some bites and stings can lead to serious health concerns, including severe allergic reactions and diseases. West Nile is one of the most common mosquito-borne diseases in the continental United States, and Lyme disease is one of many illnesses caused by a pathogen ticks may carry.¹

The challenge is that it's often difficult to tell the difference between a harmless insect and one carrying disease, and many tickborne diseases share signs and symptoms. That's why prevention and aware-

ness are so important. Nearly one in 10 Americans experiences a tick bite each year,² yet nearly two-thirds of adults report that they rarely or never check themselves for ticks after spending time outdoors.³

Knowing how to reduce insect bites, identify symptoms, and understand when to self-care vs. seek medical attention can create an enjoyable, pest-free summer.

Spot the Signs

Most insect bites cause mild reactions such as itching, redness, warmth or minor swelling, and these symptoms can typically be managed with ba-

sic first aid. Washing the affected area, applying an ice pack, and using over-the-counter anti-itch creams or antihistamines may help relieve discomfort.

However, certain symptoms should never be ignored. Difficulty breathing or swallowing, swelling of the lips or throat, nausea, vomiting, cramping or severe headaches may indicate a serious allergic reaction and require immediate medical attention. Importantly, half of all fatal reactions to insect stings occur in people with no previous history of severe allergies,

See BITES Page 13



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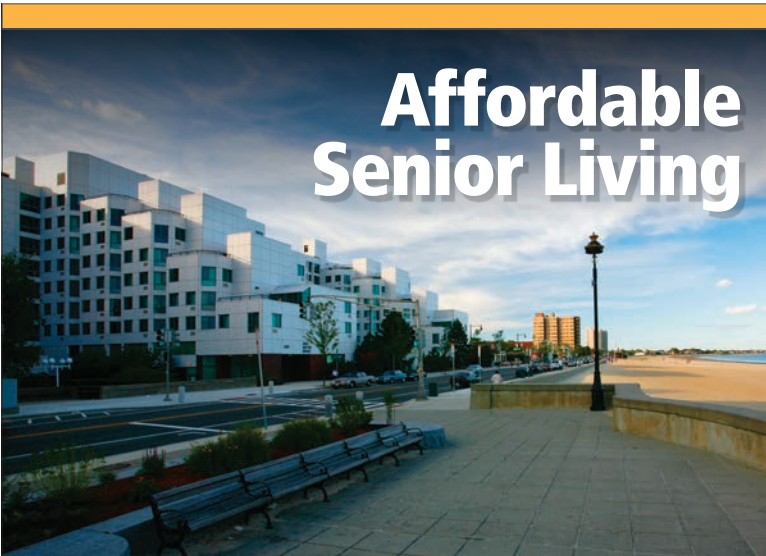
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Economic // CONTINUED FROM PAGE 1

• **ENOUGH Act** bill that will create an innovative strategy to fight poverty by investing resources in high need neighborhoods and collaborating with community residents to help drive decisions that will ensure investments increase economic mobility.

• **E-Bike classification** bill that will classify and expand access to more electric bikes across Massachusetts.

• **Physical Therapy Licensure Compact** bill that will allow physical therapists from other states participating in the compact to practice in Massachusetts without having to endure the relicensing process, and for our physical therapists to do the same in those states.

DiDomenico secured \$5 million in bond authorizations for these local infrastructure projects

• \$2.5 million to the city of Chelsea for design and construction of a culvert.

• \$2.5 million to the city of Everett for subsurface infrastructure improvements.

“I am thrilled to pass three important pieces of legislation I filed so that we can address poverty head on, support health care workers, and empower more people to bike safely across our state,” said Senator Sal N. DiDomenico. “The bond funding I got authorized for local projects has the potential to support my district’s cities in critical infrastructure improvement plans that will benefit residents in our communities and beyond. This package will do so much for our economy, small businesses, and residents across my district, and I look forward to fighting for all this language in the conference committee.”

