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# Everett Independent Newspaper Co.

Wednesday, August 25, 2021



Pictured (left to right) Audrey McCarthy, Department of Children & Families; Francesca Bianco Collins, Bianco & Sons; Joseph Bianco, Bianco & Sons; Catherine Michaud, Department of Children & Families.

## Bianco & Sons donates 100 lunchboxes to DCF

Staff Report

Bianco & Sons is pleased to announce that, with help from customers, it has made a charitable donation of 100 lunch-boxes to the Department of Children and Families (DCF) of Wakefield. The lunchboxes will be distributed to children in the eight Massachusetts cities and towns the office serves: Everett, Mal-

den, Medford, Wakefield, North Reading, Reading and Stoneham.

The funds for this donation were raised during Bianco & Sons' Independence Day Sausage Cart Event at its Medford, Massachusetts retail store on July 2, 2021. Five-dollar sandwiches were available for purchase and each purchase was then matched by the Bianco family to support DCF's back-to-

school efforts.

"We want to thank our customers for their support in helping us make this donation," said Francesca Bianco Collins, Chief Operating Officer, Bianco & Sons. "DCF is doing incredible work supporting children and families within our community. We will continue to support their efforts in any way that we can."

Bianco & Sons is a fam-

ily-owned food manufacturing company located in Medford, Massachusetts. Since 1960, Bianco has specialized in producing high-quality sausage and marinated meats, including beef, pork and poultry. You can find Bianco products across New England in local supermarkets and restaurants. For more information about Bianco & Sons, visit: wwwbiancosausage.com.

## Local officials get together to address the COVID-19 surge

Special to the Independent

Seventeen Greater Boston mayors and managers, including Mayor Carlo DeMaria, released the following statement on their responses to the spread of the Delta variant of COVID-19:

"For the past several weeks, COVID-19 case numbers have climbed steadily across the nation due to the more transmissible Delta variant. We are encouraged that Massachusetts has among the nation's highest vaccina-

tion rates and has therefore experienced less serious impacts of this new variant than other states in our nation.

"Nevertheless, we remain deeply concerned about the Delta variant and its potential public health impacts, especially among residents who are not yet vaccinated, residents who are vulnerable because of their age or health status, and children who are below the allowable age for vaccination.

"We are committed to providing clear and consistent guidance for our residents, grounded in the most up-to-date data and science. We, the undersigned Mayors, City and Town Managers, and Town Administrators, are working collaboratively to address the current surge in COVID-19 cases.

"These are some of the additional public health measures we have already undertaken or are currently exploring:

Requiring masks in schools. We hope to make this school year as normal as possible for our stu-

dents, teachers, and support staff. Working with our school boards, superintendents, and teachers, we hope to restore the mask requirement in our schools, at least until the end of 2021, because we believe it will help to ensure the safety and well-being of all of the members of our school communities.

Ongoing testing in schools. Regular testing in schools gives us an opportunity to learn about

See SURGE Page 2

## Everett High football begins practices for 2021 season

Tide will open season Sept. 10 at Xaverian

By Cary Shuman

The Everett High School football team begins its pre-season as the No. 4-ranked team, according to the Boston Globe Top 20 poll. Everett is the highest-ranked public school team in the poll.

Central Catholic (Lawrence) is ranked No. 1, followed by Catholic Memorial (West Roxbury) at No. 2 and Xaverian (Westwood) at No. 3. Everett is slated to open its regular season at Xaverian on Friday, Sept. 10 in what will

be the marquee matchup of the opening week of the

Coach Rob DiLoreto's Crimson Tide will be well tested playing Xaverian at the Hawk Bowl in front of an expected, massive home crowd in Westwood. DiLoreto could have scheduled a tune-up for the opener but opted for a non-league showdown with the Hawks

a non-league showdown with the Hawks.

"Xaverian and Everett have a long-standing tradition of playing each other during the regular season, and we connected with Xaverian coach and decided it would be a good way to start off the 2021

campaign," said DiLoreto.

"Both teams are excited to play and kick off the sea-

## Program draws a huge turnout

Coach Rob DiLoreto and his staff welcomed close to 100 players to the program this week. That turnout is considered exceptional by any standards and speaks well to the popularity of football in the city of Everett and the number of Crimson Tide Pop Warner players who want to continue their careers in the EHS program.

reers in the EHS program.
"It's a testament to the city of Everett, the Pop Warner program, the proud tradition, and of

course, most importantly, the devotion of our student athletes at the high school – they love playing football," said DiLoreto.

## EHS captains are announced

Coach DiLoreto has announced that seven seniors will be captains this season. The new captains are: Ish Zamor, JC Clerveaux, Jaylen Murphy, Jayden Biggi, Joe Murillo, Moses Seide, and Darrion Green.

Scrimmage schedule Everett will have an inter-squad practice at Lowell (Saturday at noon) and

See FOOTBALL Page 2

# Council approves polling places for Sept. 21 Primary

Staff Report

The Everett City Council held a special meeting on Zoom on Monday night to vote on the following Orders for the September 21 Primary. The following orders in regards to the primary were approved unanimously.

1. C0249-21 Order/s/Councilor Wayne A.
Matewsky, As President
That in accordance

with the provisions of the

General Law of Massachusetts and the Everett City Charter, the Election Commission and City Clerk is hereby authorized and directed to notify and warn the inhabitants of the City of Everett, qualified to vote, as the law requires, to assemble at the several polling places, for and within the several precincts, where they are duly registered

See COUNCIL Page 2

## DeMaria's looking to make Everett a 21st century City

By Stephen Quigley

With a solid financial footing well in place that has led to a lower tax rate for the average homeowner, Mayor Carlo DeMaria is determined to continue to bring benefits for a better quality of life to all Everett residents, from children to senior citizens, as he envisions the continued transformation of Everett from an industrial city with roots in the 19th century into a community prepared for the economy of the 21st century.

Mayor DeMaria, speaking recently in an interview, pointed with pride at the AA+ bond rating that Everett has maintained over the last four years.

"We are one of the only Gateway Cities that has achieved this rating," De-Maria said.

He also noted that Everett has received national awards from the Government Finances Officers Association and the Distinguished Budget Award for the city's Comprehensive Annual Financial Report for the last six years.

"Our budgets are very transparent and readily available to anyone who

wants to view the revenues and expenditures," he said. "Most budgets number 60 to 70 pages, while our budget contains more than 170 pages. Every part of the budget is shown and can be examined by every taxpayer in reports that are online, in the libraries, or at City Hall."

With a near-perfect bond rating, DeMaria said the city can go out to the market and finance projects at a much-lower interest rate, saving taxpayers millions of dollars in interest charges over the life of the bonds. Some of these new projects will include a renovated senior center, a new police station, more repaved streets, sidewalks and the infrastructure underneath, and the renovation of the

remaining parks by 2024. Funding that was secured for one of the mayor's early projects was the installation of new water meters in all homes and businesses and the creation of a leak detection program that has resulted in saving the city's water

users millions of dollars in

See DeMARIA Page 8



upgrade. The City Council has already approved almost \$2 million for repairs. The renovated basement will have bowling lanes, bocce court, physical center, art center and a new elevator. A new roof and pointing are also to be done.

For the latest news in Everett that you need to know, check everettindependent.com

#### FRED CAPONE CAMPAIGN CONTINUES RAIN OR SHINE



Councilor Fred Capone's campaign for mayor continues as he is out holding signs with supporters or out in the rain to bring food the Everett seniors.



#### MAYOR DEMARIA MEETING WITH RESIDENTS



## Football / CONTINUED FROM PAGE 1

scrimmages with Mansfield (in Everett Tuesday at 3:30 p.m.) and at Peabody (Sept. 3 at 6 p.m.).

The Peabody-Everett scrimmage bring back memories of the great GBL rivalry in the 1990s between the two schools, before Peabody moved to the Northeastern Conference.

The Revere coaches will be closely watching that scrimmage as Revere opens its regular season against Peabody.

Everett defeated Re-

vere, 43-6, in a matchup of unbeatens in the spring (Fall II) season. Revere had high hopes for an upset, but Everett won impressively over the Patriots.

"We really bonded together as a team in the spring and that positive energy has carried over into the fall," said DiLore-

Everett will be playing each GBL school, except for Chelsea High, who is playing an independent schedule.

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the U.S. Department of Health and Human Services

#### Zamor, Clerveaux ready for season

Ish Zamor, one of the best players in Massachusetts and already committed to Boston College, is back for his final season. Zamor will start at wide receiver and defensive back.

"Ish is in tip-top shape and a true leader of the team in every facet, both on and off the field, and we're very proud of him," said DiLoreto.

JC Clerveaux, the Tide's 218-pound tailback, will be one of the players to watch this season. Clerveaux is a Don Nottingham-style back with speed, finesse, and power.

"JC really sets the tone for our offense," said DiLoreto. "He has an offer from Georgetown University and some Ivy League schools are also interested."

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## Rep. Bradford Hill appointed to the **Massachusetts Gaming Commission**

Governor Charlie Baker, Treasurer Deborah B. Goldberg and Attorney General Maura Healey announced the appointment of Representative Bradford R. Hill to the Massachusetts Gaming Commission (MGC). The Gaming Commission among other duties oversees gaming operations at the casinos including the Encore in Everett.

Per statute, two commissioners are appointed by a majority vote of the Governor, Attorney General and Treasurer. Representative Hill will fill the experience in gaming regulation and administration or gaming industry management seat. The Commission is bipartisan, with no more than three members representing the same political party. Representative Hill will fulfill the balance of a term that ends in 2025.

"Brad Hill has been a dedicated public servant for over two decades and has years of experience working with the Massachusetts gaming community," said Governor Charlie Baker. "I am confident that he will be well-suited to serve in this new role during a transformative time in the Commonwealth's gaming industry and am pleased to make this appointment."

"In his decades of experience advocating for the

residents of the Commonwealth and their needs, Brad Hill has a proven record of leadership on gaming policy," said Lt. Governor Karyn Polito. "His demonstrated passion for the gaming industry, and his commitment to public service, will benefit the Commission and its work." "Brad Hill has spent his

career advocating for our state and its residents," said Attorney General Healey. "His knowledge of the gaming industry will be a great asset to the Commission during this critical time." "Representative Hill's many years of business

experience and public service, along with his commitment to serving our state, will positively impact the Gaming Commission and people of the Commonwealth," State Treasurer Deborah B. Goldberg, "We look forward to working with him in this new capacity and know that he will ensure fairness and equity as the industry continues to

evolve." "It has been my distinct honor and privilege to serve the people of Massachusetts and the 4th Essex District for nearly 25 years," said Representative Brad Hill. "I am deeply grateful to the Governor, Treasurer and Attorney General for this incredible opportunity to continue supporting the Commonwealth, and am eager to begin this new chapter working alongside my fellow Commissioners."

The Massachusetts Gaming Commission was created after "An Act Establishing Expanded Gaming in the Commonwealth" was signed into law on November 22, 2011. The Commission is a five member independent body that is responsible for developing and managing the process to select, license, oversee, and regulate all expanded gaming facilities in the Commonwealth. The costs associated with operating the state's gaming commission is paid for by the gaming industry and not by Massachusetts tax

dollars. The Chair of the Commission is appointed by the Governor; one member is appointed by the Attorney General (whose appointee must have a background in criminal investigations and law enforcement); and one member is chosen by the State Treasurer (whose appointee must be proficient in corporate finance and securities). The remaining two commissioners are appointed by a majority vote of the same three constitutional officers.

#### Council / CONTINUED FROM PAGE 1

day, September 21, 2021 for the Municipal Preliminary Election, then and there to give in their votes for the election of candidates for the following offices: Mayor City Council-At-Large City Council-Ward Four School Committee-At-Large School Committee Ward

C0250-21 ders/Councilor Wayne A. Matewsky, As President

That the polls be opened from 7 o'clock in the morning to 8 o'clock in the evening and the Election Commission and City Clerk to cause all voting places to be property fitted up for the Municipal Preliminary Election, Tuesday, September 21, 2021. Be it Further Ordered: That the following places, be designated as polling places for the above mentioned Municipal Prelimiinary Election,

Tuesday, September 21, 2021: Ward 1 Prec. 1 Connolly Center (Armory), 90 Chelsea Street Ward 1 Prec. 2 Parlin Library, 410 Broadway Ward 2 Prec. 1 Keverian School, 20 Nichols Street Ward 2 Prec. 2 Keverian School, 20 Nichols Street Ward 3 Prec. 1 Community Center, 21 Whittier Drive Ward 3 Prec. 2 Recreation Center Building, 47 Elm Street Ward 4 Prec. 1 Lafayette School, Edith Street, enter from Bryant Street Ward 4 Prec. 2 Glendale Towers, 381 Ferry Street Ward 5 Prec. 1 Madeline English School, 105 Woodville Street Ward 5 Prec. 2 City Hall, Keverian Room, Third Floor, 484 Broadway Ward 6 Prec. 1 Madeline English School, 105 Woodville Street Ward 6 Prec. 2 City Services (DPW), 19 Norman Street.

