Everett Independent Newspaper Co.

Wednesday, July 21, 2021

Everett woman gets support from UMass Lowell on path to become a physician

By Seth Daniel

Many years ago, as a child, Everett's Shakira Fedna watched as a man was beaten outside her home nearly to death, and in the ensuring chaos, she recalls seeing a woman - a doctor - rush to the scene and care for the man, maybe saving his life.

It was with that one event at a young age that Fedna, 19, has embarked on a pre-med pathway at UMass Lowell, and not seeing a lot of women of color or students from Everett in the program, she has relied on a support network initiated by the college called Medical Profession Admission Gap Initiative and Collaboration, or MAGIC, that has helped her adjust and continue on her pathway to that dream that formed long ago.

"I have always wanted to do medicine since I was younger," she said. "When I lived in Haiti growing up...I was at home and there was a fight outside and this man was beaten

See FEDNA Page 5





Jenn Levy (lead vocalist) and Hal Holiday (founder, lead vocalist) starting the concert last Thursday, July 15, in Wehner Park. Though cancelled once due to rain, the concert kicked off the upcoming summer series. See Page 7 for more photos.

Fire study suggests adding fourth station, re-purposing Central Fire

The recently-released Fire Study done by Municipal Services recommends adding a fourth, new Fire Station as the City continues to grow, but controversially also suggests re-purposing the recently-renovated Central Fire Station into an EMS, or

ambulance, outpost. The Fire Study came out earlier this month from Donald Bliss, former New Hampshire Fire Marshal and owner of Municipal Services, and made 65 Broadway. recommendations, which only a fraction were controversial. The hope, Bliss said at a meeting two weeks ago, was to provide a roadmap forward as the City and its Fire Service continues to evolve.

A chief recommendation of the report – aside from the in-house ambulance issue that was resolved separately last week - was to construct and open a new fire station in the southern section of the City, preferably Lower

for your growth, we recommend a new Fire Station for the southern section of the city," said Bliss. "I have to say your existing headquarters has some difficulties, particularly using it as an administrative headquarters. It's not accessible to the public. You have to walk through the crew quarters area to get to the Fire Chief and Fire Prevention Offices. It's really not designed for the operations of an

urban Fire Department. We would encourage if there is a new station developed, that it would become the administrative

headquarters." The study recommended keeping the recently-renovated Hancock Street station, the Ferry Street Station and building a new Fire Station and Headquarters on Lower Broadway in the Robin Street area, or any other place on the eastern side

See FIRE STUDY Page 5

Pressley secures \$750,000 in community project funding for Island End River Area Flood Resiliency project

Congresswoman Ayanna Pressley announced the successful inclusion of \$750,000 in federal community project funding for the City of Chelsea's and City of Everett's Island End River Regional Coastal Flood Resiliency project. Congresswoman Press-

ley visited the Island End on June 2, and voiced her support for the initiative by the two cities to build in flood protection to protect the New England Produce Center - a critical food source for the region.

Funding for which Pressproject, ley has been advocating for through Congress' Community Project Funding initiative, will be used to advance a regional flood resilience plan to protect the cities of Everett and Chelsea. This



Congresswoman Ayanna Pressley speaks to officials from Chelsea and Everett during her June 2 visit to the Island End River site.

project would provide critical flood and sea level rise protection for highly populated regions that not only host life-critical food security and energy essential infrastructure but are also prone to coastal flooding and record coastal storms.

"As Congress works to advance bold investments

in the nation's infrastructure, environmental justice must be front-and-center, and that means protecting our cities and towns from the ongoing and long-term impacts of climate change. This funding will help Chelsea and Everett, two frontline communities, enhance their climate resiliency and help prevent further climate change-related disaster," said Congresswoman Pressley. "I thank City Manager Ambrosino, Mayor DeMaria, and all of our advocates for their close partnership throughout this process, and look forward to seeing this important project Said Mayor Carlo De-Maria, "The New England

across the finish line." region relies the distribution of fresh produce from warehouse facilities locat-

which moved from the

Faneuil Hall Marketplace

in the 1960s to our Market Street neighborhood," said Everett Mayor Carlo De-Maria. "In addition, we have electric generation facilities, fuel storage facilities, and commuter rail service in the area. All of this area has a history of flooding and will experience more in the future. This will be not only a huge economic disruption, but promises to be a huge environmental catastrophe with sea level rise, increasing and more frequent storm surge. I commend Ayanna Pressley taking on this enormous and underappreciated task, because the consequences of doing GreenRoots

nothing would be nothing short of disastrous." Director Bongiovanni Roseann said they were glad to have hosted Pressley last month ed in Everett and Chelsea, and were excited that she

See FUN DING Page 3

Several candidates seeking election to **School Committee**

The Everett School Committee has historically been less than competitive over the years in political races, but the cap has seemingly been removed from the bottle this year, and not only are there several contested races, but as of this week there will be at least one Preliminary Election contest for School Committee, and likely two.

On Monday, Ward 6 School Committee was assured a Preliminary on Sept. 21 when incumbent Member Tom Abruzzese and current Ward 6 City Councilor Michael Mc-Laughlin were certified for the ballot – joining already-certified Catherine Tomassi Hicks.

"That's the way it

should be," said Abruzzese. "I've been on and off the School Committee for 20 years and it's the first time I've been involved in a Preliminary. I can't even recall there being a Mayoral Preliminary and I remember back to George McCarthy and Mayor Plunkett. It's exciting and it will be new and different. Hopefully my record speaks for itself. I'd like to think I had a big part in our new superintendent being chosen. If that's the legacy, that's fine with me."

It was questionable whether or not Abruzzese would turn in signatures due to the fact that his long-time colleague, Chair Frank Parker, decided last month to not run for re-election. However,

See PRELIMINARY Page 3

ZBA considers Second Street building, addition to Broadway

By Seth Daniel

The Everett Zoning Board (ZBA) is considering two building projects on the Second Street/ Broadway corridor this month that would keep the momentum going on and near the Commercial Triangle.

The first project includes a nine unit, new construction building at just off of the Parkway, and across the street from the Commercial Triangle hotbed. The current use is industrial, and the building would be demolished to make way for the three-story residential building.

The developer, Jeremy Seeger, had developed a

building successfully on Laurel Street, which started out very controversially, but ended up as a successful re-use of an old heating oil depot.

Attorney Anthony Rossi is representing him and said it is a pretty straightforward project, with nine units in a new building that met most zoning standards. The building is across the street from the old Silver Fox Function Hall, which some public officials have said recently has also been sold for potential development. That could not be confirmed,

however. The Second Street matter did get a public airing at the ZBA on Monday.

See ZBA Page 7

Everett Public Schools summer programs are shining brightly

Special to the Independent

Bigger and better. That is the easiest, most effective way to describe the summer programming introduced this month by the Everett Public Schools for all grades.

While high schoolers are also benefiting from a wide array of new offerings, for the first time, the district is offering K-8 academic programs at multiple schools, as well as enrichment opportunities in music, technology, fitness and athletics, chess, languages, and arts. This gives families greater flexibility, and students more chances to reconnect with their classmates after the tumultuous 2020-2021 school year. All programs are free and include breakfast, lunch, and snacks. This is a treenhancement mendous

See SCHOOL Page 2



Alessandro Cornelio, and Parlin Principal Dennis Lynch last week to check up on the K-8 summer programming there.

Phone: 617-387-9600 Fax: 781-485-1403

Pressley urges Biden administration to support Haitian community amid ongoing political crisis

The Everett Independent • Wednesday, July 21, 2021

House Haiti Caucus Co-Chair Congresswoman Ayanna Pressley sent a letter with fellow co-chairs to U.S. Department of Homeland Security (DHS) Secretary Alejandro Mayorkas calling on him to take a series of steps to support the Haitian diaspora amid ongoing political turmoil in Haiti. The lawmakers' letter follows the recent assassination of Haitian President Jovenel Moïse, which has threatened to further destabilize the country.

"The violence, extreme poverty and political instability that has plagued Haiti over the last several years has resulted in grave trauma to the Haitian people and across the Haitian diaspora," the lawmakers wrote in their letter. "It is incumbent upon the United States and the entire global community to come together in support of the people of Haiti as well as the more than one million Haitians and Americans of Haitian descent that call the United States home."

COVID-19 The pandemic has overwhelmed the nation's already limited public health infrastructure. Gang violence and bloodshed and ongoing kidnapping of civilians have displaced thousands from their homes. A report conducted by the United Nations Office for the Coordina-

tion of Humanitarian Affairs found that the unprecedented violence and displacements has led to an array of secondary challenges, such as family separation, forced school closures and increased financial insecurity. In their letter, Rep.

Pressley commended the Biden Administration for re-designating Haiti for Temporary Protected Status (TPS), and urged swift publication in the Federal Register so that eligible individuals may begin the process of applying for these critical protections. The lawmakers also called on DHS to reinstate the lapsed Haitian Family Reunification Parole (HFRP) program, which would allow for certain eligible U.S. citizens and lawful permanent residents to apply for parole for their family members in Haiti who cannot be reunited because of a years-long backlog in visa process-

Additionally, the lawmakers called on DHS to finally halt all deportations of Haitian migrants amid the political crisis and the continued spread COVID-19, noting that the Biden Administration has deported more than 2,000 Haitian migrants since the start of the administration—despite placing moratorium on deportations of immigrants already in the coun-

"These necessary actions are rooted in the calls of the Haitian community that we are proud to represent across our Congressional Districts," the lawmakers continued. "As an ally to Haiti and the Haitian people, the United States must immediately advance domestic policy that protects the Haitian diaspora and supports the stabilization of Haitian de-

mocracy." Massachusetts is home to the third largest Haitian diaspora community in the country, with approximately 46,000 Haitians Haitian-Americans living across the state and over half in the Boston metropolitan area. Additionally, Massachusetts is home to more than 4,700 Haitians with Temporary Protected Status.

In May, on Haitian Flag Day, Reps. Pressley, Levin, Clarke and Demings announced the formation of the House Haiti Caucus, a Congressional caucus dedicated to pursuing a just foreign policy that puts the needs and aspirations of the Haitian people first.

Last week, the lawmakers issued a statement condemning the assassination of President Moïse and calling for swift and decisive action to bring political stability and peace to Haiti and the Haitian people.

ON THE CAMPAIGN TRAIL



RAIN, SHINE OR RUFF-RUFF, **TEAM CARLO CONTINUES** TO CANVAS; Despite the 'ruff weather, Oreo the dog came out to show his support for Mayor DeMaria as he spent his night knocking on doors. Meanwhile, Rain or shine, the best part about walking around Everett is being able to meet with families and witness how much passion and love we all share for our



or who you support, everyone's voices deserved to be heard.