The bill also surges the production of new housing units through automatic two-family zoning across Massachusetts, creates safety rules for fast electric scooters and e-bikes, and invests \$100 million in immediate support for scientific

research programs at public higher education institutions.

With \$575.4 million in authorizations, the economic development bond bill is poised to grow quality jobs in the Commonwealth, support innovation, and improve the quality of life for workers and families.

The bill prioritizes bonding investments to boost every aspect of the Massachusetts economy, including:

• \$100 million to support and promote economic growth and job creation in the defense sector;

• \$75 million to support the development and application of AI;

• \$25 million to support downtown and main street vitality in Massachusetts towns and cities, in addition to \$2.5 million to help convert vacant storefronts into pop-up opportunities for new small businesses;

• \$25 million for research and development of robotics technology;

• \$20 million to support construction of early stage and high growth business ventures;

• \$20 million to support community development financial institutions and small businesses; and

• \$25 million to support arts, culture, and the creative economy, building on recent successes of the Massachusetts tourism and cultural sector.

The legislation requires major AI developers—known as large frontier developers—to account for their AI models’ risk of critical safety incidents by setting frameworks to avoid potential catastrophes. The Attorney General’s Office (AGO) would be empowered to bring civil lawsuits against major AI developers if they violate these new safety requirements.

The bill would create unprecedented levels of new housing units in Massachusetts by allowing two-family homes on all residentially zoned lots, subject to reasonable local lim-

itations.

Supporting the Massachusetts economy’s workers and their families, the bill goes further to boost the state’s housing stock by creating a new, easier process for converting commercial properties into residential units, and requiring timely review processes for housing construction projects.

Recent e-bike and electric scooter technology has moved beyond older state laws into unregulated territory. This bill accounts for these developments by creating new safety standards that keep young children off these devices, some of which can speed at 30 miles per hour, and banning mopeds and similar devices from bike lanes and shared use paths.

Scientific research drives a significant part of the Massachusetts economy. With federal research funding under threat, the legislation invests an immediate \$100 million in bridge funding for public higher education institutions to help maintain the pace of scientific discovery and retain talented graduate and post doctorate workers.

Over the course of two days of debate, the Senate built on the underlying bill by adopting amendments in critical areas related to responsible technological advancement, the hospitality industry and vibrant business districts, and the ability for certain professions to work across state lines.

Safety in Technological Innovation

Stopping Cryptocurrency ATM Misuse (Amendment 374): Responds to the use of cryptocurrency kiosks as tools in predatory scams by fully banning the operation of such kiosks in Massachusetts. Scammers in recent years have directed older adults to use crypto kiosks to send money which is often not recoverable when the fraud is discovered, leading some seniors to lose their entire

life savings.

Frontier AI Risk Reports and Independent Verification (Amendment 471): Verifies that large AI developers are complying with this legislation’s new safety requirements by requiring independent, third-party safety audits. Additionally requires large AI companies to undergo in-depth, independent safety testing every four months to identify any residual catastrophic risks.

Protecting Against CSAM (Amendment 94): Criminalizes the creation, possession, or sharing of AI-generated child sexual abuse material (CSAM), in response to new AI technology and computer programs capable of generating synthetic images that are indistinguishable from real photos. Penalties for sharing such images go up to 10 years imprisonment. Creating or prompting synthetic CSAM is punishable by up to five years in prison, or 10 years if the image depicts a real child.

Responsible Robotics (Amendment 118): Ensures the responsible use of robotics technology. Prohibits the possession, operation, manufacture, or sale of robots that are equipped with weapons—including firearms, chemical agents, weaponized lasers and explosives. Prohibits the use of a robotic device to criminally harass or physically restrain another person. Violations are punishable by up to five years in prison. Includes a waiver process for defense companies and contractors; an exemption for the military; and a process for law enforcement to use weaponized robots to destroy or diffuse bombs, with a proper warrant.