3. C0263-21 Order/s/

Councilor Wayne A. Matewsky, As President

That the. City Council accepts the recommendation by the City Clerk to hold early voting for the 2021 municipality primary election in Everett.

The Council voted to unanimously to go into Executive Session to discuss the following order:

4. C0269-21 Order/s/ Wayne Councilor Matewsky, As President

Executive Session pursuant to G.L. 30A, s. 21 (a)(3) To discuss strategy with respect to litigation known as Cellco Partnership d/b/a Verizon Wireless v. The City of Everett et al., D. Mass. C.A. No. 20-CVO11282, if an open meeting may have a detrimental effect on City's and City Council's litigating position as declared by the Chair.

Brookline Town Man-

Cambridge City Manager Louis A. DePasquale

Chelsea City Manager

Everett Mayor Carlo

Lynn Mayor Thomas

Malden Mayor Gary

Melrose Mayor Paul

Newton Mayor Ruth-

Revere Mayor Brian M.

Brodeur, Vice Chair of the

Metropolitan Mayors Co-

Thomas G. Ambrosino

Framingham

Dr. Yvonne M. Spicer

Mayor

Mayor,

ager Melvin A. Kleckner

Cambridge

Sumbul Siddiqui

DeMaria

M. McGee

Christenson

anne Fuller

alition

#### Surge / CONTINUED FROM PAGE 1

outbreaks and help to contain them before they spread widely. These tests are provided at no cost to districts.

Requiring masks in municipal buildings. Beyond the school setting, we are working to establish mask requirements for everyone working and entering nonschool municipal buildings.

Consider pursuing proof of vaccination or regular testing for municipal workers. We will be working with our department heads and labor representatives to consider having all municipal and school staff show proof of vaccination (or a medical or religious exemption), or submit to regular testing, demonstrating our mutual commitment to keeping all staff and visitors as safe

as possible and reducing

the likelihood of commu-

nity spread; and

Encouraging

P. Cahill Boston Mayor Kim

F. Sullivan

Janev

people

to consider masking in public indoor spaces. We will strongly encourage masks in publicly accessible indoor spaces where individuals gather, including places such as shops, restaurants, hair salons, gyms, halls, and function rooms.

"As we implement these steps, we will continue to work with state and federal officials to adjust our guidance in response to emerging scientific data, encourage and help all residents to become fully vaccinated, and ensure that adequate testing remains available to all who may need it." Signatories to the state-

ment include:

Arlington Town Manager Adam Chapdelaine

Beverly Mayor Michael

Arrigo Salem Mayor Kimberley Driscoll, Chair of the North Shore Coalition

Somerville Mayor Joseph A. Curtatone, Chair of the Metropolitan May-

**Brockton Mayor Robert** ors Coalition. By Ralph D'Agostino

Nearly everyone knows or remembers the movie and television comedians called the THREE STOOGES. The appeal of Moe, Larry, and Curley has spanned from vaudeville days of the 1920s to today's marathon status on cable TV. The height of their success, however, occurred between 1934-1946, during the economic depression and World War II. Those same years also witnessed the incredible rise in political power of a trio of another sort the despotic, war-mongers, Hitler, Mussolini, and Tojo.

While adult Americans hated the very sight of these enemies - younger ones, like myself, though despising them, saw a hilarious element in their appearance and physical quirks. Let's face it, they were unbelievably funny looking. No, that's too mild – they were goofy, goofier, and goofi-

•"Moe" Hitler: The most imaginative of ficwriters couldn't have come up with such a weird character. This "Moe" could have been a solo on "Looney Tunes". That half-mustache and slicked-down hair of his were objects of parody and lampooning that provided many hours of comic relief during those •"Larry" Mussolini: If

ever there was a Number 2, in all uses of that number, it was 'Il Duce' - the prancer and poser of strength and leadership. What an actor! If this "Larry" actually desired to convey that he was a reincarnate of the Holy Roman Empire, he convinced me, because that severe expression of his suggested that he just walked out of the men's room of Rome's Coliseum. He was eventually hanged by his own people, who finally decided it was better to have the trains run late than to arrive on time at death's

•"Curly" Tojo: A misnomer for sure because this insect of a man was completely bald, though fully suggesting mustached, that he shaved his head as a symbol of strength. He rose to power as a strong advocate of "nationalistic" aims, including a sneak attack on America, of which Pearl Harbor was the eventual target. Not much to laugh about except for his appearance in uniform, dominated by medals and ribbons of various size that completely covered his jacket.

So, there you have it - six men who achieved fame or notoriety, or both, during the same span of time. The "movie" stooges feigned physical pain to each other with their slaps, jabs, and tricks of their trade, always in the pursuit of laughs. Those other stooges, however, without lifting a finger, caused pain, suffering, and death to millions and millions of people.

Let's never forget that.

## Artists sought for third annual **Everett Community Art Walk**

Integral Arts Everett is proud to present the third annual Everett Community Art Walk, a temporary art exhibit. Artwork from local artists will be sprinkled across the city at local businesses and community organizations. Visitors are invited to explore the city during the month of October to discover them all. Some of the artwork will be displayed in front windows and will be visible from the street. For other pieces, visitors will have to search inside

local businesses. The exhibit will be free, open

Girl Scouts of Central

and Western Massachu-

setts (GSCWM) and Girl

Scouts of the USA (GSU-

SA) announced that the

new Adventurefuls cookie

will join the nationwide

lineup for the 2022 Girl

Scout Cookie season. An

spired cookie with cara-

mel-flavored crème and

a hint of sea salt, Adven-

turefuls take cookie lovers

on a delicious taste adven-

ture just like Girl Scouts

go on their own amazing

adventures through the

program. Girl Scouts in

Massachusetts and across

the United States will

offer the Adventurefuls

cookie next season alongside favorites like Thin

Mints® and [Samoas®/

Every purchase of Ad-

Caramel deLites®].

indulgent

brownie-in-

to the public, and suitable for all ages.

Artist applications will be open through 9/3/2021. There are two ways to ap-

Integral Arts Everett's website: https://integralartseverett.org/index. html or email us at integralartseverett@gmail.

Karyn Alzayer, Found-

er and Board President of Integral Arts Everett says of the project; "We're so proud to be able to bring this event back to Everett for its third year. What started off as a dream has

portfolio of iconic cook

ies, during cookie season,

fuels local Girl Scouts'

adventures throughout the

year: exploring what in-

terests them, discovering

their passions, and taking

action on issues they care

about. Whether they're

using their STEM skills to

solve a problem, changing

a law to help their com-

munity, having a coura-

geous outdoor experience,

or starting an innovative

nonprofit, Girl Scouts

build a better future for

themselves and the world.

Through the Girl Scout

Cookie Program, not only

do girls become entrepre-

neurs as they gain hands-

on experience running

their own small business,

but they also earn money

to fuel their Girl Scout ad-

ventures, which catapult

them where they want to

grown into a robust annual event, and we couldn't be happier to be offering this for the community. So, for the third year in a row, we invite you to explore what Everett has to offer, connect with local art, engage with the community, and have fun all along the

The Everett Community Art Walk is supported in part by a grant from the Everett Cultural Council, a local agency which is supported by the Mass Cultural Council, a state

#### New Adventurefuls Girl Scout cookie joins lineup

Girl Scouts of Eastern venturefuls, and the whole go. recently GSUSA nounced new Cookie Business badges that help girls think like entrepreneurs as they run their own cookie businesses and incorporate online sales via the [Digital Cookie® and Smart Cookies] platform. The badges progress from goal setting and effective sales-pitching in person and online to using marresearch, creating business plans, and implementing digital marketing campaigns.

> Available nationwide, every bite of Adventurefuls is full of indulgent brownie-inspired flavor with a combination of chocolatey and caramel flavors, and smooth and crispy textures, for an incredible taste of adventure in every bite.

## Real Estate Transfers

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Hu, Jia Y

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#### Meet the team: Cazandra Cherif-Urena

Cazandra Cherif-Urena is an employee of the Constituent Services Department and has worked with the City of Everett for 5

What do you do in the

"I am a Constituent Services Greeter. I great people as they enter City Hall and gather their information as part or our check-in process. I then help guide them where they need to go in City Hall."



What is your favorite part about working for the City?

"I love meeting the people in the community! Each day I meet new people, and

I enjoy helping them."

What is the biggest lesson you've learned from your role?

"Over the past 5 months, I've learned not to take things too personal, because you never know what is going on in another person's

What do you like to do when you are not working?

"I enjoy relaxing and spending time with my fam-

## Foundation Trust awards grant to Eliot Services in Everett

The Foundation Trust is delighted to award a grant to the Eliot Center in Everett to enhance their trauma-focused mental health services for low-resource, high-risk clients.

The grant establishes the Trauma Recovery Fund at the Eliot Services Everett outpatient clinic, and allows for the expansion of the Adjunctive Eye Movement Desensitization Reprocessing (EMDR) Program. EMDR is an innovative, evidence-based therapy to help people process distressing memories of past traumatic experiences and strengthen their internal coping resources. The new Trauma Recovery Fund will make this specialized treatment approach available to people who may not have been able to access it before. as EMDR sessions are 90 minutes in length and often not covered by Medicaid or third party insurance.

'This award has made it possible to offer extended-length EMDR sessions to clients, train staff in advanced EMDR protocols, and provide the books and equipment needed to provide the best care. We are excited to be able to broaden our scope of treatment to include complex trauma, OCD, phobias, panic disorders, and early trauma experiences," says Eliot's outpatient clinical supervisor, Julie Foss.

Dr. Joseph Spinazzola, the Executive Director of the Foundation Trust and an expert on complex trauma commented that "exposure to trauma, abuse, and violence are pervasive, and affect people of all ages and from all walks of life. Community mental health facilities play a vital role; many people with the highest need don't have the resources to access specialty services through private practice. That's why we are particularly impressed with how Eliot Services in Everett, spearheaded by Julie Foss, brings these advanced treatment approaches to diverse clients. The Foundation Trust is thrilled to be able to support Eliot Services in overcoming economic disparities in access to state-of-the art, trauma-focused interventions."

The Foundation Trust is a private operating foundation committed to uplifting vulnerable individuals and communities. Through our unique combination of philanthropy, grantmaking, educational resource development, scholarships, outreach and training, we are honored to be a part of efforts to advance inclusivity, overcome diversity, and transform trauma worldwide. To learn more, visit www.

If you are interested in hearing more about the Adjunctive EMDR program at Eliot Services in Everett, please contact Julie Foss, LICSW, MBA, 781-388-6228, jfoss@eliotchs.org.

FoundationTrust.org.





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## Everett Independent

**President:** Stephen Quigley

Editor in Chief: Cary Shuman

#### MAKE THE MOST OF THE REST OF SUMMER

If nothing else, the Summer of 2021 has taught us an age-old lesson: The only thing that is certain about life is uncertainty. Remember when President Biden told the country in

the spring that his goal was to have the pandemic restrictions lifted across the country by July 4? At that time, the Delta variant of COVID-19, though

already responsible for a huge surge in deaths in India

and other places, constituted only a tiny fraction of cases in the United States. But by July 4, almost all of the COVID cases in the U.S., among both the vaccinated and unvaccinated,

were attributable to Delta, which is many times more contagious than original COVID and proving to be far deadlier among the unvaccinated, particularly for younger age groups.

Today, COVID-19 is raging as never before and restrictions on our normal living are being reinstated.

The extent of the tragic and sad situation that has been unfolding in Afghanistan (though foreseeable by some) caught the U.S. government and the American people completely off-guard. Afghanistan registered barely a blip on the news cycle at the start of the summer, but now it dominates the news.