Adrien endorsed for Mayor by Environmental League of Massachusetts Action Fund

Staff Report

Environmental League of Massachusetts Action Fund has endorsed Gerly Adrien in the election for Mayor of Everett, a credit to her commitment to the environment and climate action. With issues of public health, environmental justice, transportation, and energy policy inextricably linked, we need leaders at every level of government who understand the intersectionality of issues within their community and will call for bold action., said the Fund.

"Councilor Adrien's

to ensuring equal access to resources will make her a strong leader and advocate for the people of Everett," said Clare Kelly, ELM Action Fund.

"Everett is on the front lines of the climate crisis," said Adrien. "We see it in the high asthma rates for those living next to the Mystic Generating Station, the history of heavy pollution in the Mystic and Malden River, the contaminated land in the former Monsanto site, and more. Everett deserves a mayor that will not only take the city to a healthy, sustain-

prioritization of clean en- able future, but will right ergy and her commitment the wrongs of the past. We must invest in community renewable energy, expand public transportation, and actively involve our most affected residents in the decision-making process when addressing climate change."

As Mayor, one of Adrien's goals would be to push for the transition to 100% renewable energy and support infrastructure improvements to make communities resilient to climate change impacts.

Another goal would create a sustainable and equitable future for all.

School / CONTINUED FROM PAGE 1

from previous years, when there was academic enrichment available at one

school only. This summer's fiveweek academic program (July 6-August 6) runs Monday through Friday from 8 a.m. to 12:30 p.m. at the Keverian, Lafayette, Parlin, and Whittier Schools. More than 753 students registered and total daily attendance at the four schools ranges from 550 to 600 students. Instruction is offered in reading, math, science, and social studies, but the focus is on having fun and giving the students the chance to interact with their teachers and classmates after a year defined by separation and interruption.

"I commend the Superintendent and her staff for maximizing our financial and staffing resources to offer a meaningful experience for our students," said School Committee Chairperson Frank Parker. "This is precisely the kind of ambition we need to exhibit on behalf of our students and families."

Each school has a site coordinator for the summer. Gabrielle Grimaldi is in charge at the Keverian, Alessandro Cornelio at the Parlin, Courtney Anderson at the Lafayette, and Cara Fidalgo at the Whittier. Classes are taught by EPS educators, and EPS teachers and staff are offering the majority of the enrichment opportunities. Teachers were provided a budget to purchase grade-appropriate learning materials that are educational and engaging. (An entirely separate line

up of camps, partnerships, and enrichment opportunities is being run exclusively at Everett High School.) "You can see, hear, and feel genuine enjoyment among our students and

staff when visiting our

schools and classrooms,"

says Superintendent Priya

Tahiliani. "My thanks to all of our teachers who are making this summer experience so successful."

Based on an initial view of enrollment and attendance figures, the expansion to the Lafayette, Parlin, and Whittier schools is proving to be popular with those communities. At the Parlin, for example, at least 80 percent of the summer students attend the Parlin during the school year. Similar percentages are being reported at the La-

fayette and Whittier. "It's clear that a significant percentage of our summer students are participating because it is offered at their home school," the Superintendent said. "Families are understandably comfortable with their student's teachers, principals, and assistant principals — not to mention their proximity to the building itself. This experience is showing us that a school-based approach is very useful in developing summer, afterschool, and enrichment opportunities."

Also new this year is an array of one-week programs for students in grades 3-12, which are a great way for families to supplement the academic sessions. Sports and fitness offerings include yoga, creative movement, basketball, baseball, tennis, field hockey, volleyball and soccer camps. Students can also choose from Chess Wizards, a French language and culture class, arts and crafts, and painting. The EPS Music Department is also holding a wide range of camps this summer, including percussion, junior band, snare drumming, and wind instruments.

tary schools, to Glendale,

Rossetti and 7 Acre parks.

Locations for these programs are spread across the district and city, from Everett High, to elemen-

Some of the camps were offered in late June, before the July 6 academic program began. Many others will be offered throughout the remainder of July, beginning at 1 p.m., after students have lunch following the conclusion of summer classes.

"This is all about leveraging our talented and dedicated teachers and coaches to offer choices and variety to our students, and at no cost to our families," said Superintendent Tahiliani. "Again, tremendous thanks is due to all of our staff members who are providing these opportunities, even after what I know has been a challenging and exhausting school year. Our educators continue to be champions and heroes in this community, and I am overwhelmed by their boundless energy and unwavering commitment to students and families."

The summer of '21 has also seen the EPS forge a partnership with the Everett Haitian Community Center, which is offering French, music, and dance classes at the Parlin School to 51 students from all over the district. "Reverend Myrlande Des-Rosiers and the EHCC are a positive and vibrant presence in our schools, one we hope to expand upon as soon as possible," said Superintendent Tahil-

The district's summer programming will end during the first week of August, after which EPS leadership will perform a thorough review of feedback from site coordinators and teachers. "This summer has been a great beginning of our new refreshing approach to summer learning," Superintendent Tahiliani concluded. "As always, we will make any necessary adjustments and seize on any and all opportunities for growth."

- LEGAL NOTICE -CITY OF EVERETT



BOARD OF LICENSE COMMISSIONERS 484 BROADWAY, ROOM 26 **EVERETT, MASSACHUSETTS 02149** PHONE: 617-944-0211 FAX: 617-394-2433

This notice is to inform you that a public hearing will be held on Monday, August 2nd, at 6:30 P.M. at Everett City Hall, 2nd Floor, in room 27. Opinions will be heard regarding the following application: An application has been presented to the License Commis-

sion from Bone Up Brewing Company, 85 Tileston Street, Everett, MA., for an Alteration of Licensed Premises. All interested parties may attend.

Phil Antonelli Chairman

Phil Arloro Member

Michael Dantone

Member Annette DeBilio Administrative Assistant

July 21, 2021





The free Consumer Action Handbook. It's in print and online at ConsumerAction.gov. Order your free copy online at ConsumerAction.gov or write to Handbook, Pueblo, Abruzzese said he is running for re-election and wants to focus on continuing to help the school kids.

"There's still work to be done," he said. "All my kids went through Everett Public Schools and now my grandchildren are there. My goal is to keep doing things for the kids. There's still history to be made."

His re-election will certainly be no walk in the park as there are two big players in Ward 6 running, with Councilor Michael McLaughlin being certified for the ballot on Monday as well. McLaughlin has been the councilor for Ward 6 over a period of many years, but decided to make the switch to School Committee this time around. He'll be a formidable force in a race where one essentially has two ward incumbents

squaring off. "I am officially on the ballot for School Committee Ward Six," he said this week. "I look forward to a strong, clean and positive campaign. I will be out knocking on doors, putting lawn signs up and working hard every day to ID my vote as I always have. This race is not personal between myself and anyone else. It's about my strong desire to help continue building the foundation of children's lives, which is education. I hope to serve every administrator, teacher, employee, parent and student of the Everett Public School Systems with dedication, commitment, listening and devotion in January as their School Committee

member from Ward Six." One cannot forget political veteran Catherine Tomassi Hicks, who was the only person certified for the ballot until Monday. Hicks has been in public office before and will bring a chunk of Ward 6 voters to the table with her. Just what her campaign means in a new, ward-only electorate remains to be seen - as it also does with McLaughlin and Abruzzese.

•SCHOOL COMMITTEE AT-LARGE LIKELY HEADED TO PRELIM

For the at-large School Committee race, as of Monday, there were an unprecedented six candidates certified for the ballot vying for three seats. If incumbent School Committeewoman Samantha Lambert if certified before the cutoff this week, which is more than likely, there will be a Preliminary in that race as well.

There are seven candidates with Nomination Papers out, and as of Monday, six of them have been certified for the ballot. Only Lambert continues to have Papers out, and she is expected to turn them in and be certified before the end of the week.

That would trigger the Committee's second Preliminary, which has been unheard of in recent times.

Those certified as of Monday are:

•Margaret Cornelio, Luke Road.

School Committeewoman Cynthia Sarnie, Forest Avenue.

•Robert Santacroce, Englewood Avenue.

•Berardino D'Onofrio, Kelvin Street.

•School Committeeman Joe LaMonica, Lawrence

•Jenny Montresor, Harley Avenue.

An interesting twist is that only two incumbents (likely to be three soon) are vying for the three seats, and one of them -LaMonica - is stepping up from the Ward 2 seat to run for at-large.

WARD RACES

The ward races for School Committee will feature a lively contest in a Ward 2 open seat between Cady Steinberg and Jason Marcus. In Ward 1, only current at-large School Committeewoman Millie Cardello is certified, and in Ward 3 only Jeanne Cristiano is certified, though Samantha Hurley continues to work towards getting on the ballot there.

Ward 4 incumbent Dana Murray was certified late last week, and Michael Mangan still has his Papers out, and this week Ward 5 Committeeman Marcony Almeida Barros seems to be the only one competing for his seat.

•PRELIM IN WARD 4 COUNCIL, MAYBE AT-LARGE

Not much has changed in the at-large Council race this week, after a busy week last week when Councilor Rich Dell Isola, Councilor John Hanlon, Challenger Irene Cardillo and Challenger Guerline Alcy were all certified for the ballot.

That leaves 10 candidates, and if James Mastrocola were to return Nomination Papers for the seat, that would trigger a very busy Preliminary Election. Only time will tell if that transpired, but the deadline for it comes this week.

In Ward 4 Council, Benjamin Murray turned in his Nomination Papers last Thursday and made

ing Challenger Holly Garcia and Councilor Jimmy Tri Le. That will be a very interesting Preliminary Election, with three very good candidates. Councilor Le has distinguished himself over the past two years and has held great attendance through the pandemic – with his shining moment coming during the AAPI Rally earlier this year. However, Garcia is very popular in the city and has been very active in almost all organizations and volunteer activities for some time currently the chair of the Everett Citizens Foundation. Meanwhile, Murray is the husband of School Committeewoman Dana Murray and has been very active in politics over the past few years in Ward 4.

his way to the ballot, join-

Councilor Matewsky looks to be uncontested in Ward 1, and the same for Councilor Stephanie Martins in Ward 2. Ward 3 Councilor Anthony DiPierro looked to be uncontested, but Darren Costa of Elm Street took out Papers last week, and could make a race out of it if he turns them in.

In Ward 5 Councilor Rosa DiFlorio has been certified for the ballot, and Challenger Vivian Nguyen still has her Papers out. She ran a spirited campaign two years ago, but it isn't certain if she'll complete the process this year.