The ‘Fun Agenda’

No Soccer No Party (Amendment 595): Convenes a working group to study the feasibility of a future international soccer tournament to be held in Massachusetts. The group, organized under the Of-

fice of International Trade and Investment, would study potential dates, venues, operational needs, and funding sources, and would coordinate with representatives of participating countries including the United States, Scotland, and nations with a significant diaspora in Massachusetts.

Making music affordable by reining in predatory ticket scalping (Amendment 20): Institutes a 110 per cent cap on prices charged by ticket resale platforms for music concert tickets.

Happy Hour (Amendment 78): Gives cities and towns the option of re-establishing ‘happy hour’ discounted alcohol sales policies, boosting bars, restaurants, and other licensed establishments. Municipalities would regulate happy hours by local ordinance.

Conviviality Districts (Amendment 309): Builds on the success of a historic summer by permanently allowing cities and towns to permit public alcohol consumption in designated outdoor districts. Municipalities would be able to adopt the local-option districts for areas such as streets and parks, with the requirement that drinks be purchased from licensed establishments within the designated area.

Public Arts and Entertainment Microgrant Program (Amendment 354): Authorizes \$1 million for a new grant program to boost the cultural and economic vitality of downtown areas, commercial areas, cultural districts, gathering places, and nightlife destinations. The Massachusetts Cultural Council would distribute the microgrants to support public arts, performances, and programming.

Cultivating Agritourism Across Massachusetts (Amendment 70): Authorizes \$5 million for grants to support local farms, agriculture, and

Governor urges Congress to pass legislation extending Temporary Protected Status for Haitians

Special to the independent

On Monday, Governor Maura Healey urged the U.S. Senate to pass legislation extending Temporary Protected Status (TPS) for Haitians, which has already been passed by the House of Representatives.

Local congressional and business leaders voiced support for the passage of the Senate legislation.

TPS for Haitians was set to expire on Monday after the Supreme Court upheld President Trump's plan to end this policy that has been in place since 2010. Healey highlighted what she said is the critical role that Haitian TPS holders play in Massachusetts' economy and workforce, particularly in health care, long-term care, transportation, hospitality and construction.

As of press time on Tuesday, the U.S. Senate had taken no action to vote on the legislation.

The governor warned that allowing TPS protections to expire would have significant consequences for families, employers, and essential services across Massachusetts, impacting private employers, public agencies and programs that rely on these workers to deliver critical services.

"Haitian TPS holders are essential contributors to our state's workforce, filling roles that are vital to our economic stability and growth. The sudden loss of their legal status and work authorization would be devastating for our state," wrote Healey. "I urge Congress to take immediate action to extend TPS protections for Haiti. Forcing Haitian TPS holders to return to a country that has faced repeated natural disasters, economic crisis, widespread violence and political instability goes against the very purpose of TPS, which protects individuals already in the United States who cannot (safely) return to their home country."

Massachusetts is home to more than 45,000 Haitian TPS holders.

Healey highlighted the significant workforce impacts she stated that ending TPS would have across Massachusetts, including on the state's healthcare system. The Massachusetts Senior Care Association estimates that up to 2,000 workers in its member facilities could lose work authorization if TPS protections are not extended, further straining an already challenged healthcare workforce.

Congresswoman and Democratic Whip Katherine Clark, who represents Revere and Winthrop, said TPS holders are essential threads in the fabric of local communities.

"They are teachers, caregivers, small business owners, and invaluable leaders," Clark said. "Donald Trump's vile, anti-immigration agenda is threaten-

ing to strip these individuals — 45,000 of whom live in our Bay State — of the dignity, opportunity, and protection they deserve. We cannot turn our backs on our neighbors. We must act immediately to extend TPS for Haitian immigrants."

Tom O'Brien, the CEO of the HYM Investment Group — which is developing the mixed-used Suffolk Downs development in Revere and East Boston — said a strong workforce is essential to Massachusetts' economic success, and that Haitian TPS holders play an important role in helping businesses across our state thrive.