And although scientists have long warned us of the overall effects of climate change, the catastrophic weather events of this summer -- the floods, wildfires, and drought -- have been felt in every corner of the

Then, as if to place an exclamation point on the extent of life's vicissitudes, just this past weekend, the wonderful Concert in Central Park was cut short by a

If the Summer of 2020 was notable for lockdowns, the Summer of 2021 will be remembered as a real-life version of Whack-a-Mole, when we never were able to regain our footing on the path to normalcy because of all of the obstacles that continuously sprung up along

There are just two weekends left in the Summer of 2021, our Summer of Uncertainty.

We hope that all of our readers will make the most of the summer days that are left, but do so safely.

#### THE UNVACCINATED ARE REBELS WITHOUT A CAUSE

For the majority of our readers -- who are vaccinated (because we live in Eastern Mass.) -- the reasons being given by those who refuse to get the shot, even when they are dying in the hospital, are inexplicable.

The most-often heard statement from the new COVID cohort is that they were exercising their "freedom" from the tyranny of government officials who have been urging Americans to be vaccinated.

However, freedom isn't free, as those who are filling the critical care beds in our hospitals are learning the hard way. Further, their freedom to die affects the rest of us, both by spreading the disease among their fellow citizens and pushing our healthcare system to the brink.

Ironically, getting a COVID-19 vaccination shot is among the least demanding of the many impositions on our freedom that all of us experience as Americans each and every day.

Even in our free society, we live with restrictions on our behavior in everything we do. No one has the right to walk naked down the street, to drive a car as fast as they want, or to not pay taxes, to name just the most obvious examples of restrictions on our personal freedom.

More to the point (no pun intended), many vaccines already are mandated from the time we are born in this country in order to attend public schools.

In addition, unscrupulous politicians (Trump, Cruz, DeSantis, et als), together with disingenuous social and traditional media, are amplifying this corrupted notion of absolute freedom.

Ultimately however, the decision to get the vaccine remains a personal choice. But as we watch the suffering among the unvaccinated, their pathetic plight brings to mind the title of the classic James Dean movie, Rebel

Yes, the unvaccinated may be exercising their "free-

But in the final analysis, what was the point of it all?

#### 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.

## Independent Forum

#### GUEST OP-ED

#### Public safety should always be a top priority

By Fred Capone

Public Safety is central to the well-being of a community and its residents. Every resident should feel safe and respected.

Until just recent, Everett failed to hire any firefighters since 2016, despite more than 25 members leaving the Department, the addition of a casino, a hotel and numerous large-scale construction projects. failure to properly staff in order to address the increased risks put both firefighters and members of our community at greater risk. Additionally, failure to hire members during attrition resulted in the lost institutional knowledge senior members could have shared. By the time these new members were hired, those members with 30 or more years of experience on the job already left. Extensive experience and invaluable mentorship possibilities vanished. This wasted opportunity should never be allowed to happen again. Moreover, when a Department is understaffed, as Everett was, we don't qualify for grants to cover the cost of additional firefighter personnel. The inability to receive free funding for firefighters is another wasted opportunity that should never happen again.

I want to see police officers back on the beat in our neighborhoods. The increased interaction between residents and police officers is beneficial on many fronts. First, officers and residents will get to know one another better. These interactions will foster a level of trust that will improve communication. Improved communication will better enable officers to effectively address resident concerns. The working relationships between residents and officers will improve and will enhance the safety of our neighborhoods. I would also like to study the feasibility of a satellite police station in Everett

Square to increase acces-

As a community, we need to do a better job addressing mental illness, homelessness and addiction issues. The extent of the problem is open and obvious - in the center of Everett Square and throughout our entire city. We can't continue to ignore reality.

As Mayor, Public Safety will always be a top priority. For other areas of concern or ideas, please visit my webpage at www. fredcaponeforeverett.com

Fred Capone is a City Councilor and a Candidate for Mayor.

#### GUEST OP-ED

## Committed to improving the city's environmental resources

By Deanna Deveney, Esq.

Over the last several years, the Everett Waterfront has undergone quite the transformation. From improving the water quality to creating more green spaces and waterfront recreation, Mayor Carlo DeMaria has remained committed to improving the city's environmental resources and creating more public access to the waterfront.

Most recently, the Island End River was "daylighted," or freed from previously collapsed debris, which was causing severe flooding issues in the city. The river, which was one of the most polluted bodies of water in the Mystic River Watershed, now flows into an environmentally friendly stream and successfully raised its EPA rating from an F to a B-. Although this was only Phase 1 of a larger initiative, it has already greatly improved the visual appeal of the area.

If you've visited the Harborwalk at Encore, then you already know

about its beautiful waterfront, but you may not know exactly what went into making it that way. process involved dredging pollutants and putting down clean sand, which helped marine life return to the waters. They also creating a living shoreline - one of only two in Massachusetts which is a more natural barrier versus a typically used seawall. What was once a contaminated Montesanto chemical plant has now become a major point of pride within the city.

Beyond the Harborwalk, you'll find a walking path to Gateway Park, which has further opened up previously inaccessible waterfront. Keep heading north and you'll find Rivergreen Park. A former GE site, this Malden Rivcompletely overhauled.

There are now more than two miles of shoreline available for public enjoyment, including playgrounds, parks, ballfields and a kayak and a canoe launch, which has long been a goal of the

Mayor, and became a reality last year thanks to a partnership with the Massachusetts Water Resources Authority (MWRA). But this is only the beginning... A vision plan is currently underway for a Riverwalk that will include many more amenities and improvements. Some ideas are a seating plaza at Gateway Park, a mooring field, an overlook pier, an additional kayak launch at Gateway mall and a seating area, a boardwalk, additional shade structures and improvements to Village Landing Park. A community boathouse and crew dock for the high school is also in the works at Rivergreen Park. Vegetation is being thinned for better views across the area, and there are plans for an er strip of land has been extension of the Everett Riverwalk up to National Grid, ultimately connecting with the Malden Riverwalk.

Everett's Fermentation District is another example of new waterfront accessibility. This up-andcoming neighborhood is home to several breweries and distilleries and will soon be the site of a new housing development. It has become a destination for both residents and visitors and has furthered Everett's stock as a desirable place to live.

At a recent public forum and the city's Earth Day celebration, the Mayor further discussed his Riverfront Development Plan, which was prepared by Shadley Associates and made possible by the MWRA and Friends of the Malden River. You can view the plan here: https:// fb.watch/5C8HK1jT3u/.

As Mayor DeMaria remains focused on his vision of a fully restored waterfront and giving complete access of the river back to the people, it's safe to say that the development will only continue to make Everett a more beautiful, clean, and safe community for all.

Deanna Deveney, Esq. is the Director of Communications for the City of Everett.

#### **LETTERS** to the Editor

#### **SUPPORTING SMALL BUSINESS OWNERS**

To the Editor,

My name is Gerly Adrien. I am running a people-powered paign to become the next Mayor of Everett. As a Small Business Owner, I have experienced what it means to take each day step by step. But as a current City Councilor At-Large, I'm also aware of the potential this city must create opportunities for all of us - especially when it comes to entrepreneurship. This is why I am introducing my initial "Supporting Small Business Owners" plan this week. Furthermore, I welcome all feedback and suggestions.

My husband, David Lindsey and I always wanted to start a small business. We wanted a space where everyone was welcomed and felt

at home. We have been

small business owners

for 3 years now. Tipping Cow Ice Cream (www. tippingcowicecream. com), which provides nut-free and dairy-free options, is in Somerville, near the neighborhood I was born in. Tipping Cow was awarded Boston Magazine's Best of Boston 2020 for Best Ice Cream, Food Network Magazine's Best ice cream for Massachusetts for 2021 and Top 40 Ice Cream across the country. We are opening our second location in Boston in the Charles Speedway. We understand what it means to save up and wait for customers to come by. We know what it means to have rent increases. I love being a Small Business Owner and know small business owners are the lifeline to cities like Everett.

Under my leadership,

I will ensure the fight for economic growth is universal and for all. Below are some of my sugges-

See LETTERS Page 8

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

The Everett Independent reserves the right to edit letters

## **VOTE**

# EMARI

MAYOR OF THE CITY OF EVERETT

**ON SEPTEMBER 21** 

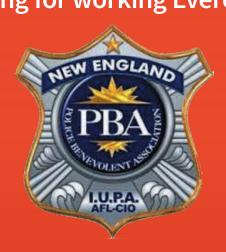
ENDORSEMENTS ARE EARNED, NOT GIVEN.

## These unions are on Team Carlo

because Mayor DeMaria has the track record of fighting for working Everett families.



**Everett Teachers Association Executive Committee** 



**Everett Superior** Officers Association



**Carpenters Local 328** 



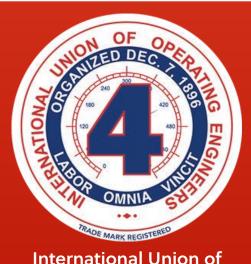
**Bricklayers and Allied Craftsmen Union Local 3** 



**Carmens Union 589** 



**Laborers' Local Union 22** 



International Union of **Operating Engineers Local 4** 



**IBEW Local 2222** 



**Iron Workers Local 7** 



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Paid for by the DeMaria Jr. Committee.



## Back to School: Pencils, crayons and COVID vaccines required

Staff Report

Going down the list of back-to-school supplies and needs this year, one will find crayons, pencils, a calculator and vaccines.

Vaccines for COVID-19 are the newest hot topic this year for back-to-school as parents wrestle with the idea of vaccinating children age 12 and over – particularly the 12-14 year old age group – and health care providers continue to assure parents that the vaccines are safe and a good idea for getting kids back to the classroom.

Dr. David Roll, a primary care doctor practicing in the CHA Revere clinic and CHA Everett, said it has been a hot topic with parents who are coming in and discussing the idea of vaccinating their children, but he also said in going back to school he can see very

little down-side to vaccinating those 12 and up.

"There's a lot of interest out there about vaccinations and questions about vaccinations now," he said. "I'm definitely spending a lot of time talking with my families here about getting their kids vaccinated and doing that before school. I'm encouraged to see the number that are eager to get the shot because I think it's very safe and effective vaccination for the age groups that have been studied so far."

Those with children 12 and up can have them vaccinated with the Pfizer vaccine, and that's widely available in Everett. But the decision likely will soon spread down to lower age groups.

Dr. Roll said there are ongoing studies right now for ages 5-11 and they're expecting a report on the

safety for that age group by September. Also, he said, studies on ages 2-5 should come soon after.

"It won't be long before the vaccine will be available to all ages of kids," he said. "There's even studies of six months to 2 years going on. I don't think it will be long before the shot is available to all ages soon. It could be before the end of the year."

all ages by the end of the year will have a decision to make, and while vaccine mandates are not in place for Everett students, the vaccine – when approved – will most likely be strongly encouraged.

He said a lot of parents

That means parents of

are worried about the speed at which the vaccine was developed.

"I find a lot of parents

who are worried because

the vaccine has been de-

that won't be discovered for years to come," he said. "They were developed quickly but that wasn't because they skimped on the studies to prove effectiveness. The numbers and quality of tests was quite comparable to what's done in a standard vaccine trial...The other thing that accelerated it was the government backing manufacturers before they finished the trials. You would never do that without government backing because it wouldn't make business sense. The studies were high-quality and they were thorough studies even it was done quickly."

veloped quickly and they

are concerned there might

be long-term side effects

He added that long-term side effects are extremely rare in a vaccine product, and any side effects would likely happen soon after taking the shot and not many years later.

"It's extremely rare for side effects of a vaccine to appear year's later," he said.

Another key reason in Chelsea, Everett and Revere that he recommends child vaccinations for COVID-19 is due to the fact that they interact with many age groups – sometimes living with elderly relatives in close quarters.

"Kids don't live in a bub."

"Kids don't live in a bubble," he said. "They're in the community and many times live in families with elderly grandparents. As time goes on, the immunity in vaccinated grandparents might wane...It's a good way to protect everyone in the family. Anything that can be done to keep the whole family healthy is a good idea."

Dr. Roll said it can't be stressed enough that the

vaccines also help children break out of isolation that they've been in for a year, now being able to confidently see their friends without the worry of contracting or spreading COVID-19. That, he said, is an amazing thing that within a year, the vaccines were available and distributed to the population. He said the miracle of that innovation

cannot be overstated.

"These are really life-saving vaccines and it is one of the most impressive accomplishments I've ever seen in health care to get this safe a vaccine to the public," he said. "I did not hesitate to give the vaccine to my own kids. They got vaccinated and they would probably recommend that to other parents."