In Ward 6, an open seat has brought Challengers Al Lattanzi and Ross Pietrantonio up against one another in a race that was solidified almost a month

Everett Police and Fire Departments team up to assist mother giving birth

On Monday July 19, at approximately 12:45 p.m. Everett Police Officer Jeffrey McCabe while working a construction detail on the corner of Chelsea Street and Partridge Terrace in Everett witnessed a vehicle pulled to the side of the road. Upon approaching the vehicle Officer McCabe witnessed a what was clearly a female in medical distress.

Officer McCabe immediately notified Everett Fire Department and Cataldo EMS for assistance in which he now realized was an active childbirth situation. Due to an apparent language barrier, Officer McCabe swiftly contacted Officer Nancy Guzman of the Everett Police Department who was able to quickly interpret and relay pertinent information to EMS and fire

personnel until EPD Officer Nuno Almedia was able to arrive on scene and assist with translation.

Within minutes Lt. McCarthy, Firefighter Shanks, and Firefighter Fiore of the Everett Fire Department arrived on scene, provided first aid, and began to assist with labor. The female began to crown and a short time later Lt. McCarthy guided the female as she gave birth to a baby girl.

"The dedicated members of the Everett Police Department and Everett Fire Department consistently show their dedication and commitment to our community and it's residents. I'm grateful for the swift and professional response by all agencies involved in the delivery of a new baby girl," said Mayor Carlo DeMaria.



Bike to the Sea community meeting, Wednesday, July 28

community in the Everett, Malden, Revere, Saugus, Lynn and surrounding communities by holding a meeting in Spanish on Wednesday, July 28 at 7

The meeting will be held at Winners Sports Bar & Grill, 361 Ferry Street in Everett, Mass. All are welcome and those planning to order food should arrive a little earlier by 6:45 p.m. Discussions and presentation will be made in Spanish.

Featured speaker Tim Cobau will give a presentation on the Hispan-

ing out to the Hispanic Committee in hopes of ford, and Somerville. welcoming more trail enthusiasts from different backgrounds. This is a community meeting of Bike to the Sea enthusi-

> Bike to the Sea connects communities by building and improving shared-use paths, and promoting safe and happy trail use for all ages and abilities. It was started more than 25 years ago to build an off-road trail from Everett, through Malden, Revere, and Saugus to Lynn and Nahant Beach. It's supporters come from there as well as surrounding communities

Bike to the Sea is reachic Community Outreach including Melrose, Med-

That trail, called the Northern Strand Trail, is now a reality, running along the former route of the Saugus Branch Railroad. It was recently paved, and more landimprovements scaping and amenities are being added.

It will soon connect directly to the Encore casino and eventually will go all the way to Assembly Row in Somerville and into Boston. It is also part of the East Coast Greenway, a series of connecting paths that will one day provide a route for bicyclists and pedestrians from Maine to Florida.

To RSVP, please email espanol@biketothesea.org or text 339-224-2448.



Mammograms Save Lives.

have their measurements taken (height, weight, blood pressure, etc.), and give

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blood and urine samples, if asked

All women over 40 should have a mammogram once a vear. Breast cancer found early offers the best chance to

be cured. Free or low cost mammograms are available For more information and answers to any of your cance

questions, contact us any time, day or night. vww.cancer.org



BOSTON



Funding / CONTINUED FROM PAGE 1

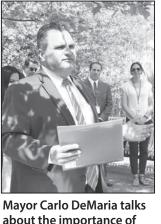
was able to win the funding for Island End.

"GreenRoots is grateful for the leadership and support of Congresswoman Pressley who has fought for low-income environmental justice communities like Chelsea," said Bongiovanni. "This is critical funding needed to protect our community from being slammed by yet another crisis - the climate crisis. Residents have worked hard to create public access and green space along the Island End River. Now we need to protect those resources from being

This project is one of 10 Community Project Funding requests submitted by Pressley to the Appropri-

drowned by sea level rise

and storm surge."



about the importance of Island End for relieving flooding in the New England Produce Center, and also in about two-thirds of the City of Everett.

ations Committee. Information on the status of additional requests will be announced in the coming days.

The inclusion of this funding in the FY22 House Homeland Security



State Sen. Sal DiDomenico also lent his support to the effort between Everett and Chelsea - pointing out that the Produce Center is a critical resource for the region.

Appropriations bill is the first step in the funding process, and Pressley will continue fighting for this funding as the bill moves to the full Appropriations Committee, consideration on the House Floor.





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NOT VACCINATED? COVID-19 WILL GET YOU --AND YOUR FAMILY

When we were writing about COVID-19 last year at the height of the pandemic, we often put it this way: COVID-19 is a hunter and we, the human animal, are its prey.

In the summer of 2021, another way to think about it is this: COVID-19 is a microscopic version of the alien monsters in the popular sci-fi movies A Quiet Place or The Tomorrow War in which the aliens have invaded Earth and are seeking to exterminate the human race.

In both of those films, the humans have banded together to fight the aliens in order to avoid extinction.

In particular, the heroes in those movies do whatever they can to protect their families. However, unlike in the movies, many of the humans

on our planet, especially here in the United States, are not acting with the same degree of rationality and unity in fighting COVID-19.

Virus infections and hospitalizations are rising sharp-

ly across the United States thanks to the Delta variant, an updated version of the virus, that is both more transmissible and causes more serious disease.

However, as President Riden succinctly put it the

However, as President Biden succinctly put it, the new surge in cases is occurring almost entirely among those who are not vaccinated.

More than 160 million Americans have received vaccinations, roughly half of the country. However, the vaccination rate varies widely depending upon the geographic region. In the Northeast and the West Coast, vaccination rates are in the range of 70 percent, compared to under 40 percent in large areas of the South and middle of the country.

Predictably, the increase in infections, hospitalizations, and deaths are surging in those under-vaccinated areas. The numbers don't lie. It was reported last week that the seven-day moving average of new COVID-19 cases across the country increased by 16%, but that 93% of those cases were among counties with low vaccination rates.

In states with high vaccination rates, new infections are occurring almost solely among the unvaccinated. In the state of Maryland, which has a high vaccination rate, 99% of new COVID cases are occurring in persons who are not vaccinated.

The Delta variant that is now prevalent in the U.S. and across the globe is more than twice as transmissible as the original version of COVID-19. Fortunately, all three of the vaccines being used in this country (Pfizer, Moderna, and J&J) are highly-effective against infection by the Delta variant.

In addition, we have more than enough of the vaccine to inoculate every American against this dreaded disease. America is the richest country in the world and we have used our wealth to encourage the development and production of vaccines and to purchase a supply sufficient to immunize every American.

The incredible success in developing successful vaccines has been the equivalent of a 21st century Manhattan Project, which was the scientific effort to develop the nuclear bomb that eventually ended World War II.

So why are so many of our fellow citizens hesitant to get the vaccine?

President Biden noted that misinformation -- and outright disinformation -- on social media platforms are killing people. He also should have added that disinformation campaigns on certain so-called mainstream news networks similarly are contributing to vaccine hesitancy.

If you are relying on your Facebook friends or some other on-line (or mainstream news network) to persuade you from getting the vaccine, then you are a victim of bad information that can harm you and your families.

In short, the simple -- but brutal -- truth is this: If you and your loved ones are not vaccinated, it is inevitable that COVID-19 will find you, just like those science-fiction aliens in the movies. And just like the movies, for all too many of the unvaccinated, the outcome will be deadly.

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Independent Forum

GUEST OP-ED

Fast track to turmoil

Dr. Glenn Mollette

A happy and secure life does not mean immediate gratification.

We have heard these words before, "I want it all and I want it now." Wanting the things of life as quickly as possible is natural. Some climb the career ladder quickly achieving epic heights at young ages. Many burn the candle at both ends in order to have the biggest house the finance company will allow. Some want to have a certain number of children by a certain age along with a mega career, housing, cars and all that a segment of society considers successful.

However, is your mental sanity worth the stress of all that it usually takes to get as much and as fast as you can? The common consensus by many is, "I don't want to wait until I'm old to have a nice house." Or, "I don't want to wait to enjoy the finer things of life."

An old acquaintance bought an expensive house in California a few years back and remarked, "I couldn't wait to get into that incredible house and then I couldn't wait until we sold it." Another friend remarked, "The greatest day in my life was when I bought my boat and the second greatest day was when I sold it." Our view of life's wants and needs change throughout life. We look at some things as if we can't live until we get them. After awhile we realize life was simpler and more manageable before we had them.

Consider pacing yourself. Remember this word

as much as possible - afford. Try to buy, drive and live with the afford word as your ongoing theme. If you can't afford it you certainly don't need it, whatever it is. Don't overbuy on your house. Buy what you can afford now and maybe soon you can sell and buy greater. If you are living beyond what you can afford you will end up losing ground. Getting behind with making payments on property or having to file bankruptcy will only put the things you want out of reach. Destroying your credit rating only dismantles what you will want to buy next.

So, take your time. Trying to spend more and buy more than you can afford does not make you a greater person in anyone's minds or eyes. Keep in mind that it's your life and there's nothing better than living life with peace of mind. If you can be comfortable, eat well and have a good daily life of health then what more do you really want? If you want more, then take your time, do good and more will probably become available to you. The wisdom writer of Proverbs said in 15:16, "Better a little with fear of the Lord than great wealth with turmoil."

Glenn Mollette is the publisher of Newburgh Press, Liberty Torch and various other publishing imprints; a national columnist – American Issues and Common Sense opinions, analysis, stories and features appear each week In over 500 newspapers, websites and blogs across the United States.

MassDOT prioritizes Mystic Pedestrian/Bike bridge for federal infrastructure funding

By Seth Daniel

The long-hoped-for Mystic River Pedestrian/Bike bridge that would connect a critical missing link for the Northern Strand Trail has been prioritized as one of three projects by MassDOT to receive federal infrastructure funding.

Last week, MassDOT releases the news that three projects statewide had been submitted for funding under the Rebuilding American frastructure with Sustainability and Equity (RAISE) grant program. The program is run by the U.S. Department of Transportation and takes applications from the 50 states for competitive funding to help travel and safety for pedestrians, bicyclists, rail and public transit customers.

The \$32 million pedestrian/bicycle bridge runs from the Encore Boston Harbor casino Harbor-Walk, which is the current terminus of the Northern Strand, to the Draw 7 Park in Somerville on the shores of the Mystic River. It would connect bike paths in Somerville, Cambridge and Boston as well as an Orange Line Station on the banks at Assembly Row. It joins projects in Lynn and Springfield.