"In construction, they are helping build the housing, commercial developments and infrastructure that keep Massachusetts growing," O'Brien stated. "Ending Temporary Protected Status would worsen workforce shortages, drive up costs and make it even

harder to deliver the projects our communities need. I thank Governor Healey for her leadership on this issue and join her in urging Congress to extend Temporary Protected Status and provide certainty for these workers, their families and the employers who depend on them."

Congresswoman Ayanna Pressley — who represents Chelsea, Everett, and part of Boston — said Haitian TPS holders are essential to the local communities and economy, and ending TPS for Haiti would be devastating for Massachusetts and the country.

"The Senate must do right by our Haitian siblings and pass our bill to extend TPS for Haiti and deliver the critical protections they deserve," she said. "I'm grateful to Governor Healey for her partnership in standing up for our neighbors."

Development // CONTINUED FROM PAGE 10

small businesses through agritourism.

Massport Liquor License Flexibility (Amendment 441): Allows bars and restaurants at Logan Airport to continue serving alcohol as long as flights are arriving and departing from the airport.

Networking Jobs Across State Lines

Psychology Interjurisdictional Compact (Amendment 11): Increases access to psychology services by adding Massachusetts to an interstate compact that recognizes the licensure of psychologists in other participating states. Allows licensed psychologists from those states to practice via telehealth across state lines.

Social Work Licensure Compact (Amendment 222): Supports Massachusetts social workers by joining surrounding states in the social work licensure compact, ensuring

they can continue to care for patients in other states.

Establishing a Physical Therapy Compact (Amendment 402): Bolsters the physical therapy workforce by working toward the creation of an interstate compact, which would allow licensed physical therapists and assistants to practice across participating state lines.

Fostering a Strong Local and Regional Economy

Juvenile Jurisdiction (Amendment 495): Raises the age of juvenile jurisdiction to include residents who are 18 years old. The 'raise the age' initiative is proven to decrease crime, increase public safety and improve economic outcomes by allowing emerging adults who are 18 years old — the typical age of a high school senior — to be tried as juveniles instead of adults for certain crimes.

Requiring Automated Crimi-

nal Record Sealing (Amendment 511): Automates and expedites the process of sealing criminal records, ensuring that eligible people are able to move forward without bureaucratic delays.

Affordable Homeownership Pilot (Amendment 46): Supports the development and construction of permanently affordable homeownership units by aiding the creation of a pilot program. Authorizes \$2.5 million to fund the creation of units for low- and moderate-income households, including units within mixed-use developments.

Municipal Tax Relief (Amendment 554): Gives cities and towns the option of providing enhanced tax relief in the form of a rebate to lower- and middle-income taxpayers who already receive the residential tax exemption. Creates an additional tool on top of the established residential exemption,

which gives property tax relief to local residents by shifting more of the residential tax burden onto vacation homes and investment properties.

West-East Passenger Rail (Amendment 196): Authorizes \$5 million for the development of the passenger rail station in Palmer, a key stop for West-East Passenger Rail to span the state from Boston to Pittsfield.

The ENOUGH Act (Amendment 401): Creates a fund and framework to capitalize on public-private partnerships to lift families and communities out of poverty. Support would extend to community organizations to boost areas such as early education and care, affordable housing, public safety, and civic infrastructure.

Zoo New England (Amendment 22): Authorizes \$5 million for capital improvements at facilities of Zoo New England, which supports education and conservation through

the Franklin Park Zoo in Boston and Stone Memorial Zoo in Stoneham.

Massachusetts National Guard Museum Birthplace (Amendment 366): Unlocks federal dollars to support the development of the Massachusetts National Guard Museum by giving an official designation to the museum. Designates the facility's location as Salem, the birthplace of the National Guard where the first muster of the colonial Militia was held 389 years ago.

The package is based on legislation originally filed by Governor Maura Healey. A prior version was passed by the House of Representatives.

The Senate passed the bill and sent it back to the House of Representatives for further consideration.

Bread of Life's annual 5K Walk Fundraiser is set September 26

Bread of Life's Annual 5K Walk Fundraiser is Saturday, September 26 at Bread of Life, Malden. Start time 12PM. This year's Walk is in Honor of Mea Mustone.