## Back-to-school gear for academic skills development

From mathematics to music to new languages, skill development and knowledge acquisition are easiest with the right tools. Set your child up for a successful year with the best back-to-school gear.

• Reinforcements: Flash cards, a tried-and-true technique for reinforcing class-room lessons, have gone

digital. Check out Quizlet, a site that features flash cards, games, diagrams and study guides on a range of subjects, including foreign languages, science subjects and even practical computer skills like Photoshop, Excel and PowerPoint. With content accessible online or on the mobile app, students can quickly and

conveniently cram for their exams on-the-go.

• Practice makes perfect: Whether your child is learning to play piano for the first time or mastering their skills, the right keyboard can make all the difference. To that end, consider outfitting your student with a Casio Stage Piano from the brand's CDP line.

The CDP-S150, for example, delivers a natural grand piano sound and feel in a slim case that's barely larger than the keys themselves, making it a great choice for those who practice in a bedroom or dorm room. Since it weighs only 23.1 pounds and is capable of running on either its included power supply or AA batteries, this model provides both portability and convenience.

• Organization: Organization is not exactly an academic skill, but mastering this life skill has the potential to improve grades and make the learning process easier. Seek out tools that help students keep both their hard copy paperwork and digital files organized, as well as teach good habits. Mountable wall files can help reduce desk clutter and provide a sorting system, whereas new digi-

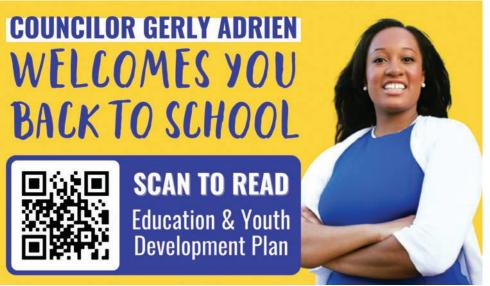
tal tools like Evernote can streamline both note-taking and review.

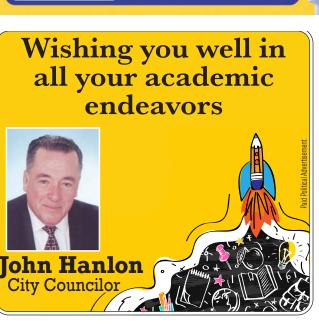
• Higher-order thinking: By conveying the appeal of mathematics in a way that does not just rehash textbook exercises or ask students to memorize formulas, students will be motivated to explore the depths of this fascinating subject. You can foster this type of higher-order thinking by powering your child's learning with a high-quality calculator designed for their coursework. Handling the tedious calculations, students will have the bandwidth to discover different possibilities for arriving at answers, while focusing on the concepts behind the calculations. The scientific calculator models from Casio can handle hundreds of math functions and their graphing calculators feature a natural textbook display to help students more easily visualize mathematical concepts.

• Gaming and sports:
While video games may seem like a school-year distraction, they can actually provide specific benefits to budding athletes, so don't shy away from them completely. Research has shown that gaming in general can improve hand-eye coordination, and it's also shown that games designed to mimic actual sports play can help build real-world

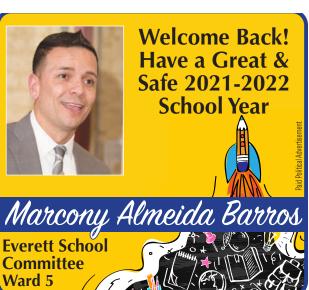
There's no doubt about it. The tools students need to thrive today look quite different from the past. However, these tools can help students take both their skills, as well as their comprehension of subjects,

to new heights. (StatePoint)



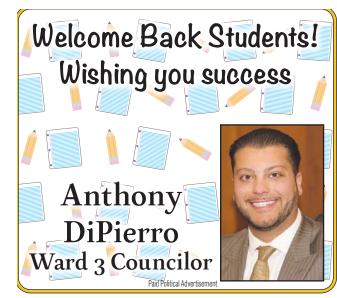














## 202|-2022 DISTRICT CALENDAR

#### 2022

- January 3.....Students & Staff Return
   January 17....Martin Luther King Jr. Day: No School
   February 21.....Presidents' Day: No School
- February 22–25..February Vacation: No School
- February 28.....Students & Staff Return
   April 15.....Good Friday: No School
- April 18......Patriots' Day: No School
   April 19–22.....April Vacation: No School
- April 25.....Students & Staff ReturnMay 30....Memorial Day: No School
- June 4.....Graduation Day (Tentative)

  ▼ June 15...Last Day of School (without Snow Days)
- June 20.....Juneteenth: No School
- ▼June 23....Last Day of School (with 5 Snow Days)

#### Major Religious & Cultural Holidays

#### 2021

Sep. 7-8..Rosh Hashanah
Sep. 16 .......Yom Kippur
Nov. 4.......Diwali
Nov. 25......Thanksgiving
Nov. 29-Dec.6..Hanukkah
Dec. 25......Christmas
Dec. 26-Jan. 1....Kwanzaa

March 17......St. Patrick's Day
April 3.....Ramadan Begins
April 15.....Good Friday
April 16-22.....Passover
April 17....Easter
April 22.....Earth Day
April 24.....Orthodox Easter
May 3...Eid al-Fitr: End of Ramadan
May 8.....Mother's Day
May 18.....Haitian Flag Day
June 19....Juneteenth
June 19....Father's Day

#### 2022

Jan. 1..... New Year's Day

Jan. 1.... New Year's Day

Jan. 1... Haitian Independence Day

June 19... June teenth

Jan. 6... Father's Day

Feb. 1... Lunar New Year

March 2... Ash Wednesday

July 10... Eid al-Adha

1st Quarter Ends: November 5★

December 24-31..Winter Vacation: No School

2nd Quarter Ends: January 21 ★ 3rd Quarter Ends: April 8 ★ 4th Quarter Ends: June 15 ★

#### August 2021

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#### September 2021

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#### November 2021

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#### January 2022

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#### April 2022

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#### May 2022

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#### June 2022

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#### July 2022

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Approved by the Everett School Committee | July of 2021

#### **COVID-19 vaccine requirement** for Executive Department employees announced

Governor Charlie Baker issued an executive order requiring all Executive Department employees to provide proof of COVID-19 vaccination on or before October 17, 2021. The COVID-19 vaccine is the best and most effective way people can protect themselves, their loved ones and their community from the vi-

All Executive Department employees will be required to provide proof that they have received either the required two doses of the Moderna or Pfizer or the single dose of the Johnson & Johnson vaccine by October 17. In the coming weeks, employees will receive information about the process by which they may provide this verification to the Commonwealth. This process will be made available well in advance of October 17. All documentation related to an COVID-19 employee's will vaccinations maintained confidentially. The policy applies to both employees working in-person and those who

are teleworking. As new CDC guidance regarding booster vaccine doses is issued in the future, Executive Branch employees will also be required to provide proof they have received those doses by a deadline to be established. Employees for whom vaccination is medically contraindicated or who object to vaccination on the grounds of sincerely-held religious reasons may be entitled to an exemption from the re-

quirement to demonstrate vaccination. The Administration will provide further guidance in the coming weeks for employees who may wish to seek such an exemption.

Executive Department employees who are not vaccinated or approved for an exemption as of October 17, 2021 will be subject to disciplinary action, up to and including termination. The Administration will continue to work with its union partners regarding this policy, and specific ramifications of non-compliance for staff represented by unions will be discussed well in advance of October 17 with each employee union. Management employees not in compliance as of October 17, 2021 will also be subject to disciplinary action up to and including termina-

Vaccines are widely available in Massachusetts, with over 900 locations available at the Commonwealth's Finder website, including locations with walk-up appointments. Massachusetts remains a national leader in vaccinating its residents, with over 85% of adults having received at least one dose. This has supported significant progress in protecting the Commonwealth's residents: Massachusetts has one of the lowest COVID-19 hospitaliza-

tion rates in the country. Learn more about the COVID-19 vaccine and where to get vaccinated:www.mass.gov/ COVIDvaccine.

#### DEMARIA HOLDS WARD 5 COMMUNITY MEETING



borhoods of Everett. Residents asked questions and shared concerns, and we are working to find solutions."

#### Letters // CONTINUED FROM PAGE 4

tions on how to do this:

- Help Small Businesses increase revenues by making it easier to work with the City of Everett.
- Ease the process for new businesses to get started or change to new business models by making the permitting and licensing process easier.
- Strengthen the Chamber Of Commerce's Small Workshops, Business Roundtables, And Collaboration.
- Establish A Grant / Loan Fund For Small Business Owners.

• Implement Small, Lo-

- cal Business Procurement Preference. • Advance 25% Hiring
- Benchmark For City Residents In City Contracts.
- Allow A 10% Preference For Local And Small Businesses.
- To Allow Estate Planning Assistance for Ev-
- \*Read the full plan and

other plans on www.gerly. adrien.com

We need a Mayor to fight for everyone.

As a City Councilor, I made a pledge to put the people first, and as a candidate for mayor, I am doubling down on this ef-

Together, we can move Everett forward by being more transparent as to where we are investing city funds, and ensuring that our businesses, families, and services needed for our residents are being prioritized in our spending.

We cannot afford another four years of lack of investment and lack of support to our Small Business Owners. Everett needs change. Join me in this fight to win for our future.

**Gerly Adrien** 

#### **DeMaria** / CONTINUED FROM PAGE 1

water fees. "We were paying for millions of gallons of water that were either being lost in the ground or to customers who were not paying their water fees because they had disconnected their meters. It was estimated that the city overall was paying 20 percent more in our yearly water bills," he said. But fast forward to today, and the average Everett rate-payer has the third lowest water bill in the entire MWRA system.

"My Administration and I meet frequently and go over all of the ongoing projects in the city," De-Maria explained. "Today, there is consistency from all of the city departments, since many projects have ripple effects with other projects. Just as no city department operates in a silo, so too, no project is

built-in a silo." There is little doubt that the Encore Casino has started to be the explosive catalyst for many developments, both public and private, that either have been started and completed or are about to be built in Everett. DeMaria points out that the land that Encore sits on was a 40- acre brownfield and his vision to get a casino was a longshot. The other potential site, Suffolk Downs, had all the political muscle behind it.

DeMaria However, came up with a better plan and the State Gaming Commission awarded the license to Encore. As a result, a property that for years had been netting a mere \$300,000 in tax revenue for the city's coffers has turned into an annual \$30 million windfall.

"We continually are applying this process to other old sites that are generating more revenue and not burdening our existing taxpayers," said DeMaria.

So what now?

"We cannot stand still," DeMaria said. "We need

to have a number of projects shovel-ready for the next wave of public infrastructure projects."

The mayor listed several projects that he would like to move into the planning stages.

Education was on the top of his list.

DeMaria pointed out proudly that he attended and graduated from the Everett public schools. His oldest daughter is a recent Everett High graduate and his youngest daughter attends the public schools

and is in Grade 7. "I want the schools to be what they were for me," he added. "I want to expand vocational programming. For too many of our students, college is not an option and they leave Everett High without a marketable skill like being a plumber, electrician, or auto mechanic. Nothing is more positive than having a job and earning a good wage. We cannot let our students leave our schools unprepared for the world."

DeMaria is talking with

Secretary of Housing and Economic Development Mike Kennealy and Governor Baker about a partnership with some life-science businesses in Somerville and Cambridge for high school stu-

DeMaria led the effort to file a statement of interest with the state to seek funding for a new high school with adjoining facilities that would include ample parking and that can be used by all residents -- young and old -at all times. In advocating for new space, the Mayor noted, "We cannot hold a home track and field meet for our students," he said. "During the graduation that was held at the stadium last year, more than 80 cars were towed." However, no location has been selected.

New development requires a certain criteria of basic needs such as roadways, water, and city services. The strong fiscal position that has funded many of these repairs by

EVERETT POLICE DEPARTMENT

The new Police Station will be built on the adjacent site of the Everett Rec Center on Elm Street. The old Police Station will be razed and a multi story parking garage is being planned that can service the parking needs of the high school, police station and users of Glendale Park.

DeMaria has attracted new development in housing and industry, which in turn is generating more revenue streams for city coffers.

However, the possibility of Amazon locating a facility off Air Force Road is a non-starter for DeMaria.

All of these new projects will be vetted through community meetings. "We held more than 60 community meetings on Encore," DeMaria said, adding "We will do the same for all new proj-

committed to making Everett the best city that it can be," DeMaria concluded.