The state application seeks \$25 million in federal RAISE Grant funding for the Mystic

River Bicycle and Pedestrian Bridge. The project would provide important pedestrian and bicycle access from the Lower Broadway neighborhood of Everett, including the recently opened Encore Boston Harbor resort, to the MBTA Orange Line Assembly Station, read the application.

"This federal discretionary grant program gives us an opportunity to take on multi-modal projects that will increase and improve safer public travel options across the Commonwealth," said Acting Transportation Secretary and CEO Jamey Tesler. "RAISE Grants have the potential to open doors to safer, more efficient, and more secure travel where we have seen a demand from the public for improved connections and we appreciate the support of community members and advocates who have worked closely with members of the MassDOT team to put forth these comprehensive project applications."

Encore had put forth the money long ago to design and engineer the Bridge, which has a striking curved design and a suspension aspect that mimics the Zakim/Bunker Hill Bridge further up the corridor.

"We are pleased that the Mystic River Bicycle and Pedestrian bridge is being considered for a RAISE Grant and are in full support of providing greater access to the City of Everett and a direct connection between Everett and the MBTA Orange Line at Assembly Station," said Rose Salisbury, spokesperson for Encore Boston Harbor.

Mayor Carlo DeMaria said the bridge has been part of his vision for that area over a period of many years, and it's exciting to see it prioritized. "The Mystic River Pe-

destrian Bridge has been a vision of my administration for many years as it will provide safe and direct pedestrian and bicycle access from the Northern Strand Trail to the MBTA station in Assembly Row and connect with other planned trails in Charlestown, Somerville and Medford," he said. "It connects not only Everett. but the entire North Shore to the regional trail and transit network. I want to thank Governor Baker and Secretary Tessler for recognizing the incredible potential of this bridge and their commitment to securing the necessary funding resources to see it completed."

Patrick Herron, director of the Mystic River Watershed Association (MyRWA), said this will be the most important missing link in the path to the Mystic River, if funded.

"The Mystic crossing from Everett to Somerville is the missing link to connect residents of the North Shore to the Orange Line and better access to Somerville and the City of Boston," said Herron. "We are grateful for the work of MassDOT and the Cities of Somerville and Everett for their response to the overwhelming community support for this project. This is exactly the kind of active transportation links we need to be making to public transportation and the high density of jobs in the area for a sustainable economy and resilient

communities." The three MassDOT **RAISE** Grant applications are subject to selection by the USDOT and specific RAISE Grant Program criteria which includes investments in transportation projects with local and regional impacts that also achieve national objectives. Previously, the program has awarded over \$8.9 billion to projects throughout the nation. For this round of grant applications, USDOT has appropriated \$1 billion total in RAISE grants prioritizing projects that can improve racial equity, reduce the effects of climate change, and create jobs, with a maximum grant of \$25 million for one project proposal and a total for each state of \$100 million. This round of RAISE grants is scheduled to be awarded by November 22, 2021.

Your opinions, please

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

Our fax number is **781-485-1403**.

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

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

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. Items can also be faxed to 781-485-1403. 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.

Everett Schools begin planning for September

By Seth Daniel

With the first day of school just a bit over a month away, the Everett Public Schools (EPS) are already starting to plan for the upcoming school year so that things get off to a good start in the wake of nearly a full year of remote learning.

Supt. Priya Tahiliani said they have started working on the plan, focusing on six areas for the re-opening, including:

- Safe Facilities
- Technology
- Social Emotional Wellness
 - •Staff Hiring
 - •Educator Training Vaccination Clinic
- One of the biggest preparations is getting things ready and moving ahead with technology. Supt. Tahiliani said when she arrived, Everett was behind in the world of technology, and due to the pandemic, the district

She said they are really focusing on the district's capabilities technology now that they know what they can do from a year of remote learning.

moved at light speed to try

to catch up.

"Every student in the district will be allowed a ChromeBook - not just for remote learning but for in-person learning with technology," she said.

"The overall goal of

this is to close the homework gap for students that don't have connectivity," she said. "We have shown tremendous growth in technology at EPS. To be honest, when I came in and found where the district was on this, we were not a leader in this area. But we have moved forward and wide very fast."

In addition there are

200 Dell laptops secured for the STEM program, and they have six Mac Carts for computer teachers that have to move from classroom to classroom at the elementary levels. They have begun replacing outdated SmartBoards with ClearTouch TVs for the classrooms, also making sure all educators are provided Mac laptops to help teach their classes.

Facility safety has also been heavily focused on, she said, noting that the air conditioner projects at the Keverian and Everett High are underway and complete or will be completed. Heating projects at the Lafayette and English Schools will be done by

There has also been a robust program put in place to replace filters and clean HVAC systems – as well as to service the air purifiers that were put in place last year in the midst of COVID-19.

Hiring teachers is another major piece of this

puzzle, and to date Tahiliani said they have filled 16 of the 55 open positions - with new teacher orientation beginning on

"Our interview and hiring process is ongoing and it reaches more people and has more of a process than was done previously here," she said.

Additionally, at the Administrative level, Everett High Asst. Principal Cory McCarthy will be transitioning to the Chief Equity Officer for the district, and Kelly-Ann Cooney will become the Director of English Learners.

There is also a robust curriculum, called the Open Circle Curriculum, that is being implemented to help with social-emotional wellness. That includes targeted interventions, restorative justice training, new student clubs, meditation/ self-awareness implementation and social-emotional learning through art and music.

The first day of school for grades K-12 will be a half-day on Aug. 31.

There will be full days of school on Sept. 1 and 2 for all grades, with no school on Friday, Sept. 3, or Monday, Sept. Sept. 6. School for K-12 will resume after the Labor Day holiday on Sept. 7, with pre-K coming for their first day on Sept. 7.

Fire Study / CONTINUED FROM PAGE 1

of Broadway. That would serve to cover an area that isn't entirely covered correctly – that being the quickly growing Lower Broadway and Commercial Triangle areas. It would also allow for developing a modern administration and situation command center office.

However, the controversy comes in that they don't recommend that the Department continue to use Central Fire as a traditional station, a recommendation opposed by the Everett Fire Union. "We believe three sta-

tions provide adequate coverage so we would also recommend closing one existing station," said Bliss. "Maybe keep the headquarters as an ambulance and rescue operations base." Union President Craig

Hardy said they've been calling for a new station, but they don't agree with closing an existing station. "We don't think that's

best," he said. "We want a new fire station on the south end of the city, but we don't need to also eliminate a station. We need to add stations." That will be a point of

contention between the Fire administration, the City and the Union as they use the report to move forward. One key thing is that there will have to be some expansion or new structures to house the department as the City continues to grow. "The City is going to be

experiencing more rapid growth – the Commercial Triangle and the potential expansion of the casino and the expansion of the Silver Line...with some high rises and potential for biotech labs," said Bliss. "All of this development will have an impact on



partment suggests adding a fourth station in the Lower Broadway area, and then converting the recently-renovated Central Fire Station into an ambulance and EMS center. The Everett Fire Union opposes that recommendation and wants four fire stations and no closures.

your fire service and you will need to be ready for Hardy said there was

another red flag for them in the report, and that was to remove the entire department out of Civil Service – something he said would take away important protections for the Department. Bliss said by eliminat-

ing Civil Service hiring and firing practices, the City could be more nimble to hire and replace fire service workers without the red tape that comes with Civil Service. However, Hardy said what they call red tape is something his union calls job protection and the elimination of politics from the job.

is predominately white

men, but we have men of

color...It's a tough state-

The report by Bliss did

"The Civil Service thing was a red flag for us," he said. "I think it's more about a City wish list. Then they parlayed that into racial diversity, and our lack of that. They said we are all white men and we aren't all white men. The Department

ment."

gender diversity on the Fire Department is not reflective of the City, and he said hiring should take that into account going forward. "Simply put, your Fire

identify that the racial and

Department does not reflect the population of your city at all," he said. Hardy said the Union is not disappointed with all

of the study. "The study is not all

bad," he said. "There are a lot of things in there we agree with...We do think the study was a little skewed to help the City... but the study also did us a lot of favors because it suggests things we've asked for over a long period of time." One of those is to implement the National Fire

Protection Association (NFPA) standard for manpower that Hardy said they've been discussing

for years, as well as providing a real health and wellness plan for all members. The full study was presented to the Council two weeks ago, and does re-

main in Committee for

further, detailed study.

FROM THE MAYOR'S OFFICE

Meet the team: Asima Memic

What do you do in the City?

"I worked down the Connolly Center in the beginning, delivering food to the seniors and delivering what they need, Here in the Facilities now, I make sure the City Hall is clean and presentable for not only our residents, but for the workers at City Hall." What is your favorite

part about working for the City? "I love the team work



dynamic a the City of Everett. We all help each other our, and together we make the community bet-

What is the biggest

lesson you've learned from your roll?

"I think the biggest lesson is that we need to always help one another, and learn from one another as well."

What do you like to do when your are not work-

"Spending time with my family and my kids, going to the beach and enjoying this warm weath-

Fedna / CONTINUED FROM PAGE 1 badly, half to death, over

what I think was a money conflict. He was lying on the street half-dead and there was a crowd and no one knew what to do because there was no one really trained in medicine. Then a Black woman came to help him and I was mesmerized by her. I asked my mom what she was, and my mom said she was a doctor. From then on, I wanted to be the kind of person that could save a life."

Fedna went to elementary school in Malden, but moved to Everett before high school, graduating Everett High in 2019. She went to college at UMass Lowell and is majoring in Biology on a pre-med track with a Spanish minor. She was excited to begin her pathway to being a doctor, but quickly realized there weren't a lot of people like her - specifically Black women - in the program, and also not a lot of urban kids from places like Everett.

That's where MAG-IC stepped in and helped her connect with other like students in order to get acclimated and to feel comfortable in a situation that could become overwhelming and derail her dream.

a group of people with a similar background as me and helped me navigate my first year on campus," she said. "Because there is not a lot of representation in my field, it's been great to find people that are confident and helped me see that I can do it too..." Chemistry Associate

Teaching Prof. Khalilah Reddie started the MAG-IC program when he saw bright students falling by the wayside and noticed they were mostly from urban schools or were students of color. For Reddie, who teach-

es multiple sections of Organic Chemistry, the program is focused on providing support to students from groups that are underrepresented in medicine, including Black, Hispanic and Southeast Asian American students. Many, like Fedna, are first-generation college students who come from school districts that don't offer many advanced-placement science classes or prepare them well for the critical-thinking section of the Medical College Admission Test (MCAT), Reddie said. "These kids aren't given a fair chance from the

Reddie

fair shot. We can provide

get-go,"

said. 'They are playing catchup from the day they start college. Most of them are That support is one reabehind on every metric son Fedna said she is nothreading, chemistry skills ing but happy with her – but we can give them a choice to attend UMass



on a pre-med track, said without the help of innovative programs designed to help diverse students from places like Everett, she would have given up on her life-long dream of being a physician. Now, she has been accepted into a highly-selective prep program at UMass Medical School and continues into her junior year this August at UMass Lowell on the pre-med track. She is shown here at her job working at CVS as a pharmacy tech.

equity in their educational pathway." So with support from

the Kennedy College of Sciences and Vice Provost for Academic Affairs Julie Nash, Reddie started MAGIC in fall 2019. Francine Coston, associate director of Multicultural Affairs, and Shontae Praileau, coordinator of College-Based Advising, helped Reddie to structure MAGIC and then identify incoming firstyear students and rising sophomores who showed academic promise and a strong interest in pursuing medical and other health careers.