From her first time laughing alongside Tom Feagley, Bread of Life's beloved first Executive Director, Mea Mustone learned the power of neighbors and the vision of "Food for the body...Nurture for the soul." Mea started volunteering at Bread of Life as a high school Confirmation student at St. Francis of Assisi Parish in Medford, preparing meals and communing with guests and volunteers. Over the past thirty years, Mea has made Bread of Life an integral part of her life.

After graduating from Bos-



Mea Mustone

ton College where she learned the Jesuit motto, "Women and Men for Others," Mea formed

a partnership between Healthy Malden, where she worked at the time, and Bread of Life. She served as Bread of Life Board President more than once over the years and was a long standing Board member.

In her current role at Malden Catholic High School, Mea continues to share the joy of Bread of Life with students at their monthly Supper Club. Mea serves Bread of Life with the support of her husband Tim and their six children, Quinn, Teagan, Cullen, Nevin, Rowan and Declan.

Mea lives by a quote by Dorothy Day, a great Catholic visionary, "We cannot love God unless we love each other, and to love we must know each other." She believes that the great-

est gift of Bread of Life is the chance to gather with neighbors at the same table. Inspired each day by Tom Feagley, Kathy McKenna, Father Casey, and Gaby Snyder Stelmack, Bread of Life Executive Director, Mea shows the most important thing we can do for each other is break bread together.

Please join Bread of Life's Walk in honoring Mea Mustone, Saturday, September 26th.

Walk start is 12PM, beginning and ending at Bread of Life, 54 Eastern Ave. Malden. Ice cream to be served at end of Walk.

Register at www.breadoflifemalden.org

Founded in 1980, Bread of Life is one of the largest pro-

viders and distributors of food to at risk families in Greater Boston. In 2025, Bread of Life staff and volunteers served over one million meals to hungry, homeless, and isolated families and individuals. Programs provided by Bread of Life include serving evening meals four nights per week to approx. 100 guests in addition to offering food pantry services from Malden and Everett food pantries. The Bread of Life Backpack Nutrition Program serves nutritious food and snacks to Everett school students. Bread of Life also delivers food to senior citizens in public housing and to at-risk teens and homeless families sheltered in local motels.

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New England Aquarium releases five more endangered Kemp's ridley sea turtles off Cape Cod

Special to the Times-Free Press

Five rehabilitated Kemp's ridley sea turtles are back in the ocean waters off Cape Cod after the New England Aquarium's fourth sea turtle release of the summer Wednesday morning.

For the past seven months, staff at New England Aquarium's Sea Turtle Hospital in Quincy, Mass., treated the hypothermic turtles for a variety of life-threatening medical conditions, including pneumonia, dehydration, and trauma. Staff veterinarians cleared the sea turtles, including "Papyrus" and "Times New Roman," to return to Nantucket Sound.

"Our team tracks each turtle's progress closely and adjusts care as needed throughout recovery," said Dr. Melissa Joblon, Director of Animal Health at the New England Aquarium. "These five turtles are now strong enough to survive entirely on their own in the wild. That's the goal every time."

Scientists from the Aquarium's research arm, the Anderson Cabot Center for Ocean



Rehabilitated Kemp's ridley sea turtle "Gigi" enters Nantucket Sound on July 22, 2026. CREDIT: Vanessa Kahn/New England Aquarium

Life, worked with the Rescue team to tag the turtles for post-release monitoring. The tags collect information about the turtles' behavior, habitat use, and survivorship, which helps inform sea turtle conservation and protection efforts, especially in New England where little is known about these species. This season, the team is using a combination of satellite tags for real-time data and acoustic tags for longer-term tracking; some of the turtles will be added to the

Aquarium's Sea Turtle Tracker for the public to follow their journey. This sea turtle work is permitted by the U.S. Fish and Wildlife Service through Permit Number ES69328.