"My team and I are



#### STEPHANIE V. SMITH

CITY COUNCIL AT LARGE

ON SEPTEMBER 21st VOTE



**#10 ON THE BALLOT** 

MOTIVATED, APPROACHABLE AND HARD-WORKING I'M EAGER TO GET INVOLVED, FAMILIAR WITH THE PROCESS, AND READY TO DO THE WORK NECESSARY TO KEEP EVERETT AN

**EXCITING AND VIBRANT COMMUNITY** 

The free Consumer Action Handbook. In print and online at ConsumerAction.gov, it's the everyday guide to protecting your hard-earned money. For your free copy, order online at ConsumerAction.gov; send your name and address to Handbook, Pueblo, CO 81009; or call toll-free 1 (888) 8 PUEBLO. Being a smart shopper just got easier.

A public service message from the U.S. General Services Administration

#### News in Brief

#### **HELPING** HANDS FOR HAITI DISASTER RELIEF DRIVE

Mayor Carlo DeMaria is pleased to announce that the City of Everett in partnership with the North Shore Evangelical Missionary Church (NSEMC) will be hosting a "Helping Hands for Haiti Disaster Relief Drive" on Sunday, September 19 between 12 - 5pm. The event will occur in Everett Square at the entrance of the School Street Municipal Parking

"It was heartbreaking to hear that there was another earthquake in Haiti on August 14," said Mayor De-Maria. "Partnering with the North Shore Evangelical Missionary Church to host this event will help so many people in Haiti. The City of Everett is offering our full support to our community members and their families."

The drive is occurring to help provide aid and support to those who have been affected by the earthquake in Haiti that occurred on August 14th. The earthquake had a magnitude of 7.2 and left many homeless, orphaned, and struggling to survive.

During the drive, the NSEMC will be collecting goods to send to Haiti. These goods include:

- Nonperishable Foods - Canned Foods, Rice, Pasta, etc. • New or Gently Used
- Clothing Adult and Children Clothing for Warm Weather
- Undergarments Underwear, Bras, Socks
- Linens Towels, Sheets, Face Cloths, etc. • Health & Wellness
- Products Feminine Hygiene Products, Shampoo, Soap, Diapers, Baby Wipes, etc.
- Medical Supplies -First Aid Kits, Band Aids, Pain Relievers, Alcohol, Ointment, etc.
- Electronics Flashlights, Batteries, Walkie Talkies, etc.

The drive will begin with a brief program where members of the Everett community and the NSEMC will be speaking and providing words of hope and encouragement.

All members of the community are encouraged to attend and provide support to those affected by the earthquake.

#### WELLINGTON CIRCLE STUDY **PUBLIC MEETING**

Virtual Working Group public meeting on August

The Massachusetts Department of Transportation (MassDOT) is holding the third working group public meeting for the Wellington Circle Study from 2:00 p.m. to 3:30 p.m. on Tuesday, August 31. It will be a virtual meeting to review feedback collected at the Public Information Meeting held on June 24, review the alternative development process and initial insights, and discuss next steps. The meeting will be recorded.

The Wellington Circle Study develops and analyzes alternatives that could improve connectivity and mobility throughout the Wellington Circle area in Medford. The study will examine vehicular, transit, bicycle, pedestrian and land use and will consider cost, and resulting economic, social and cultural impacts.

More information is available on the project website: www.mass.gov/ wellington-circle-study.

#### **FOUNDATION** TRUST AWARDS **GRANT TO ELIOT SERVICES IN EVERETT**

The Foundation Trust is delighted to award a grant to the Eliot Center in Everett to enhance their trauma-focused mental health services for low-resource, high-risk clients.

The grant establishes the Trauma Recovery Fund at the Eliot Services Everett outpatient clinic, and allows for the expansion of the Adjunctive Eye Movement Desensitization Reprocessing (EMDR) Program. EMDR is an innovative, evidence-based therapy to help people process distressing memories of past traumatic experiences and strengthen their internal coping resources. The

new Trauma Recovery Fund will make this specialized treatment approach available to people who may not have been able to access it before, as EMDR sessions are 90 minutes in length and often not covered by Medicaid or third party insur-

"This award has made it possible to offer extended-length EMDR sessions to clients, train staff in advanced EMDR protocols, and provide the books and equipment needed to provide the best care. We are excited to be able to broaden our scope of treatment to include complex trauma, OCD, phobias, panic disorders, and early trauma experiences," says Eliot's outpatient clinical supervisor, Julie Foss. Dr. Joseph Spinazzola,

the Executive Director of the Foundation Trust and an expert on complex trauma commented that "exposure to trauma, abuse, and violence are pervasive, and affect people of all ages and from all walks of life. Community mental health facilities play a vital role; many people with the highest need don't have the resources to access specialty services through private practice. That's why we are particularly impressed with how Eliot Services in Everett, spearheaded by Julie Foss, brings these advanced treatment approaches to diverse clients. The Foundation Trust is thrilled to be able to support Eliot Services in overcoming economic disparities in access to state-of-the art, trauma-focused interventions."

The Foundation Trust is a private operating foundation committed to uplifting vulnerable individuals and communities. Through our unique combination of philanthropy, grantmaking, educational development, resource scholarships, outreach and training, we are honored to be a part of efforts to advance inclusivity, overcome diversity, and transform trauma worldwide. To learn more, visit www. FoundationTrust.org

If you are interested in hearing more about the Adjunctive EMDR program at Eliot Services in Everett, please contact Julie Foss, LICSW, MBA, 781-388-6228, jfoss@eliotchs.org

#### **SEPTEMBER** SENIOR SOCIAL **PLANNED** Mayor Carlo DeMaria

and The Council on Aging have planned the monthly Senior Social for Wednesday September 15 at Anthony's Restaurant, 105 Canal Street, Malden. Our event begins at 11:45am. It is a Pizza Party. The menu planned is as follows; Minestrone Soup, Antipasto Salad, Pizza, Coffee, and dessert. You will also enjoy dancing to the song stylings of Ray Cavicchio. Ticket sales for this event are September 2,3,7,9 & 10 between the hours of 9am and noon. For additional information please call us at 617.394.2323 or 617.394.2260

#### FLORENCE AND CHAFETZ EXPANDS ASSISTED LIVING **MEMORY CARE** WITH TWELVE NEW **APARTMENTS**

Florence and Chafetz Home, a specialized memory support residence operated by Chelsea Jewish Lifecare, is pleased to announce the expansion of its assisted living memory care residences on September 1,2021. The twelve newly open private studio apartments, each with a private bathroom, showcase bright and airy common spaces that foster resident interaction in a secure environment.

"When we embarked upon the expansion, our goal was to create memory care apartments with an open concept setting," said Kristen Donnelly, Executive Director of Florence & Chafetz Home and Cohen Florence Levine Estates Assisted Living. "Most importantly, these new living spaces enable our residents with Alzheimer's or other forms of dementia to walk about freely yet safely."

Interior design elements such as bright color schemes and an abundance of natural light were

specially selected to enhance the warm, calm, and comforting environment." The apartments feature individual heat and air conditioning control, handicap accessible bathrooms, and showers with seats. Many of the new spaces overlook the expansive grounds and courtyard. Common spaces include living room, café with fresh baked goods, library, courtyard, dining room, salon and huge activity

'We have been receiving so many requests for memory care assisted living," said Jennifer Fazekas, Director of Marketing for Chelsea Jewish Lifecare. Added Jen, "It is gratifying to offer the local community new living options for those who need specialized care." Located on scenic Admiral's Hill at 201 Captains Row, the assisted living offers 69 studio and one bedroom apartments for traditional assisted living and 36 for memory care.

For information and/or to book a tour, please contact Jennifer Fazekas at jfazekas@chelseajewish. org or call 617-887-0826.

#### **BETTER BUS** MEETING

The MBTA will be hosting a virtual Better Bus meeting on Aug. 26 at 6 p.m. via Zoom. The meeting will discuss the Better Bus Project and how the MBTA is working to improve the bus experience for riders through initiatives including real-time arrival information, bus transit priority, and other bus service improvements. Presentations will be given by project teams from across the MBTA, including the following: Bus Network Redesign, Bus Transit Priority, Bus Stop Accessibility Improvements, Bus Operations, Silver Line Extension, Bus Electrification/ Facility Modernization and Bus Stop E-Ink Signs.

Attendees may also join breakout rooms for in-depth discussion, and to share thoughts and feedback with the project teams. Members of the public can register for the meeting online. Once

registered for this Zoom event, an email will be sent with a link to join the meeting when it goes live at 6 PM on August 26. The meeting will also be recorded and posted online for those who cannot attend.

#### MONTHLY BLOOD **PRESSURE SCREENINGS AT** THE CONNOLLY **CENTER**

Mayor Carlo DeMaria, The Council on Aging and Cambridge Health Alliance are thrilled to announce Blood Pressure Screenings have returned to The Connolly Center for seniors over the age of 60. Screenings will take place the fourth Monday of each month, beginning Monday August 30, that 10am. The Connolly Center is located at 90 Chelsea Street, Everett. CHA has arranged for a trained clinician to assist with this program. For additional information please call Camille at 774.360.7521

#### **CENTRAL AVENUE** PARK/HALE PARK **MEETING**

or 617.394.2323.

Mayor Carlo DeMaria is pleased to announce that he will be hosting a community meeting at Hale Park on Glendale Street on Wednesday, Sept. 1, at 6 p.m. to discuss the renovations of Hale Park and Central Ave Park.

"After hearing concerns from neighbors, I thought it was best to organize a meeting to gather feedback regarding Hale Park and Central Ave Park," said Mayor DeMaria. "Our parks and recreational spaces are an important part of our City and I look forward to meeting with the residents of this community to learn more

Over the past few weeks, residents have expressed their unhappiness with both Hale Park and Central Ave Park. Mayor DeMaria and the Administration want to hear the community's feedback to make improvements to the current conditions.

about their thoughts."

#### - LEGAL NOTICE -**CITY OF EVERETT**



**ZONING BOARD OF APPEALS** 484 Broadway **Everett, Massachusetts 02149** 

(617) 394-2498 To Whom It May Concern:

This notice is to inform you that a public hearing will be held on Tuesday, September 7,2021 at 7:00 PM, Everett City Hall, 3rd Floor George Keverian Hearing Room. All interested parties may attend and opinions will be heard regarding the following petition. Whereas a petition has been presented by:

Property Address: 366 Broadway Map/Lot: E0-03-000112

Person Requesting: Ronald Romanowski

7 Alfred Terrace

Woburn, Ma 01801 To the said Board of Appeals, the 8,202 sq. ft. lot is located with-

in the Business Zoning district. The applicant seeks to increase the existing structure at 366 Broadway and add one (1) new story to the existing two (2) story building for a total of three (3) stories. The new building will consist of twenty (20) units. Nine (9) parking spaces are provided for proposed building. Reason for Denial:

Permit was denied in accordance to the City of Everett Zoning Ordinance Appendix A as follows:

1. Appendix A Section (6) B (2) (a) – Lot area 1.5 to 1 Maximum floor area ratio, The FAR for this project is at 1.92

2. Off Street Parking: TDM, to be completed at Planning Board Review.

MARY GERACE – Chairman

Board of Appeals

Please be advised that you have thirty (30) days from the date of this refusal to appeal this decision

Roberta Suppa - Clerk

August 18, 2021 August 25, 2021

#### - LEGAL NOTICE -**CITY OF EVERETT**



**ZONING BOARD OF APPEALS** 484 Broadway **Everett, Massachusetts 02149** (617) 394-2498

To Whom It May Concern:

This notice is to inform you that a public hearing will be held on Tuesday, Sept 7,2021 at 7:00 PM, Everett City Hall, 3rd Floor George Keverian Hearing Room. All interested parties may attend and opinions will be heard regarding the following petition. Whereas a petition has been presented by:

Property Address: 33 Jackson Ave

Map/Lot: N0-03-000114

Person Requesting: Jean B. Thermitus 33 Jackson Ave.