That fall, 40 first- and second-year students enrolled, including Fedna, who also works as a pharmacy tech at a CVS store. MAGIC provides twice-weekly tutoring in Chemistry I and II for first-year students and Organic Chemistry I and II for sophomores. The students also learn about the medical school admission process. Fedna, who has been

accepted in the UMass Medical School's BaccMD program, was going to drop her pre-med dreams when she was having trouble with biology her first year, and focus on public health. However, with MAGIC and Reddie's support, she pushed "When I was in high school, I didn't know any-

one from my area that felt they could make it to that dream of becoming a physician," she said. "I was working so much trying to pay for school

that half the time I didn't even know why I was doing what I was doing," Fedna continued. "But I went into biology because I love biology and I knew if I opted out of it, I'd be disappointed in myself. So I decided to stick with it."

"It's a long road, but the

attainable."

derstood and were willing to give the little extra push to someone like her so that she wouldn't give up. Now, she is parlaying

a school where faculty un-

that confidence to push into the field of OB/GYN within the medical industry - saying so many in that field do not understand or represent women of color, or women in general.

"My interest has a lot to do with my interest in women's anatomy and women's health, but also systemic racism that occurs in OB/GYN," she said. "I've heard a lot of stories about women who aren't cared for properly or can't find an OB/GYN. As a person of color, when I look for an OB/GYN, I feel the same way. I want to be that option for women out there looking and concerned about their health."

She said she would not be where she is without the support of her mother, Rosenie, and her siblings - including Ewnie, Marvins and Samy Fedna. "Without my mom, I

would not be the person I am or where I am today,' In addition to keeping

on the pre-med track at UMass Lowell, Fedna will also be attending the BaccMD program. BaccMD students attend residential summer programs and a monthly book group that introduce them to different medical specialties while preparing them for the MCAT through projects, physics instruction and seminar-style discus-Fedna said she encour-

ett High School who want to be doctors not to give up on that dream because of where they come from, or what they look like. "I want to encourage a lot of pre-meds," she said.

road does end and it's very

ages any students at Ever-

VISIT EVERETTINDEPENDENT.COM

Lowell – noting that it was





AMST 6-8









































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WWW.RBISSF.COM

HAL HOLIDAY AND THE TONES KICK-OFF SUMMER CONCERT SERIES

The weather finally cooperated long enough to get the kick-off concert in on Thursday, July 15, in

toe-tapping all evening. More concerts are upcoming through the sum-

Wehner Park, where Hal Holiday and the Tones got folks dancing and



Lorraine Sacco showing her dance steps to her friends.



Mary Ann (left), and friend (right) showing off their dance steps during the concert.



The Velev Family and a friend waited for the concert to start.



Dave Mitchell (lead guitarist).



Toby the dog drinking water from an Everett City worker at the concert.

Join us in CELEBRATING 50 YEARS

NOVEMBER 27, 2021

The "E" Club of Everett

MINOR LEAGUE CHAMPIONS RECEIVE CITATIONS FROM THE CITY COUNCIL



The 2021 Everett Little League Minor League Champions, Athletics, Receive Citations from the City Council Athletics' coaches and players are shown with Councilors Fred Capone, Rosa DiFlorio, Michael McLaughlin, Stephanie Martins, Jimmy Tri Le, and City Clerk Sergio Cornelio.



TUESDAY, AUGUST 3, 2021 11 AM City Hall

EVERETT Mayor DeMaria

INDIAN

CEREMONY



The 2021 Everett Girls Softball Minor League Champions, Mustangs, Receive Citations from the City Council Mustang coaches and players are shown with Councilors Fred Capone, Jimmy Tri Le, Rosa DiFlorio, Michael McLaughlin, Stephanie Martins, and City Clerk Sergio Cornelio.

ZBA / CONTINUED FROM PAGE 1

•366 BROADWAY

Attorney Rossi said he is also proposing his own development of 366 Broadway, which would be adding three stories to the top of an existing two-story office building that houses the Super Burrito Restaurant and professional offices. It also includes a very spacious parking lot in the

Rossi said he intends to create 20 units of housing in the expanded property, if approved, though he said he's also entertaining the possibility of seizing on the dedicated bus lane in front of the property and

making more micro-units. He said that is all still up in the air right now, but something will be

"Either way, it will be developed

this year," he said.



way, proposed by Jeremy Seeger, who previously developed an apartment

building on Laurel Street.









ARE YOU LOOKING FOR A SAFE AND FUN OPPORTUNITY FOR YOUR KIDS THIS SUMMER?

5-Day Clubs include songs, games and stories to engage your child! Programs are run by caring volunteers and staff members who have been trained and screened to work with our ministry.



Jesus said, "Let the little children come to me and do not hinder them, for the kingdom of heaven belongs to such as these." — Matthew 19:14 NIV

Phone: 617-387-9600 Fax: 781-485-1403

News in Brief

EVERETT DEMOCRATIC CITY **COMMITTEE TO** HOLD MEETING AND 2021 CAUCUS

The Everett Democratic City Committee has two important meetings scheduled. Given the ongoing concerns surrounding Covid, both meetings will be held virtually via Zoom. If you wish to participate in either or both meetings, please send an email to everettdems6@ gmail.com to receive a registration link.

The first is the Committee organizational meeting, to be held on Tuesday, July 27, 2021, at 7:00 p.m. This meeting is being held for the purpose of electing new members as well as electing officers to the ward and the city committees. Participation in the organizational meeting is open to all Everett registered Democrats.

The Democratic Committee Annual Caucus will be held on Saturday, July 31st, at 10:00 a.m. Registration will open at 9:30 a.m. and close promptly at 10:00 a.m. Once registration is closed and the caucus begins, no additional registration will be permitted.

The purpose of the caucus is to elect delegates and alternates to the 2021 Massachusetts Democratic Convention. The convention will be held on Saturday, September 25, 2021, at the Tsongas Center in Lowell. Delegates will come together to discuss and vote on the Party Platform.

Participation in the caucus is open to all Everett registered Democrats. Youth, minorities, people with disabilities and LGBTO individuals who are not elected as a delegate or alternate may apply to be an add-on delegate at the caucus or at www.massdems.org.

EVERETT SENIORS ON THE ROAD AGAIN!!

Mayor Carlo DeMaria and The Council on Aging have planned a long awaited trip to Maine for our annual Lobster Bake for Wednesday September 22, 2021. Our luxury Silver Fox coach will pick us up at The Everett Stadium Parking lot at 8:30am. Our first stop is the famed Stonewall Kitchen, where you will have time to browse through the many

jellies, jams and other onsite made goodies. Our next stop is the fabulous Foster's for a traditional Down East lobster bake. Our meal includes, New England clam chowder, Steamed mussels Maine Clams, Fresh lobster (or chicken) baked potato and dessert. After our feast, we will stop at When Pigs fly artisan breads, and then to Yummies Candy emporium, featuring over 10, 000lbs of bulk candy, packed sweets and vintage products. Reservations must be made in person with our trip coordinators Hazel McNeil and Carol Dello Russo, at The Connolly Center August 9 through August 13. Please make checks payable to The City of Everett. For additional information please call 617.394.2323 or 617.394.2260.

THE COMMUNITY **FAMILY AWARDED GRANT FROM THE** FOUNDATION TRUST

The Community Family is pleased to announce that it has been awarded a grant from the Foundation Trust for weekly exercise programs at its Everett and Wakefield adult day health centers. The Community Family's Everett and Wakefield centers offers stimulating day programs for elders and disabled adults living in the community but in need of some supportive services.

The Foundation Trust's generous grant will provide a year of weekly exercise programs through Forever Fit, LLC. Forever Fit designs exercise programs for seniors to increase strength and flexibility while reducing the risk of falls. The exercise program at the Everett and Wakefield centers can be done while seated making it possible for everyone to participate.

"There is such a need for safe and engaging spaces for our disabled and senior community members. The Foundation Trust is proud to enter into this partnership to support the social, emotional, and physical well-being of participants at The Community Family," said Lauren Liecau, Manager of the Foundation Trust.

Through this grant the Foundation Trust is improving the overall quality of life for seniors and disabled adults living in our communities. Both The Community Family

and the Foundation Trust are dedicated to restoring dignity and quality of care for older adults living with chronic conditions.

The Community Family is a community-based nonprofit with 43 years of service. This new initiative will positively impact the lives of those attending the Everett and Wakefield centers. Participants at the Community Family's adult day health centers enjoy home-like secure settings where they benefit from nursing care, engaging activities, meals and friendships.

To find out more about The Community Family's service or eligibility visit www.communityfamily. org or call 617-381-6248.

SHOTS FIRED

The Everett Police Department is currently investigating a report of shots fired which occurred at approximately 1130 a.m. on Sunday in the area of Shute Street and Russell Place in Everett. The vehicle involved in the incident has been located by the Everett Police Department.

Initial reports indicated that there may have been an attempted abduction. however, after further investigation the police believe the parties were known to one another. This is an isolated incident and there is no threat to the neighborhood or City at this time.

If anybody has information regarding this incident they are asked to call the Everett Police Department at 617-389-2120.

SUMMER SAFETY MOVIE NIGHT

Please join neighbors and friends for the City's Summer Safety Movie Night happening next week on July 22, starting at 7 p.m., Everett Veterans Memorial Stadium located on Cabot Street.

This is a free event and all are welcomed to attend. The featured movie will

be Space Jam (1996).

Move begins at 8:30 p.m. The event is to promote safety on the roads and will be family friendly. There will be safety activities, giveaways and fun for the whole family, including popcorn for the movie.