During the 2025 cold-stunning season, the Aquarium treated nearly 500 live sea turtles, most of them Kemp's ridleys, that were rescued from the shores of Cape Cod from November to December by staff and volunteers with Mass Audubon's Wellfleet Bay Wildlife Sanctuary. Getting

these turtles back to full health requires a collaborative effort between biologists, veterinarians, and researchers. Under the U.S. Endangered Species Act, Kemp's ridley sea turtles are endangered, facing threats including climate change, ocean pollution, and degradation of their habitats. Rescue and rehabilitation efforts help to conserve the species.

The Aquarium has now released 35 turtles off Cape Cod this summer. A handful of turtles remain at the Aquarium's Quincy facility, continuing treatment until they are medically cleared to return to the ocean.

Aquarium staff, volunteers, and interns have a tradition of naming the turtles receiving long-term care, with this year's theme being font-inspired names. More details on the released Kemp's ridley sea turtles:

- "Times New Roman" (#512)

Stranded Dec. 3, 2025, in Dennis, MA

- "Papyrus" (#579)

Stranded Dec. 5, 2025, in Wellfleet, MA

- "Gigi" (#590)

Stranded Dec. 5, 2025, in Brewster, MA

- "Walter Turncoat" (#644)

Stranded Dec. 10, 2025, in Truro, MA

- "Punk Kid" (#659)

Stranded Dec. 11, 2025, in Truro, MA

The New England Aquarium is a nonprofit research and conservation organization that has protected and cared for our ocean and marine animals for more than 55 years. We provide science-based solutions and help shape policies that create measurable change to address threats the ocean faces. We inspire action through discovery and help create engaged, resilient communities.

Bites // CONTINUED FROM PAGE 9

underscoring the importance of recognizing warning signs quickly.

Any tick bites that lead to fever and chills, aches and pains, fatigue, or rashes should be addressed by a healthcare provider. Tickborne pathogens can cause fever and rashes that can vary or be absent, along with different associated symptoms depending on the specific pathogen. Based on your symptoms, examination, the geographic region where you were bitten, and lab results, a medical professional can develop an appropriate treatment plan.

Before the Bite

Prevention remains the best defense against bug-related illnesses. Wearing long sleeves

and pants when possible, using EPA-registered insect repellents and taking precautions around your home can significantly reduce exposure. For ticks, a thorough body and scalp check after spending time outdoors is essential, particularly because ticks can live in any grassy, brushy or wooded area. This is especially important in Massachusetts, which has a high incidence of reported Lyme disease cases.

Mosquito prevention matters just as much. Repairing damaged window and door screens and eliminating standing water around your home—including bird baths, flowerpots and unused containers—can help reduce mosquito populations and lower the risk of mosqui-

to-borne diseases.

For the stinging variety of insects such as honeybees, yellow jackets, and white-faced paper wasps, a few precautions can help avoid painful stingers and anaphylactic reactions. These insects are attracted to bright colors, strongly-scented perfumes, and accessible food and drinks, so being mindful of clothing and covering your picnic basket can keep bees away. Additionally, stepping on stinging insects while walking barefoot or in flip flops should be avoided for those worried about allergic reactions.

Dr. Ana Stankovic, is the chief medical officer, United-Healthcare of New England

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LEGAL NOTICE



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IFB No.: MUN-27-03

Project Name: Mobile Boiler
Services

Legal Notice
The City of Everett is seeking sealed bids for the purpose of procuring the supply and installation, of an 8-10 million BTU portable boiler to be provided to the City of Everett for the Old Everett High School for a minimum

of one year, with the option to extend annually for an additional two years at the sole discretion of the City. All work shall be performed in accordance with the Bid Documents as herein defined. All work is subject to the applicable provisions of Massachusetts General Laws, Chapter 30, § 39M and Chapter 149, §§ 44A-44H inclusive. Specifications, bid documents, and instructions will be available beginning July 15, 2026 via download at <https://cityofeverett.com/bids/>. It is the sole responsibility of the bidder to register as a plan holder. Please note all

addendum will be posted to the City's website.
Site Visit: See IFB
Project Estimate: \$140,000
Sealed Bids will be received until August 12, 2026 at 11:00am at the Procurement Department City Hall, Room 14, 484 Broadway, Everett, MA 02149
The City reserves the right to reject any or all bids and to waive informalities when deemed in the best interest of the City.
Kiara M. Freeman Chief
Procurement Officer City of
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7/29/26
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“Fatal Firefighter Injuries in the U.S.” report shows 83 on-duty deaths in 2025