Everett, MA 02149 To the said Board of Appeals, Applicant seeks to change the

use of the existing two (2) family dwelling built prior to 1926 and convert it to a three (3) family dwelling within a Dwelling District. Permit was denied in accordance to the City of Everett Zoning

Ordinance Appendix A as follows: Violations: Section 4 Dwelling Districts (b) Dimensional Regulations (2) Lot

Area (c): "All other uses ----- 0.5 maximum floor area ratio a. The change of use to a three (3) family requires the proposal

to comply with the zoning ordinance for density. The requested proposal would result in a floor area ratio of .884. The Applicant must seek relief in the form of a variance from the Zoning Board MARY GERACE - Chairman

August 18, 2021

August 25, 2021

Roberta Suppa - Clerk Board of Appeals

#### **ZONING BOARD OF APPEALS** 484 Broadway **Everett, Massachusetts 02149**

(617) 394-2498 To Whom It May Concern:

This notice is to inform you that a public hearing will be held on Tuesday, September 7, 2021 at 7:00 PM, Everett City Hall, 3rd Floor George Keverian Hearing Room. All interested parties may attend and opinions will be heard regarding the following

- LEGAL NOTICE -

**CITY OF EVERETT** 

Whereas a petition has been presented by: Property Address: 126 Dartmouth Street Map/Lot: M0-05-000142 Person Requesting: Mr. Marcel Fenelon 126 Dartmouth Street

Everett, MA 02149 To the said Board of Appeals, the owner/applicant proposes to demolish the existing single (1) family dwelling and construct a

new two (2) family dwelling Reason for Denial: Permit was denied in accordance to the City of Everett Zoning

Ordinance Appendix A as follows:

• The proposed lot has only 6,125 square feet of land. • The supplied plot plan appears to indicate only 2 parking

Zoning Ordinance Sections Section 4 Dwelling Districts (b) Dimensional Requirements (2) Lot Area line b. Two Family --- 7,000 Square Feet

Section 17 Off-Street Parking A line 1 One- and Two-Family Dwellings- two (2) Spaces per unit.

Roberta Suppa - Clerk Board of Appeals

MARY GERACE - Chairman

August 18, 2021 August 25, 2021

#### **NEWS FROM AROUND** THE REGION

**GREENROOTS** 

ANNUAL

**MEETING AND** 

A NIGHT OF

**GAMES AND** 

**BOATING** 

#### CHELSEA HITS 40,000 RESIDENTS

CHELSEA - After a disappointing Census effort last year due to being hindered significantly by COVID-19 and a distrust among the populace of the federal government, the official numbers came out last week and Chelsea showed a surprising increase in its count - climbing above 40,000 residents for the first time in a long

While many would agree that in reality Chelsea is likely at about 55,000 residents, the numbers on paper were always quite low and the City is named a hard-to-count community by the Census officials.

In 2010, the City was profoundly disappointed when its numbers came back at 35,177 residents, a tremendous undercounting that caused the City to lose millions in federal formula-funded programs over the last 10 years. Last week, though, many said it was a pleasant surprise to see that Chelsea had registered 40,787 residents in the count, as some had said it looked like early on that the City may decrease in population from the 2010 number.

It was a growth of 5,610 people and one of the larger growth numbers statewide, even despite trying to count people in the ravages of COVID-19 in a city hit harder than most in America in 2020.

The 40,000 number was a key number for the purposes of federal funding formulas and also for the coming redistricting process to determine state representative, state senate and U.S. Congress seat geographies. Clearly, many in Chelsea have been talking over the last six months about trying to get an all-Chelsea seat like Everett has, though most likely Chelsea would need to add a piece of East Boston if that were to happen - maybe Eagle Hill area. Such a configuration would work as East Boston grew substantially in the Census 2020 figures, going from 40,508 in 2010 to 43,066 in 2020.

Chelsea was once again predominantly Hispanic, with 67 percent of the population counted as Hispanic, though that's likely a gross undercounting despite being one of the largest population percentages of Hispanics in the state. Chelsea has been a predominately Hispanic community since the 2000 Census when they broke 50 percent in the count.

It was a similar story in surrounding cities, with Hispanic populations growing in Everett (28.3) percent) and Revere (33.6 percent).

The White alone population came in at 20.6 percent, and the Black population was at 6.4 percent. The Asian population was a 4 percent.

number of two or more races was quite high, at 32.8 percent, and is likely reflective of the high Hispanic population – as well as a general trend nationwide for people choosing two or more races.

Not surprisingly, Chelsea's foreign-born population was 45.4 percent, higher than most in the area. Other Census tidbits included:

- •Chelsea's owner-occupied housing unit count was 25.9 percent.
- •The median value of owner-occupied housing units was \$350,800.
- •The average persons per household was 2.96, which was quite high, but not much different than Everett, which was 2.87 per unit.
- •The mean commute time for Chelsea residents was 34 minutes.
- •The percentage of the population living in poverty was 18.1 percent.
- •The youth population in Chelsea was much larger than many places, with 34.7 percent of the population being 18 or under. By comparison, Everett was 28.3 percent and Boston was at 15 percent.
- •Women made up 48.3 percent of the population.

The total U.S. population for 2020 was 331,449,281, and demographically nationwide the White alone population was on the decrease at 60.1 percent of the national population. The largest non-white group were Hispanics at 18.5 percent of the national population, with Black populations also on the decline at 13.4 percent nationally. Asians make up 5.9 percent of the total national population in 2020.

#### **MAKING THE BEACH MORE** ACCESSIBLE

EAST BOSTON - On Saturday, more than 125 individuals with disabilities came together to enjoy a fun-filled day at Constitution Beach.

The Beach: Ability at Constitution Beach program was created several years ago through a grant from Save the Harbor/ Save the Bay's Better Beaches program with support by DCR's Universal Access program. The yearly event hosted by Triangle, Inc. highlights programs that make Massachusetts public beaches, like the one in Eastie, accessible to the disability community.

As part of this year's event, Save the Harbor/ Save the Bay donated beach wheelchairs to three local non-profit organizations serving the disability community of greater Boston.

"It fills my heart with joy to see people of all ages and abilities come together on a beautiful summer day to celebrate clean water at Constitution Beach," said Rep. Adrian Madaro, who Co-Chairs the Metropolitan Beaches Commis-

sion and was instrumental

in securing funds to make

Beach: Ability possible.

"Thanks to Triangle, Inc.

and Save the Harbor/Save

the Bay for taking the

lead and making it happen

again this year." CEO of Triangle, Inc. Coleman Nee said Triangle was excited to return to Constitution Beach for its second Beach: Ability event.

"For many in the Dis-Community, ability awareness of these amazing beaches and/or perceptions of their accessibility have, in the past, presented barriers to a fully inclusive public waterfront," said Nee. "We hope that this event helps change those beliefs and highlights the great work of our partners at DCR's Universal Access Program and Save the Harbor/Save the Bay to ensure that equipment such as mobi-mats, sand wheelchairs and floating swim chairs are available at all of Massachusetts public beaches."

Executive Director of Save the Harbor/Save the Bay Chris Mancini said as part of Save the Harbor/ Save the Bay's steadfast commitment to accessibility, inclusion, diversity, and equity, he was thrilled to partner with Triangle to make sure the region's amazing public beaches are welcoming to the disability community.

"We are proud to extend these efforts by donating additional accessible sand and swim wheelchairs to area nonprofits serving the disability community, including the South Boston Neighborhood House, ARC of the South Shore, and Triangle," he said.

Save the Harbor/Save the Bay's Director of Development Patricia Salic was also moved Beach: Ability and thanked all those that took





Saturday's event was one of scores of events planned for the region's public beaches from Nahant to Nantasket this summer, as part of Save the Harbor/Save the Bay's Better Beaches program partnership with DCR. To find out more about events on your favorite beach, visit their website at www. savetheharbor.org and follow @savetheharbor on social media.

#### MCGEE TO RECEIVE AWARD

LYNN - Lynn Mayor Thomas McGee has been selected as the recipient of The Mayor Bill Carpenter Award for Excellence in Gateway City Leadership.

The awatrd goes to an elected official who seeks out new ideas and works collaboratively to advance them, elevating the status of their city and furthering the collective interests of Gateway Cities throughout the Commonwealth.

tion and stimulating eco-

McGee will receive the

nomic development.

MassINC is honored to "There's no traffic plan recognize Mayor McGee for years of unwavering public service to Lynn and steadfast partnership with Gateway City leaders across the state. During his time as a state senator and **Transportation Committee** Chair, he worked collabocompleted." ratively to pass innovative legislation that improved aloud about the constructransportation for the retion of the new fire station gion. As mayor, he continin Point Pines "and how ued to lead in this manner, it's going to affect this spurring housing produc-

up with."

for the Ward 5 seat, also

brought up the Point of Pines fire station and the lack of progress on the project for several years. Fiore also cited what he believes will be the negative impacts of Redgate's 291-unit development on the Point of Pines neighborhood.

PHOTOS BY SETH DANIEL

GreenRoots came together for the first time

after a year's hiatus on the Chelsea Creek last

Thursday, Aug. 12, for canoeing and kayaking

and socializing on the waterfront. Left, Tiffany

Michelle Gomez and Kendra Morales enjoy

paddling around on the Creek.

award at a Sept. 30 cere-

mony. The Excellence in

Gateway City Leadership

Award is named in mem-

ory of Bill Carpenter, who

served as mayor of Brock-

ton. Mr. Carpenter died

while in office in July,

REVERE - The Revere

approved

**Conservation Commission** 

Redgate Development's

plans for stormwater and

wastewater management

for its proposed develop-

ment on the G and J Tow-

Redgate is looking to

**DEVELOPMENT** 

**RECEIVES** 

**APPROVAL** 

unanimously

2019.

Henriquez jumps rope on the pier, while (above)

Ward 5 Councillor John Powers, who voted in favor of Redgate's proposal at a City Council meeting, said after the meeting that the "fire station had nothing to do with the Con-Commission servation meeting - nothing what-

"They're doing asbestos removal at the station right now," said Powers. "I'm told by the people doing the work that the fire station will be leveled by the first week in September. The meeting had nothing to do with the fire station. The fire station is going to be built. They're working on the demolition now. That was not to place to discuss the fire station."

#### build a 291-unit apartment development at the site located at 22 Whitin Ave., just beyond the General Edwards Bridge, and adjacent to Gibson Park.

The vote at the Aug. meeting followed presentations before the Commission by Revere's Chief Planner and Zoning Coordinator Frank Stringi, Redgate Vice President Libseth Bello, and engineers Katie Cruz of Hancock Associates and Anders Bjarngard of GZA

Before the vote, Ronald Clark, candidate for the Ward 5 seat on the City Council, raised concerns about the overall project.

GeoEnvironmental.

"The pumping station on the Lynnway, from what I'm told right now, can't handle as much as one more toilet bowl," said Clark.

Clark also questioned other segments of the city's master plan for the area, including the boatyard property, and the traffic plan for the site.

in effect as of today, so right now we've got to assume they're going to be using the Lynnway, with much more traffic coming in and out, especially if this thing gets built prior to this traffic design being Clark also wondered

traffic plan they're coming

Al Fiore, a candidate

#### WINARC RECEIVES GRANT

WINTHROP The Teamsters Local 25 Autism Fund has partnered with the WINARC (Winthrop Advocacy Resources Community) again this year to sponsor the Tee-Ball Program. Local 25 has been a sponsor since the inception of the program in 2019.

The WINARC Tee-Ball Program is open to children ages 3-10 years old and is a true community activity. High school students and adults volunteer as buddies, so each player is paired with a buddy for the game. 25 players are participating in the program this year.

"The Teamsters Local 25 Autism Fund is proud to sponsor the WINARC Tee-Ball Program again this year," said President Sean M. O'Brien. "Our mission continues to be to give back to the communities where our members live and work. To some it may just be a children's tee-ball game, but to the players this is their World Series every Sunday. Whether they hit the ball or make it on base doesn't

See REGION Page 11



#### Museum of Science, Boston unveils fall lineup of innovative and inspiring programming for adults

The Museum of Science, Boston, announced an exciting fall lineup of award-winning speakers, perfortransformative mances, drag takeovers, a haunted Halloween celebration, and more under its popular series, SubSpace. The fall lineup of after-hours events, kicking off in September, offers audiences unique experiences from local and national artists, where the fusion of science, art, and society finds common ground. Tickets for the Fall 2021 season are available now at mos.org/

Now in its ninth season, SubSpace is the Museum's experiential playground for developing fresh, original, social experiences for adults. The Fall 2021 season will be a hybrid of virtual events and the return of live, in-person programming taking place throughout the Museum, including the Mugar Omni Theater, the Charles Hayden Planetarium, and the Exhibit Halls.