COVID TESTING SITE ANNOUNCED

The Everett COVID-19 testing sit has been moved to RiverGreen Park, 1



SENIOR COUNCIL ON AGING OUTREACH. The Everett Senior Council on Aging held an outreach luncheon on Monday outdoors to celebrate the summer and re-connect with those that used to frequently attend the Connolly Center, as well as those that would like to attend once it fully opens again. Several seniors are pictured here with Mayor Carlo De-Maria, School Committee Chair Frank Parker and School Committeeman Marcony Almeida

The Bread of Life mo-

bile food pantry at the La-

fayette school in Everett

needs volunteers to help

distribute free groceries on

Thursdays from 3 to 5pm.

Call Charlene @ 781-824-

0564 or email charlene.

wilson@breadoflifemal-

den.org The Bread of

Life mobile food pantry

distributes food to needy

families every Thursday

from 3-5 p.m. at the La-

fayette School in Everett.

MASS HUMANITIES

GRANTS AVAILABLE

nounces new grants for

organizations across Mas-

sachusetts as they contin-

ue to recover from the im-

pacts of the coronavirus.

Through funding provided

to the National Endow-

ment for the Humanities

(NEH) by the American

Rescue Plan, the "Sus-

taining the Humanities

through the American

Rescue Plan (SHARP)"

grants will provide up to

\$20,000 in support for el-

igible non-profit organiza-

Applications are open

with a final deadline of

August 4. Mass Human-

ities expects to make

awards by mid-Septem-

For more information:

https://masshumanities.

EVERETT SCHOOL

tinue to be open this sum-

mer to register children in

all grades for the 2021-22

The hours on Monday,

The hours on Wednes-

The hours on Friday are

Appointments are sug-

As a change this year,

each student enrolled will

be given a new children's

book in their native lan-

HOST COMMUNITY

Mayor DeMaria is

pleased to announce that

he will be hosting com-

munity meetings for each

ward of the City, now

moving to in-person meet-

ings. Each meeting will be

with a different ward of

the City of Everett to learn

more about the current

issues facing the specific

gested and can be made

online at the Everett Pub-

Tuesday and Thursday are

day are 7:30 a.m. to 5:30

7:30 a.m. to 3:30 p.m.

7:30 a.m. to 1:30 p.m.

lic Schools website.

DEMARIA TO

MEETING

guage.

PARENT INFO

org/sharp/.

CENTER

The

school year.

tions and tribal entities.

Mass Humanities an-

RiverGreen Drive, as of July 3. The testing will be

walk-up only with no appointment necessary.

Testing times include: •Monday to Thursday, 7 a.m. to 1 p.m. and 2-7 p.m. •Friday and Saturday, noon to 6 p.m.

BALDWIN AVENUE PLAYGROUND SURVEY

The City and the design team for the reconstruction of the Baldwin Avenue Playground are looking for public input online. They are looking for resident input via a survey. They would like to know what the residents' ideas, priorities and vision are for the new park. Please participate in the survey by Aug. 1.

To access the online survey, go to www.surveymonkey.com/r/Baldwin-ParkSurvey1. For questions, call (617) 394-2334, or e-mail Robert Moreschi at robert.moreschi@ci.everett.ma.us.

FREE ANNUAL SENIOR SUMMER **BBQ SCHEDULED**

Mayor Carlo DeMaria and The Council on Aging have planned their annual Free Senior Summer BBQ for Everett Seniors only, aged 60 and over. This year, due to the changes at The Connolly Center, the Council on Aging has decided to host the event at Anthony's Restaurant, 105 Canal Street in Malden, Friday August 6, at 3 p.m. The COA has chosen the theme of "Willie Wonka and The Chocolate Factory." You will enjoy traditional BBQ fare with entertainment by Doo Wop DeVille. Tickets are available at The Connolly Center, July 19 through July 23 from 9 a.m. until noon. If you need transportation for this event, or have any questions, please call us at 617.394.2323 or 617.394.2260.

MEDITATION FOR SENIOR CITIZENS

Mayor Carlo DeMaria and The Council on Aging are happy to announce Mindful Meditation for seniors at The Connolly Center. The schedule is as follows; Fridays, July 23, August 8, August 20 and September 3 at 8:30 a.m. This class is designed for you commune with your inner self, promoting self-awareness and the well-being of mind body and spirit. Please join Anna Noble from East Boston Health for this rewarding class. Reservations are required by

calling 617.394.2260 or

617.394.2323. Class size

in person.

neighborhood.

The schedule for the meetings is as follows: •Ward 5: Aug. 17, 7-8:30 p.m. in Swan Street Park. The meeting will be

COUNCIL ON AGING/CONNOLLY CENTER

Mayor Carlo DeMaria and The Council on Aging, together, have been working diligently to be able to offer programing to our senior residents to slowly open up The Connolly Center while maintaining current safety practices and protocol. We are happy to announce our "Coffee Clutch" pro-

The Connolly Center will be open Mondays and Fridays only. There will be two sessions offered to Everett Seniors, and one session offered on Friday. Each session will allow a maximum of 24 seniors. There will be 6 tables of 4 people each for a 90 minute session. Seniors will have the opportunity to see old friends, enjoy a snack and coffee and scheduled entertainment. Safety protocols, such as mask wearing, temperature checks and social distancing are mandatory. Our staff is required to sanitize before

and after each session. The "Coffee Clutch"

Schedule is as follows: Monday from 9 a.m. to 10:30 a.m.

Monday from 10:45 a.m. to noon

Friday from 10 a.m. to 12 noon

Reservations are a must. To make a reservation please call Margaret

@ (617) 394-2323. Everett Public Schools Parent Informa-PFIZER VACCINE tion Center (PIC) at the **CLINIC AT** Keverian School will con-

PARKS

Mayor Carlo DeMaria is pleased to announce that the City of Everett in partnership with Curative will be distributing Pfizer vaccines to the community at local parks beginning on Thursday July 22 between 4-7 p.m.

"The City of Ever-

NEIGHBORHOOD

ett has been committed to vaccinating the entire community," said Mayor DeMaria. "Our continued partnership with Curative will allow for additional residents to get vaccinated. We are proudly furthering our efforts by continuing to bring vaccination sites into our neighborhood parks."

Each vaccine clinic will be a walk-up site and no appointment is needed. The schedule for the vaccine sites is as follows:

•July 22nd – Swan Street Park, 4pm-7pm •July 29th - Glendale

Park, 4pm-7pm •August 5th – Meadows

Park, 4pm-7pm Residents ages 12 and

over are eligible to receive the Pfizer vaccine. Please be advised that the Pfizer vaccine is a two-dose vaccine. Once the first dose is administered, Curative will provide more information regarding the second dose.

Real Estate Transfers

BUYER 1 Jones, Lillian E Pizziferri, Nicola Doresca, Vayola Nyasembi, Betty D Vu, Mai Qiu, Xiaocun Gurung, Bikash Lones-Arita, Juan J Phan, Paulina P Zinnel LT Dahal, Bimal Nguyen, Tho T **Everett Broadway LLC** Jacques, Jessica Perez, Luz M Lianos, Christopher Everett School Street LLC 23 Thorndike Street RT Knowles, Chester E

Handelman-Smith, Anthony King, Anndria E

SELLER 1 Gomez, Migdalia M Silva, Lillian Kharel, Akriti Bank Of America NA Ferguson, Craig-Oliver Jiang, Yuning Jones, Eric V Escobar, Hugo **Bradford Condo Corp** Tacu, Adriana Urevich-Popov, Ivan Mclaughlin, Nancy **Dexter Street RT** Huang, Huili Nepomuceno, Andreia Mucciarone, Lisa S Holmes, John K Intelligent Mems Design **CMM Renovations LLC**

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26 Freeman Ave

21 Locust St

52 School St

68 Wyllis Ave

23 Thorndike St

12 Woodland St #17

193 Bucknam St #B 12 Dexter St 205 Ferry St #105

\$480,000 \$575,000 \$690,000 \$246,000 \$250,000 \$601,000

PRICE

\$740,000

\$650,000

\$610,000

\$425,000

\$560,000

\$518,518

\$9,200,000 \$268,000 \$565,000 \$500,000 \$1,400,000 \$890,000 \$282,000 \$468,750

SELLERS CALL TODAY FOR A FREE HOME MARKET ANALYSIS. **CALL TODAY!** Pasquale (Pat) Roberto



VOLUNTEERS NEEDED

A unique production of Romeo and Juliet starts Aug. 14

Special to the Independent

The age-old vendetta between the Capulets and the Montagues erupts this August in Chelsea Square. Shakespeare's beloved romantic tragedy will be staged in the streets, parks, and by the fountain, as well as in the windows of the Chelsea Theatre Works. Audiences will move with and be creators of the action of this immersive production.

The evening begins at 6:00 with Live Music, Street Performances, and Craft Brews at the pop-up BearMoose Beer Garden Winnisimmet Street by the Chelsea Theatre Works. Guests are encouraged to enjoy dinner via take-out or delivery from Chelsea's exciting culinary delights. Romeo & Juliet, performed in a bilingual adaptation (English/Spanish), begins in front of the Chelsea Theatre Works at 7:45. The production is designed to engage English speaking and Spanish speaking audiences alike.

Composer Demetrius Fuller, best know to Apollinaire audiences for his compositions for Chelsea People, is creating the soundtrack for the production, which he will perform live with musicians Nate Fuller and Emi Nishida. Sound Designer/Music Director David Reiffel rounds out the musical team. This is David's 25th show with standouts Apollinaireinclude A Midsummer Night's Dream (Norton Outstanding nominee-Fringe Production) and A Beautiful Day... and Stupid F***ing Bird (Norton winners- Outstanding Fringe Production). His work has also been heard coast to coast from the Oregon Shakespeare Festival to Boston's SpeakEasy Stage and Commonwealth Shakespeare Company. He won the Norton award for Outstanding Musical Direction.

The cast of 25 is helmed newcomers Mishka Yarovoy and Emma Laird, both current BFA students at Boston University, as Romeo and



PHOTO BY DANIELLE FAUTEUX JACQUES

Mikhail Yarovoy as Romeo, Emma Laird as Juliet.

Juliet, and Apollinaire favorites Brooks Reeves (The Strange Undoing of Prudencia Hart, A Midsummer Night's Dream, Three Sisters) as Friar Lawrence and Ann Carpenter (The Strange Undoing of Prudencia Hart, The Visit, Uncle Vanya) as the Nurse. This production also features Alan Kuang as Tybalt, Sandra Seone-Serí as Benvolio, Ethan Williams as Mercutio, Paola Ferrer as the Prince, and Karina Beleno Carney and Phil Thompson as Lady and Lord Capulet.