Special to the Times-Free Press

The National Fire Protection Association® (NFPA®) released its “Fatal Firefighter Injuries in the U.S. in 2025” report, which showed that a total of 83 U.S. firefighters died while on-duty, or as a result of heart attacks, strokes, or medical conditions within 24 hours of duty, in 2025. This number reflects a 17 percent increase over the 69 fatalities reported in 2024, with the majority of

the on-duty fatalities (65, or 78 percent of the total) resulting from traumatic injuries, heart attacks, or medical conditions. The remaining 18 fatalities involved heart attacks while firefighters were off duty but occurred within 24 hours of on-duty activity. (Prior to 2022, deaths that occurred within 24 hours of duty were not included in this study unless the injury occurred while the victim was on duty or indicated not feeling well while on duty.)

“While we do see fluctuations in the number of firefighter fatalities each year, as we did in 2025, there has been a consistent downward trend in the number of annual fatalities since the study began nearly 50 years ago,” said Richard Campbell, a senior research analyst at NFPA and the lead author of the report.

Campbell indicated that because fatal heart attacks, strokes, and medical conditions within 24 hours of duty were only added to the study in 2022, they are reported separately from the on-duty fatalities in the report to facilitate historically consistent trend comparisons.

The vast majority (95 percent) of firefighter fatalities in 2025 were municipal firefighters: 34 career firefighters and 45 volunteer firefighters. The remaining four firefighters were wildland firefighters, including two federal wildland contract firefighters, one state forestry supervisor, and one seasonal state wildland firefighter.

As in most years, heart attacks were the leading cause of death of firefighters in 2025, accounting for 45 fatalities. Twenty-seven of these deaths occurred while the firefighters were on duty; 18 occurred within 24 hours of duty. The on-duty heart attack victims included 16 career firefighters, eight volunteer firefighters, and three wildland firefighters. Volunteer firefighters accounted for 16 of the 18 heart attacks within 24 hours of duty.

“Sudden cardiac death remains a critical concern among firefighters. Fitness programs, annual medical evaluations, and medical monitoring continued to serve as preventative measures that support cardiac health for all firefighters and

should be prioritized,” said Campbell. “It’s important to note that predominance of sudden cardiac deaths among volunteer firefighters within 24 hours of duty suggests the need for additional areas of intervention for this group.”

According to the study, age is an important risk factor for cardiac injury and an issue that is particularly relevant to the volunteer firefighter community.

“While education about symptoms of cardiac distress should be a component of risk reduction efforts for all firefighters, communicating these messages is of particular importance among volunteer firefighters, who may not return to the station following an alarm and may not have immediate access to medical treatment,” said Campbell.

Overexertion or strain injuries are regularly the leading cause of firefighter fatalities; they were responsible for 29 (45 percent of the total) of the on-duty firefighter deaths in 2025. An additional 13 fatal injuries (20 percent) were caused by crashes, while five firefighters (eight percent) sustained fatal injuries when they were caught or trapped in some way, and another five firefighters when they were struck by an object. Falls and assaults each caused four deaths. Two fatal injuries were contact-related, and three had an undetermined cause. All of the deaths within 24 hours of duty were considered to be overexertion or strain injuries.

Crash-related fatalities - the second-leading cause of fatal injuries in 2025 - represents another area of concern. Research has shown that driver error, excessive speed, lack of seatbelt use, inclement weather,

and use of private vehicles are factors that are commonly associated with fatal crashes.