"After over a year of entirely virtual programming, we are excited to bring SubSpace and our audiences back together at the Museum for an incredible lineup of after-hours events," said James Monroe, producer of adult programs and theater experiences at the Museum of Science, Boston. "This fall, we continue to dive deeper into some of the most pressing consequential challenges of our day, including anti-racism, mental health, addiction, trauma, climate change, and diversity in STEM, all while creating innovative and singular immersive performances with the immense talents found in our amazing city."

Tickets for the Fall 2021 season are available now at mos.org/adults. The full lineup of the Fall 2021 season includes: September:

Sway: Unraveling Un-

conscious Bias, September 9, 7:00 p.m.: During this event, behavioral and data scientist author Pragya Agarwal shows how

unconscious biases manifest, their effect on today's technology and artificial intelligence, and whether there is anything we can do about them. This is a virtual event. Free with pre-registration.

From Green to Red:

An Environmental Protest from Beatie Wolfe, September 14, 7:30 p.m.: A powerful evening with art rebel Beatie Wolfe and her groundbreaking installation, From Green to Red, an environmental protest piece about human impact on the planet, built using 800,000 years of historic NASA climate data. Exclusive showing of the From Green to Red installation included. This event will be held at the Museum of Science. Free with pre-registration. HEADSPACE, Sep-

tember 23, 7:30 p.m.: The Slaughterhouse Society premieres a new work of transcendent performance art. The groundbreaking visual experience and astral interplanetary escape highlights one human ghost's journey through the beauty of our galaxy to what awaits us all in the beyond. This is a virtual event. Free with pre-reg-

Shades of Black: An Evening with Zakiyyah, September 29, 7:00 p.m.: Singer, actress, and political activist Zakiyyah brings her art activism to the Museum for a conversation around the decolonization of cultural institutions and the role museums play in combating racism and deconstructing white supremacy. This event will be held at the Museum of Science. Free with pre-registration.

How Pixar Makes You Cry: The Secret Story-

telling Tricks Pixar Uses to Break Your Heart, October 6, 7:00 p.m.: Dean Movshovitz, author of the bestseller, Pixar Storytelling: Rules for Effective Storytelling Based on Pixar's Greatest Films, explores the company's genius in storytelling. This event will be held at the Museum of Science. Free with pre-registration.

Worlds in Shadow: The Truths and Myths of Submerged Lands, October 12, 7:00 p.m.: Patrick Nunn, author of the new release, Worlds in Shadow: Submerged Lands in Science, Memory and Myth, shares his understanding of submerged lands of the past and considers what the future may hold. This is a virtual event. Free with pre-regis-

Quit Like a Woman:

Drinking Culture and the New Path to Sobriety, October 13, 7:00 p.m.: Holly Whitaker, founder and CEO of Tempest, discusses her New York Timesbestseller, Quit Like a Woman: The Radical Choice to Not Drink in a Culture Obsessed with Alcohol and her groundbreaking look at drinking culture and her feminine-centric recovery program. This event will be held at the Museum of Science. Free with pre-registration. ReRooted: Presented

by The HairStory Project, October 14, 7:30 p.m.: Join the Museum of Science for this one-nightonly live encore screening of ReRooted: Presented by the HairStory Project. The event will feature conversation and a Q&A session with co-creators Yvette Modestin and Ana Masacote. This event will be held at the Museum of Science. \$10 with registra-

Everything: Presented by Valerie Green/Dance Entropy, October 20, 7:00 p.m.: Conceived and directed by Valerie Green and inspired by astrophotography, string theory, interconnectivity, meditations on space and time, this new dance work weaves together a visual, physical, and emotional translation of the cosmos. The Boston premiere also features Urbanity Dance and musician Nate Tucker. This event will be held at the Museum of Science. \$15 with registration. Triggered Living a

Life Podcast, October 21, 7:00 p.m.: Join the Mu-

seum for a live production of Triggered Projects Living a Triggered Life podcast created and hosted by Keith and Roxann Mascoll, a Black couple who have their own trauma histories, exploring how mental health, love, family dynamics, and more impact their longterm marriage. This event will be held at the Museum of Science. Free with pre-registration. Inner Space: A Collec-

tive Journey, October 27, 7:30 p.m.: Boston-based artist Genie Santiago returns to the Museum for an intimate, live, transcendent event celebrating her upcoming album, Inner Space. Featuring a preshow Outer Space performance from local BIPOC drag acts, Bomba dancers, and guided meditation. This event will be held at the Museum of Science. Free with pre-registration. Walter Sickert & the

Army of Broken Toys Halloween Happening, October 28, 7:30 p.m.: The band returns to the Museum to resurrect their annual unforgettable evening of masquerade, music, and mayhem. This event will be held in the Charles Hayden Planetarium. \$20 in advance; \$25 day of. November:

Coleslaw's Corner: The Grand Return, November 2, 7:30 p.m.: Coleslaw's Corner, the HUBweek Art Award-winning collaboration with one of Boston's favorite drag queens, Coleslaw, returns to the Museum of Science for an in-person takeover of the Museum with performances themed to some of the most iconic, and newest, exhibits of the Blue Wing. This event will be held in the Museum's Blue Wing. \$15 in advance; \$20 day of. Black Hole Symphony:

In Creation, November 4, 7:30 p.m.: Join Multiverse Concert Series and the Museum of Science for an exclusive preview of Black Hole Symphony: an orchestral journey through spacetime told through live music, science, and

Planetarium visuals premiering summer 2022. This event will be held at the Museum of Science. Free with pre-registration. Miniatures, Models &

The Mandalorian: The Work of John Goodson, November 9, 7:00 p.m.: Join master model maker John Goodson, along with Mike Horvath, Museum of Science Senior Director of Exhibits, for a special conversation looking at Goodson's iconic career in film and television. This event will be held at the Museum of Science. Free with pre-registration. "Thina" presented by

SYREN Modern Dance, November 10, 7:00 p.m.: SYREN Modern Dance returns to the Museum of Science for an in-person performance of "Thina," the culmination of a yearlong journey documenting the creation of the original dance performance piece during the COVID-19 pandemic. This event will be held at the Museum of Science. Free with pre-registration.

Boston Jewish Film Festival presents Space Torah, November 11, 6:30 p.m.: The Museum is partnering with the Boston Jewish Film Festival for a screening of Space Torah. A conversation with director Rachel Raz and Dr. Jeff Hoffman at the intersection of religion and science follows the screening. This event will be held at the Museum of Science. Free with pre-registration.

FRACTURED, vember 17, 7:00 p.m.: Guerilla Opera presents a performance exhibition of two works exploring fractured human experiences, by composers Anahita Abassi and Bahar Royaee, directed by Deniz Khateri. Conversation with composers and creative team to follow. This event will be held in Cahners Theater. \$15 in advance; \$20 Songs From Beloved

King: A Queer Bible Musical, November 18, 7:00 p.m.: Experience the intersection of religion, identity, and the human expe-

format

rience with the creative team behind the anticipated new musical, Beloved King: A Queer Bible Musical, a faithfully adapted musical created by playwright, scholar, and minister J. Sylvan. This event will be held at the Museum of Science. Free with pre-registration. December:

Non-Player Character, December 2, 6:00 p.m.: Award-winning actor, writer, director, and producer Brendan Bradley guides you through a pro-

opment virtual reality and live theater experience that shows how everyone has a story to tell. This event will be held at the Museum of Science. Free with pre-registration.

totype of a new, in-devel-

Visit mos.org/adults to register in advance for these events and learn about new events coming

Among the world's largest science centers and New England's most attended cultural institution, the Museum of Science engages 1.4 million visitors a year to science, technology, engineering, and math (STEM) through interactive exhibits and programs. Nearly an additional 2 million people experience the Museum annually through touring exhibitions, traveling programs, planetarium productions and preK-8 EiE® STEM curricula through the William and Charlotte Bloomberg Science Education Center. Established in 1830, the Museum is home to such iconic exhibits as the Thomson Theater of Electricity, the Charles Hayden Planetarium, and the Mugar Omni Theater. The Museum influences formal and informal STEM education through research and national advocacy, as a strong community partner and loyal educator resource, and as a leader in universal design, developing exhibits and programming accessible to all. Learn more at

A SHORT STORY ABOUT

GROWING UP WITH AN UNFAIR ADVANTAGE.

As one of the last American children to

contract polio, Jeffrey Galpin grew up in a world of iron lungs and body casts, alone

with his imagination. His story would be dramatic enough if it was just about his

But Jeffrey Galpin did more than survive polio. He went on to a list of achievements

in medical research—including being the principal investigator in applying the first gene therapy for HIV/AIDS. Dr. Galpin actually credits his own

incurable condition for giving him the focus

that made him so passionate in his research.

His story leaves us with two of the most

contagious messages we know. Don't give

up, and remember to give back. If

Dr. Galpin's story inspires just one more person to make a difference, then its telling

**AAOS** 

CELEBRATING

here has been well worth while.

battle with this dreaded disease.

POLIO.

#### Region // CONTINUED FROM PAGE 10 matter. They are part of

a team and learning life skills that will stay with them beyond the season." "We are excited to be

able to run the WINARC Tee-Ball Program again this year after missing out on last year due to the pandemic," said Rita WINARC Mansfield, board member and program coordinator. "We all missed out on so much this past year, but especially children who don't fully understand the pandemic. The donation by Teamsters Local 25 Autism Fund is integral to our program's success and we are grateful for their support once again." The Teamsters Local 25

Autism Gala is the marquee fundraising event for the fund. The gala was not held in 2020 or 2021 due to the pandemic, but the organization was still able to support many autism organizations. "Despite having no event and other challenges posed by the pandemic, I am happy that we have been able to fund our grantees again this year. The Teamsters Local 25 Autism Gala will be back stronger than ever, and our mission will

never slow down," said

O'Brien.

WINARC was founded over fifty years ago by a group of parents and young adults with disabilities. This grassroots organization of families recognized the need for social and recreational participation in the community for their children, and they committed their efforts to creating those opportunities. Through the tremendous support of Winthrop and its surrounding communities, WINARC's community partnerships with businesses and families have ensured the successful operation of its current programs, as well as the development of new programming to fulfill the ever growing needs of children and adults with disabilities. The mission is to enhance the lives of individuals with disabilities. The Teamsters Local

25 Gala for Autism is rescheduled for January 8, 2022, at the Boston Convention & Exhibition Center. Teamsters Local 25 is the largest Teamsters union in New England with more than 12,000 members. For more information about the Teamsters Local 25 Autism Fund and Gala for Autism,

please visit www.TeamstersLocal25Autism.com.



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#### **OBITUARIES**

#### **Steve Supino**

City of Everett Constituent Services Coorindator

Steve J. Supino of Everett, entered into eternal rest on Tuesday, August 17 in the Massachusetts General Hospital after a long and continuous battle with kidney disease. He was 53 years old.

Born in Everett, Steve was a lifelong resident. He graduated from Pope John XXIII High School in Everett and was the constituent services coordinator for the City of Everett at the time of his passing.

The beloved and devoted son of Nora "Nancy" (Nee) Supino of Everett and the late Carl Supino, he was the dear and devoted brother of Robert Supino of New Hampshire, June A. McCarthy and her husband, Stephen of Newton and Carl Supino, Jr. of Western Mass, loving uncle of Sarah Supino and her fiance', Chris Gallo of Suffield, CT and Elizabeth Courteau and her husband, David of Derry, NH. and loving great-uncle of Jackson Courteau. Steve is also survived by his canine nephew, Sonny, many

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aunts, uncles, cousins and countless friends.

Funeral arrangements were by the Cafasso & Sons Funeral Home, 65 Clark St. (Corner of Main St.) Everett. In lieu of flowers, contributions in Steve's memory to the American Diabetes Association, 330 Congress St., #501, Boston, MA 02210 would be sincerely appreciated.

The Supino family would like to thank the many doctors, nurses and staff at the MGH for their dedicated care, unwavering concerns and well-being of Steve during his

#### **Christopher Hooper**

"Live Laugh Love Hooperstyle"!

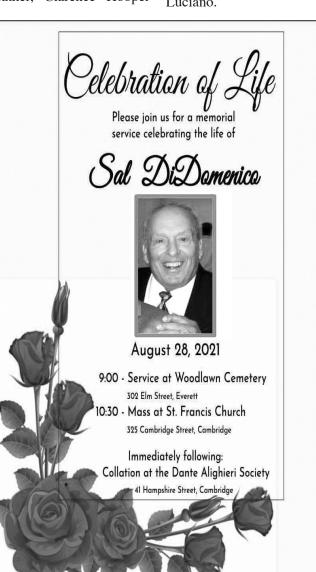
Christopher A. Hooper, 50, residing in Derry, NH, passed away suddenly on Saturday, August 21,

Christopher was born, August 12, 1971 in Everett and Everett was where he called home. He had the biggest heart and would help anyone in need. Anyone who knew him is familiar with "LIVE LAUGH LOVE HOOPERSTYLE"!