Performances are FREE! (No pre-registration re-

Performances are Saturdays August 14, 21, 28 • Free! • Sat. @ 7:45 In case of rain: 617-887-

2336 • Rain dates: Sundays Aug. 15, 22, 29 & Mon. Aug. 30 Pre-show begins

6:00 • BearMoose Beer Garden opens at 6:00

Chelsea Square • in the park & street by the Chelsea Theatre Works,

189 Winnisimmet Street, Chelsea The production will

move through the street and the park with some scenes in the windows of the Chelsea Theatre Works. Audiences will be on their feet following and joining the

action. Run-time is about 90 minutes.

Press Night: Saturday August 14, 7:45 (pre-show begins at 6:00)

(Press are also welcome at all performances.)

Information/Directions/ Parking Information: www. apollinairetheatre.com

In case of rain, call (617) 887-2336 to check status. Rain dates: Sundays Aug. 15, 22, 29 & Mon. Aug. 30

Cast: Alan Kuang, Amber March, Ann Carpenter, Ashley Lyon, Beatrice Beutel, Brooks Reeves, Demetrius Fuller, Dylan C. Wack, Eliana Ulloa, Emma Laird, Ethan Williams, Fernando Barbosa, Gayane Kaligian, Jaime Hernandez, Karina Beleno Carney, Katie Ryan, Kev-McGrath, Lau-Hubbard, Luz Lopez, Makhamahle Kekana, Mikhail Yarovoy, Paola M. Ferrer (Atehortua), Phil Thompson, Sandra Seoane-Serí, Yaritsa Sanchez

Directed by Danielle Fauteux Jacques

Asst. Directors Brooks Reeves, Carla Mirabal Rodríguez

rector: David Reiffel

Composer: Demetrius

Fuller Sound Systems Design: Ben Blier

Asst.

Musicians: Nate Fuller, Emi Nishida

Costume Design: Elizabeth Rocha Lighting Design: Chris-

topher Bocchiaro Fight Director: Matthew Dray

Dialect Coach: Antonio Ocampo-Guzmán

Lighting sign: Ciara McAloon Asst. Sound Design: Ben

Scenic Asst. sign: Victoria Rojo Asst. Costume De-

sign: Jasmine H. El-Shura-

Master: Kevin Props McGrath

Props Artist: Paul Benford-Bruce SM: Emily Larson

PSM: Jolie er-Madge ASM: Emma Hunt, Jes-

sica Brennan, Joshua Raiman, Luis Mena, Sierra Hoss, Carmen Catherine

PA: Miguel Dominguez, Sache Register, Alex Pobutsky

House Managers: Kaycee Swierc, Yeimi Benitez

Major Support from MassDevelopment, City of Chelsea, Chelsea Heritage Grant Celebrations, and the Chelsea Cultural Council. Sponsorship support from MassPort.

Apollinaire Theatre creates unique encounters with plays that inspire and wildly entertain. Our programs -Teatro Chelsea, Apollinaire Play Lab, Apollinaire in the Park, Resident Artist Program- complement our production season and cultivate an ecosystem of artists of all ages and career stages in our home for adventurous art, the Chelsea Theatre Works. Apollinaire productions include Hir by Taylor Mac, Cry It Out by Molly Smith Metzler, The Strange Undoing of Prudencia Hart by David A Midsummer Greig, Night's Dream, Three Sisters & Uncle Vanya by Anton Chekhov, A Beautiful Day in November on the Banks of the Greatest of the Great Lakes by Kate Benson, and Songs of the Dragons Flying to Heaven by Young Jean Lee.

LOCAL STUDENTS

EARN ACADEMIC HONORS

CRAFTS IS A SAINT MICHAEL'S COLLEGE **GRADUATE**

Molly Darling Crafts of Everett graduated May 13 from Saint Michael's College with a Bachelor of Arts in Music & Education Studies. On a perfect day for its

first outdoors Commencement since 1979, Saint Michael's welcomed several hundred vaccinated and distanced guests as nearly 300 members of the still-larger 437-member Class of 2021 graduated during separate morning and afternoon ceremonies to meet state COVID safety guidelines. The graduates' perseverance through a pandemic was a recurring theme in remarks from speakers at the two nearly identical 90-minute ceremonies, the morning one for those receiving bachelor of arts degrees, while the afternoon ceremony was for bachelor of science and master's degree recipients. Including August/December 2020 graduates, degrees conferred to the Class of 2021

at the College's 114th Commencement include: 91 master's, 151 B.S's., and 195 B.A.'s. Of those 305 were expected to attend the two Thursday ceremonies - both of which were livestreamed so families or non-present graduates at home could watch via a College website link. Several hundred signed in to watch each livestream.

About Saint Michael's

College Saint Michael's College, founded in the great Catholic intellectual tradition, which also recognizes the principles of social justice and compassion, is a selective, fully residential Catholic college in Vermont's beautiful Green Mountains. Our closely connected community internationaldelivers ly-respected liberal arts and graduate education near Burlington, one of the country's best college towns. To prepare for fulfilling careers and meaningful lives, young adults here grow intellectually, socially, and morally, learning to be responsible for themselves, each other and their world.

EPS students enjoy a variety of programming

Special to the Independent

After an unpredictable year characterized by altered routines and disrupted schedules, the Everett Public Schools this month is enjoying the return of a time-tested part of its yearly calendar: The Extended School Year (ESY) Program overseen by the district's Special Education Department.

"A big shout-out to Special Education administrators Shareen Mustafa and Ashley Lambresa and our dedicated team of teachers, specialists, and paraprofessionals for planning and implementing the essential ESY services outlined in students' Individualized Education Plans (IEPs)," said Superintendent of Schools Priya Tahiliani. "This program is so important to so many of our students on a yearly basis, and all the more so following the events of 2020-2021."

This summer, the EPS is offering ESY classes at the Lafayette School, the Webster School, and Everett High. K-8 students are enrolled at the Lafayette, and the Webster is home to the Integrated Learning ESY Program for students in pre-kindergarten through fifth grade. Everett High hosts EASELS, which stands for Everett Academy of Students' Enrichment for Life Skills.

Like all summer programming being offered this year, an emphasis is being placed on reconnection among students and teachers, social interaction, and refamiliarization with classroom routines - in addition to the critical services and social and emotional learning that the ESY program provides to students.

the ESY program are also enjoying the enrichment camps we are offering to all students, including sports and fitness camps, game and book clubs, music and band camps, and art classes. "It is a relief and a joy

Students enrolled in

to see our special education students reunited with our teachers and staff," said School Committee member Samantha Lambert. "ESY is all about interaction and growth, and I know I speak for my colleagues when I say how grateful we are to resume our usual summer programming for our students

The largest of Everett's

three ESY programs is

and families."

offered at the Lafayette, where 75 students in kindergarten through eighth grade are in school from 8:00 a.m. to 12:30 p.m. Students receive speech and language therapy, occupational therapy, and physical therapy in smallgroup and individual sessions. Students work to meet the targeted goals outlined in their IEPs, as well as those detailed in their fourth-quarter progress reports. Teachers and students are working hard to reinforce concepts introduced at the end of the school year.

At the Webster, an average of 65 students per day are attending the Integrated Learning Program. The youngest students are developing independence within school routines, as well as building their academic readiness skills. Older students are focusing on maintenance of their academic and social skills. Speech and language therapy and occupational therapy group sessions are offered, while a physical therapist and physical education teacher are co-directing a gym class. Webster students are engaging with their

peers in the classroom, at lunch, and during recess.

They are also enjoying crafts projects and singing and dancing.

High school students enrolled in the EASELS program receive speech and language, occupational, and physical therapy services. Academically, they work to meet the objectives outlined in their IEPs and their fourth-quarter progress reports. Educators and staff also help the students build skills that positively promote independent daily living.





OBITUARIES

Michael Longo

US Postal Service retiree

Michael Longo, 74, of Everett, formerly of Revere, passed away most expectedly in the comfort and consolation of his home on July 14.



bridge Central Branch) retiring in 2012. A late member of the US Army National Guard, Michael held a membership with St. Andrew's BBC Club of Chelsea for many years.

The beloved husband of 49 years to Jerri A. (Hall) Longo, he was the devoted father of Michael J. Longo and his wife, Pamela of Chelmsford; adoring grandfather to four grandchildren: Tiberius Maxfield D., Dezlan S. and Vivienne C. Longo; dear brother of Josephine Piccardi and her late husband, Hugo of Revere and Salvatore Longo and his wife, Linda of Somersworth, NH. He is also lovingly survived by many



nieces, nephews, grandnieces and grandnephews.

All services were held privately in accordance with Michael's many instructions and directives to his family and extended family.

Remembrances may be made to Tuft's Medical Center, (Cancer Center). 800 Washington St., 7th Floor, Boston, MA 02111.

To send online condolences, please visit www. vertuccioandsmith.com

Funeral Arrangements entrusted to the care and direction of the Vertuccio & Smith, Home for Funer-

Marguerite "Peggy" Bruno

Retired CHA-Everett Hospital Cafeteria

Worker

Marguerite P. "Peggy' (Albano) Bruno, 96, of Everett entered into eternal rest on Friday, July 16 surrounded by her loving and devoted family.

Born in East Boston, Peggy lived in Everett for most of her life. She was a cafeteria worker, retiring from the CHA-Everett Hospital after many years of service. Peggy enjoyed attending the monthly socials at the Edward G. Connolly Center in Everett where she could dance the afternoon away with her friends. She also liked to travel with her many friends visiting different

The beloved wife of the late Alphonso A. Bruno, she was the dear and devoted mother of Sandra C. Manganaro and her husband, Anthony, Jr. of Wakefield, Victor Bruno and his wife, Diane of Revere and Barbara Bruno of Everett; sister of Carmen Albano of Stoneham and

In Loving Memory Of NANCY M. **MAFFEO** 13th Anniversary July 24, 2021



Our hearts broke when we lost you. But you left us with peaceful, wonderful memories.

Your love is still our guide and you're always at our side

> We Love and Miss You,

Mike, Michael Angelo III, Reneé & Ray + Grandchildren Makayla & Michael IV



the late Anthony, Joseph, James and Frederick Albano and Mary Patuzzi; loving grandmother of Jason A. Manganaro and his wife, Layla, Adrienne Mattson and her husband, Mark, Lauren Parker and her husband, Shawn and loving great-grandmother of Miranda, Roman and Manganaro, Carlie, Nicole and Cameron Mattson and Jaxon Parker. Relatives and friends are respectfully invited to attend "Peggy's" visiting hours in the Cafasso & Sons Funeral Home, 65 Clark St. (Corner of Main St.) Everett, Friday, July 23 from 4 to 7 p.m. Her funeral will be from the funeral home, Saturday at 9 a.m. followed by a Funeral Mass at the Blessed Mother of the Morning Star Parish in Our Lady of Grace Church, 59 Nichols St., Everett-Chelsea at 10 a.m. Interment Holy Cross Cemetery, Malden. In lieu of flowers, contributions in Marguerite's memory to the Alzheimer's Association, 309 Waverley Oakes Road, Waltham, MA 02452 would be sincerely appreciated. Parking with attendants on duty.