“Career and volunteer firefighters are increasingly called upon to handle an ever-growing range of incidents in their communities, many of which present high-risk, high-stress situations,” said Jay Petrillo, research analyst at NFPA who co-authored the report with Campbell. “The data from this year’s study show that as the demands on career and volunteer firefighters continue to grow and evolve, the need for comprehensive injury prevention training and strategies remains critical.”

This firefighter fatal injuries study is made possible by the cooperation and assistance of the U.S. fire service, NIOSH, the United States Fire Administration, the Forest Service of the U.S. Department of Agriculture, the Bureau of Indian Affairs, and the Bureau of Land Management of the U.S. Department of the Interior.

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

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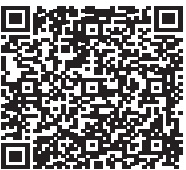
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FRESH AND LOCAL

We love affogatos

By Penny & Ed Cherubino

We’ve always been surprised that dining spots that serve espresso drinks and ice cream don’t have affogatos on their dessert or after-dinner drink menus. We hope that as these traditional Italian drinks gain traction on social media, the hospitality industry will recognize that this can be a welcome and profitable add-on to a meal tab.

Affagato Ingredients

Let’s begin with translation. In Italian, an espresso is called “un caffè.” Affagato means “drowned,” and “correcto” means corrected. Finally, gelato is the ice cream traditionally used in these drinks. Therefore, an affagato, in its simplest form, is gelato or ice cream drowned in espresso.

An affagato corretto adds a small amount of an alcoholic spirit. For what it’s worth, there is also a “un caffè corretto,” which is an espresso with a spirit added.

Your choice of spirit (usually

about half an ounce) can take the drink two ways. Liquors like Amaretto, Frangelico, Sambuca, Kahlúa, or Cream Liqueurs make the drink sweeter. Dry spirits like Grappa, Rum, Bourbon, Irish whiskey, or Brandy can add flavor without added sweetness. Remember, the base flavor you are adding to is coffee. Try to choose additions that complement the strong, bitter taste of espresso.

Affagato History

The website Tasting Table offers the following history of affagato. “While most of us can probably agree that affagato is delicious, where it came from is disputed. According to Porte, some believe that the affagato dessert gained prominence only in the 1950s in Italy, around the same time the ice cream industry became modernized. However, some say that a medieval friar called Angelico from the Piedmont region of Italy spontaneously blended ice cream with espresso, creating affogatos.”

While the origin is in Italy,

the world soon caught on, and it was added to cafe and restaurant menus worldwide. However, Tasting Table also points out that the word affagato was not added to the Merriam-Webster Dictionary until 1992.

Elaborate Affagato

The springboard for this column was a video by David Lebovitz featuring Margot Le-carpentier of Combat Bar in Paris. She prepared an elaborate affagato using a chocolate sorbet David had made. She combined a cocktail of liquors, an espresso, and then added toppings. Her method was to put the sorbet into a metal dish, pour her liquor mixture, then the espresso, and top it with shaved chocolate, cocoa nibs, and salt.

This is the type of recipe on social media that is bringing affigatos to a new audience. But there is still a place for the simplest version that we make at home.

Size Matters

Penny has used a small,



Here’s the setup for pour-your-own affogato corretto: vanilla ice cream in the cup, espresso in the tiny pitcher, and a shot of amaretto in the glass.

simple affagato made with a 2-ounce scoop of ice cream and one shot of espresso from our Nespresso machine. She can vary the flavor by using different espresso capsules. This treat comes in at around 150 calories, and she uses it when she’s craving something special. The ritual of making the drink and savoring it is part of the experience.

Final Thoughts

Choose the container for

your affagato carefully to ensure the combination of cold and heat does not cause the glass to crack from temperature shock. At home, we make ours in bone china cups that are exceptionally strong and stable across a range of temperatures.

And if a place you love has espresso and ice cream, ask them to make an affagato for you. We asked, and soon it became a menu item and frequent order at our favorite pub.

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