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772 Broadway, Everett (Glendale Sq. Area) 387-3367

MVES offer tips to beat the heat this summer

We have already had many heat waves descend upon us this summer and it is expected they will continue throughout the season. During these hot and humid summer months, Mystic Valley Elder Services (MVES) recommends that it's a good idea to keep a close eye on the older adults in our lives.

Older adults are much more likely to develop heat-related illnesses than younger people because as we age our bodies don't adjust as well to drastic changes of temperature. Also, some medications that older adults are taking can affect the way their bodies regulate heat. Here are some tips and resources to help you beat the

- Slow down and avoid strenuous activity. Don't try to do too much on a hot day.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect heat and sunlight and help maintain normal

your face with a widebrimmed hat.

The Everett Independent • Wednesday, July 21, 2021

- Eat well-balanced, light, regular meals. Avoid high protein foods that increase metabolic heat.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80%.
- Air-conditioning can provide a lot of relief in the summer. On the most unbearably hot days when it's too hot for fans to be effective, air-conditioners can even help you stay safe. If you don't have air conditioning, stay on your lowest floor, out of the sun. Electric fans do not cool the air, but they do help evaporate perspiration, which cools your body.
- The heat affects more than just people. Our pets can be in danger when the temperature rises. Keep your animals safe and

body temperature. Protect healthy in this heat. Do not leave them in a hot car or without water.

Staying Hydrated

The ability to feel thirst lessens with age so you may not realize when you need to drink more. You may find you have to use the bathroom more often, losing more fluid. As we age, our bodies start losing muscle (which holds water) and gain fat (which cannot hold water). Medications that increase urination or help constipation can also cause dehydration.

Dehydration occurs when you don't have enough fluid in your body. It can cause serious health problems, but luckily is easy to prevent. Dehydration may be caused or worsened by diarrhea, overheating, vomiting, diabetes, high fever, or excessive sweating. If you experience any of these, be aware and make sure you are drinking plenty of

Hydration tips:

• Don't wait until you are thirsty to drink; by this time you are already dehydrated.

• Keep a glass of water

near you and drink from it regularly. Eat foods which water (fruits, contain

soups, gelatin). Keep a full water bottle in the refrigerator and

take a drink every time you open it. • Drink extra in extreme heat to replace the water

• Start and end the day with a cup of water.

lost from sweating.

• Do not replace water with alcohol or caffeinated drinks.

 Recognize when your body is asking for more

In extreme heat, it's important that we watch out for each other and stay informed about how to remain healthy and safe when the thermometer climbs. Stay cool, hydrated and out of the harmful rays of the sun.

• Revere • Everett • Winthrop • Lynn • East Boston • Chelsea • Charlestown



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Front desk receptionist, Tues & Thurs 8:30a.m.-5p.m. \$13.75 hr. Fluent English and basic computer skills req'd. Will train. FAX resume to 781-593-4449 or email to: acolynn330@aol.com

GreenStar Herbals - Chelsea Cannabis Dispensary Hiring Retail & Inventory Positions \$17-\$19/hr.

A fun place to work! jobs@greenstarherb.com

EXPERIENCED PRESSER Dry Cleaners in Winthrop looking for a finish presser with experience. Se necesita planchador con experiencia en blusas, faldas,

vestidos. Please contact / Por favor comunicarse al Marco (617)834-2404

F/T Travel Sales positions available in Boston including signing bonus after 6 months. Travel experience required. Schedules include weekends. Submit resumes to TKaplan@oattravel.com

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Wine making Equipment Large wine press, grinder with stem remover, demijons, two 100gal vats, and bottle corker \$800.00 Sebastiano 781-545-1494

Call jerry 617-389-7589 7/7

in Everett to share

DEADLINES: For classified line ads, deadlines are Monday by 5 p.m.

LOOKING FOR Great Results? Call our classified department. Call 781-485-0588 or fax the ad to 781-485-1403

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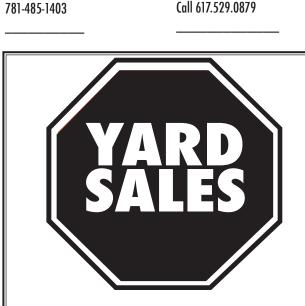
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Experienced Pizza Makers Servers • Food Runners Utility Person

Regina Pizza, in Medford seeks experienced full time pizza makers, candidates must have experience hand stretching pizza dough, and be able to work in a fast paced, high volume atmosphere. We are also seeking Servers, Food Runners and Utility Person. Applicants can apply in person at 44 Station Landing, or email the General Manager at Medford@pizzeriaregina.com Regina Pizza pays candidates based on experience and offers a full benefit package.

For Advertising Rates, Call 617-884-2416



Saturday, July 24 9 am - 12 Noon 9 Johnson Ave

Esate Sale - Downsizing to Move Furniture! Bedroom, Living room, Dining room, Items

25 WORDS \$**70**00

Must be paid in advance FOR ONLY Cash - Credit Card - Money Order Call (781) 485-0588 Deadline: Monday, 12 noon

Ads run Revere Journal - Chelsea Record Winthrop Sun Transcript - Lynn Journal **East Boston Times Free Press Everett Independent - Charlestown Patriot Bridge**

Mystic Side Congregational Church

News and Notes

Mystic Side Congregational Church is located in Everett, on Malden-Everett border, at 422 Main Street. We offer a warm, inviting atmosphere, and all are welcome. Our Sunday Church service starts at 10:30 a.m. and Communion is offered on the first Sunday of each month. A very pleasant coffee hour and socializing follow our services. Parking is available in our lot next to the church on Wyllis Ave. (one way off Main Street). We look forward to welcoming

> **422 Main Street** Everett, MA

Immaculate Conception Parish

Our Parish Staff: Father Joseph Chacha Marwa, S.M.A. Administrator;

Father Ernest Egbedike, S.M.A. Parochial Vicar;

Secretary Barbara Can-

Weekly Mass Schedule at Immaculate Conception is as follows: Saturday (Sunday Vig-

il) 4 p.m., Sunday a.m., 9 a.m. (Family Mass), 11 a.m., and 5:30 p.m. 12:15 p.m. Spanish

Community 4 p.m. Haitian Commu-

Masses are being held in

the Chapel.

Eucharistic Adoration of the Blessed Sacrament: Adoration of the Blessed Sacrament is held every Thursday from 7:45 a.m. to 6:30 p.m. in the Chapel. Each Thursdays' adoration

you this Sunday. **Mystic Side Congregational Church**

News and Notes

will conclude the Benediction of the Most Blessed Sacrament at 6:30 p.m. All are invited to spend a few moments with Our

> Blessed Lord Bring a Book-Buy a

Book - We have a new Fundraiser Program in the back of the Church. It's called Bring a Book-Buy a Book. All books are a dollar and any money collected will go towards our Stain Glass Fund. Brink a Book and Buy a Book and make a donation. Our selections are great and varied. Please stop by the table and see what we have. Thank you

> **Immaculate Conception Parish** 489 Broadway Everett, Mass 02149 Phone 617-389-5660

TO PLACE YOUR AD CALL 781-485-0588

Zion Church - Everett

CHURCH News

News and Notes

Senior Pastor Bishop Robert G. Brown will be hosting Virtual Masses to bring the people together, spiritually while they can't physically. Their virtual sanctuaries can be accessed via their facebook page, "Zion Church Ministries."

they can be reached online at zionchurchministries.com or via email at office@zionchurchministries.com

Glendale United Methodist Church

News and Notes

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

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

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 Tuesday evenings from 6-9 p.m. Cub Pack 11 meets on Saturday mornings.

NA Meetings - Mon.

Ray's Landscaping

Mowing · Edging · Weeding

Cleaning: Trash & Leaves

New Lawn, Patio, Concrete

For more information,

Bring Your Own Book 7:30 - 9:30 p.m.; Thurs, I Can't

Glendale United Meth-

But We Can, 8:00 7:30 -9:30 p.m. AA Meeting – Saturday evenings from 6:30 to 8:30 Pastor's Office Hours: Saturdays 10 a.m. to 2 p.m. Other times by appointment.

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

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

appointment.

Glendale Christian Lighthouse Church

News and Notes

10:30 a.m. Sunday Worship service.

Wednesday 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

Excellence" Righteousness, Godli-

GLENDALE CHRISTIAN LIGHTHOUSE CHURCH 701 BROADWAY EVERETT, **MASSACHUSETTS** 02149 617-387-7458 Rev. Larry Russi, Sr. **Pastor** pastorlarry@ thelighthousechurch701.net

ness, Faith, Love, Truth

Church at the Well Everett

News and Notes

Church at the Well Everett is a new church for Everett that will begin meeting in 2021. Check us out on Facebook at www.facebook.com/ churchforeverett to view weekly devotions and updates, visit us at www.for-

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

Grace Anglican Episcopal Church

News and Notes

Grace Anglican Episcopal Church is open and welcoming to all. There are 3 services on

Sundays: 10 a.m. English, 1 p.m. South Sudanese (Dinka) and 3 p.m. Haitian Cre-Come all and let us walk

together in this season of

hope, renewal and new beginnings. Grace Anglican

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



EMERGENCY ALL BLOOD



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COUNCILOR FRED CAPONE'S BIRTHDAY FUNDRAISER

Councilor Fred Capone celebrated his birthday with family and friends at Anthony's Restaurant. Councilor Capone is a candidate for Mayor of Everett.



Fred Capone with his mother, Rose.





Fred with Jim Sachetta and former Alderman and Council-



Fred with the Cimino family.



Fred with Pat Mattuchio.



Fred with Molly & Bill Cahill.



Fred with the Jackson family.



Fred with his wife, Michele, and their son, Zach.



Fred with Sisandra Costa and Leo Ramirez.



Fred with the Pisapia family.

or Sal Sachetta.



Fred with the Lombardo family.



The Capone Family.



 $Fred\ with\ current\ officials, former\ officials, and\ candidates.$



Thank you to everyone who made the event a great success!

FRED CAPONE

for Mayor

Paid for by the Committee to Elect Fred Capone.