Christopher was preceded in death by his mother, Josephine Hooper, father, Clarence Hooper



He is survived by three sisters, Kathleen Milley, Cindy Noftle and Cheryl Luciano.



#### many days at the hospital. J.F. Ward Funeral Home Compassionate, Professional Service Offering Pre-Need Planning Independent & Locally Owned Est. 1929 Kevin S. Creel, Director 772 Broadway, Everett

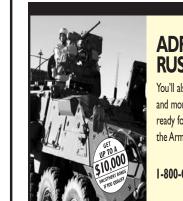
(Glendale Sq. Area)

387-3367

## **OBITUARIES** Effective Jan. 1, 2021

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

> obits@reverejournal.com or call 781-485-0588



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781-289-5107.

8/18, 8/25

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**DEADLINES:** For classified line ads, deadlines are Mon-

#### **ROOM** FOR RENT

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\$1600

Call 781-813-9510

#### FHAP AGENCIES & OTHER STATE/ LOCAL REFERRAL AGENCIES

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BOSTON FAIR HOUSING COMMISSION

51 Inman Street Cambridge, MA 02139-1732 617-349-4396

CONNECTICUT COMMISSION ON HUMAN RIGHTS & OPPORTUNITIES 21 Grand Street, 4th Floor Hartford, CT 06106-1561 860-541-3400 MAINE HUMAN RIGHTS COMMISSION

51 State House Station Augusta, ME 04333 207-624-6050 MASSACHUSETTS COMMISSION AGAINST DISCRIMINATION One Ashburton Place, Room 601

Boston, MA 02108-1599 RHODE ISLAND COMMISSION ON HUMAN RIGHTS

180 Westminster Street, 3<sup>rd</sup> Providence, RI 02903-3768 401-222-2661/62 VERMONT HUMAN RIGHTS COMMISSION

NEW HAMPSHIRE COMMISSION FOR HUMAN RIGHTS 2 Chenell Drive Concord, NH 03301-9053

9777. For the N.E. area, call HUD 603-271-2767 NEW HAVEN COMMISSION ON EQUAL OPPORTUNITIES 200 Orange Street, Room 402 New Haven, CT 06510 203-946-8160/8165 number for the hearing impaired

#### Pressley visits child care home amidst calls for a just recovery

Congresswoman Ayanna Pressley joined the Care That Works coalition today to uplift the demand for a universal, equitable, and flexible child care system that benefits working families, low-income communities, and communities of color across the Commonwealth. Until we have a universal child care system, options for nonstandard schedules (early morning, late evening, overnight, and weekend) remain scarce. The Care That Works' Pilot is seeking to bridge the gap for families in need of child care for nonstandard schedules (beyond 9 a.m. to 5 p.m.).

"This pilot takes critical and necessary steps in creating flexible solutions that ease child care challenges for families during the pandemic. As we continue working to build a just and equitable recovery, childcare must remain front and center. I'll continue fighting to ensure any bold reconciliation package does just that," said Congresswoman Ayanna Pressley (MA-07).

During the pandemic, Massachusetts saw hundreds of licensed family child care providers and center-based providers close permanently with little to no relief available until it was too late. But even before the pandemic, parents were struggling to find affordable, accessible child care. The lack of affordable, professional child care options for nonstandard schedules is a major gap in the system that hurts parents who work or seek work with those schedules.

"We need resources like the Care That Works pilot. As caregivers, we try to provide what we can but without the assistance of our legislators, labor, and community allies working families face challenges finding child care that works for them," said Maria Estevez, Maria Estevez's Family Child Care. "The pandemic has only exposed the inequalities working families bear, but with the pilot, we are working towards a more just recovery."

#### LEGAL NOTICES

Department of Children

A petition has been pre-

sented to said court by:

Manuel De Jesus Hernan-

Rosmeri Roxana Quintan-

dez of Everett, MA

and Families of said

Commonwealth.

#### LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND **FAMILY COURT** Middlesex Probate **And Family Court** 10-U Commerce Way Woburn, MA 01801 (781)865-4000 CITATION G.L. c. 210, ? 6 Docket No. MI21A0360AD In the matter of: Emely Gabriela Quintanilla To:

Estuado Palencia And Any unnamed or unknown parent and persons interested in a petition for the adoption

of said child and to the

illa of Everett, MA Requesting for leave to adopt said child and that the name of the child be c hanged to Emely Gabriela Hernandez-Quintanilla. If you object to this adoption you are entitled to theh appointment of an attorney if you are an indigent person. An indigent person is defined by SJC Rule 3:10. The definition includes

but is not limited to persons receiving TAFDC, EACDC, poverty related veteran's benefits,

Medicaid, and SSI. The Court will determine if you are indigent. Contact an Assistant Judicial Case Manager or Adoption Clerk of the Court on or before the date listed below to obtain the necessary forms. IF YOU DESIRE TO OBJECT THERETO, YOU OR YOUR ATTORNEY MUST FILE A WRITTTEN APPEARANCE IN SAID COURT AT: **WOBURN ON OR BEFORE** TEN O'CLOCK IN THE MORNING (10:00 A.M.) ON: 10/13/2021 WITNESS, Hon. Maureen H. Monks, First Justice of this Court. Date: August 16, 2021 Tara E. DeCristofaro, Register of Probate 8/25/21, 9/1/21, 9/8/21 EV

#### - LEGAL NOTICE -**CITY OF EVERETT**



**ZONING BOARD OF APPEALS** 484 Broadway Everett, Massachusetts 02149 (617) 394-2498

To Whom It May Concern:

This notice is to inform you that a public hearing will be held on Tuesday, September 7, 2021 at 7:00 PM, Everett City Hall, 3rd Floor George Keverian Hearing Room. All interested parties may attend and opinions will be heard regarding the following

Whereas a petition has been presented by: Property Address 52-54 Glendale Street Map/Lot: B0-05-000097 Person Requesting: Mr. John Zervas Zervas Family Realty Trust

9 Park Road Everett, MA 02149

To the said Board of Appeals, Applicant is seeking approval to create a new parking area in the front yard of the lot as described on the plan submitted by Mrs. Zervas. The applicant's proposed parking layout violates the following City of Everett Zoning Ordinance Appendix A: Reason for Denial:

Permit was denied in accordance to the City of Everett Zoning Ordinance Appendix A as follows:

Violations: • The proposed parking is shown to be located in the required front yard setback which is required to be 20 feet per section 4

Dwelling Districts b) dimensional Requirement's line 4 front yard • There appears to be a window in the basement in the area of the proposed new parking space. Applicant must seek relief in the form of a variance from the

zoning Board of Appeals

Zoning: 1. Section 17 paragraph (K) requiring "Parking facilities shall be designed so that no vehicles shall be parked nearer to any

street lines than the minimum specified building setback for the Zoning District in which the parking facility is located" 2. Section 17 paragraph (M) requiring "No parking shall be

located within eight (8) feet of any window of habitable rooms in the basement or first story level of any building" MARY GERACE - Chairman Roberta Suppa - Clerk Board of Appeals

> August 18, 2021 August 25, 2021

For Advertising Rates, Call 617-884-2416

#### **CHURCH** News

**Zion Church - Everett** 

News and Notes

book page, "Zion Church

they can be reached on-

line at zionchurchminis-

tries.com or via email at

office@zionchurchminis-

Bring Your Own Book 7:30

- 9:30 p.m.; Thurs. I Can't

But We Can, 8:00 7:30 -

evenings from 6:30 to 8:30

AA Meeting – Saturday

Pastor's Office Hours:

Bread of Life Donations

This outreach is being

done to honor the Unit-

ed 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

We are on the Internet

http://www.glen-

**Glendale United** 

**Methodist Church** 

**Pastor David Jackson** 

392 Ferry Street (across

Please enter the church

**Walnut Street** 

617-387-2916

PastorDavidJack-

**Pastor's Office Hours:** 

appointment.

son58@gmail.com

Saturdays 10 a.m. to

2 p.m. Other times by

from Glendale Towers)

by the driveway on

daleumc-everett.org

the altar.

Saturdays 10 a.m. to 2 p.m.

Other times by appoint-

For more information,

Ministries.'

tries.com

9:30 p.m.

#### **Mystic Side Congregational Church**

News and Notes

Mystic Side Congregational Church is located in Everett, on Malden-Everett border, at 422 Main Street. We offer a warm, inviting atmosphere, and all are welcome. Our Sunday Church service starts at 10:30 a.m. and Communion is offered on the first Sunday of each month. A very pleasant coffee hour

and socializing follow our services. Parking is available in our lot next to the church on Wyllis Ave. (one way off Main Street). We look forward to welcoming you this Sunday.

> **Mystic Side Congregational Church 422 Main Street** Everett, MA

#### **Immaculate Conception Parish**

News and Notes

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 Vigil) 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-

nity 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

will conclude the Benedic-

tion of the Most Blessed

Sacrament at 6:30 p.m.

All are invited to spend

a few moments with Our

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 col-

lected will go towards our

Stain Glass Fund. Brink a

Book and Buy a Book and

make a donation. Our se-

lections are great and var-

ied. Please stop by the ta-

ble and see what we have.

**Immaculate Conception** 

Thank you

**Parish** 

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Everett, Mass 02149

Phone 617-389-5660

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Blessed Lord

#### **Glendale United Methodist Church**

News and Notes

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

Senior Pastor Bishop

Robert G. Brown will be

hosting Virtual Masses to

bring the people togeth-

er, spiritually while they

can't physically. Their

virtual sanctuaries can be

accessed via their face-

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

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.

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#### Glendale Christian Lighthouse Church

News and Notes

Sunday 10:30 a.m. 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-

ness, Faith, Love, Truth **GLENDALE CHRISTIAN LIGHTHOUSE CHURCH** 701 BROADWAY EVERETT, **MASSACHUSETTS** 02149 617-387-7458 Rev. Larry Russi, Sr. **Pastor** pastorlarry@

thelighthousechurch701.net

#### Church at the Well Everett

News and Notes

Church at the Well Everett is a new church for Everett 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



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#### Patriots team plane used to deliver lifesaving aid to Haiti

In the wake of the devastating, 7.2 magnitude earthquake that struck southern Haiti on Saturday, August 14, the Kraft family and the New England Patriots have stepped in to help Build Health International (BHI) and Partners in Health (PIH) deliver lifesaving supplies and personnel to Haiti to aid in ongoing relief, recovery and rebuilding efforts.

Thanks to the generosity of the Kraft family and working with the Baker-Polito Administration, the Patriots plane will be headed to Haiti today. On board are volunteer ER doctors, nursing managers, project engineers, and infrastructure specialists to support BHI and PIH teams already on the ground.

When it arrives in Haiti, the plane will also be carrying close to 40 pallets of critical medical equipment, supplies, medicine, water and consumables that are desperately needed to treat trauma patients, including everything from hospital beds and suture kits to small generators.

Both BHI and PIH have long histories in Haiti. The organizations have partnered together on numerous projects across the country. After the 2010 earthquake, PIH and BHI worked together with local leaders, doctors, nurses, and staff to build the University Hospital in Mirebalais, a 300-bed,



To learn more about these efforts or to partner with Build Health International please visit:www.buildhealthinternational.org.

internationally accredited hospital for first-class training of Haitian physicians, nurses, and biomedical technicians.

"BHI was born following the 2010 earthquake in Haiti," said BHI Co-Founder and Director Jim Ansara. "Over the years, we've completed more than 60 projects across the country. Following this latest tragedy thanks in no small part to the incredible generosity of the Kraft family, the New England Patriots, and partners across Massachusetts - we're mobilizing to provide urgently-needed expertise and materials to aid in the recovery, and we're committed to ensuring a reliable and immediate rebuild of critical health facilities across southern Haiti."

Following Saturday's earthquake, BHI and PIH personnel in Haiti were on site in the most impacted areas within hours, conducting rapid assessment and repair of critical health infrastructure and providing urgent trauma care to those injured. On the southern peninsula, St. Boniface Hospital, built by BHI and operated by Boston-based Health Equity International, was relatively unscathed and remained open to patients. BHI, PIH and St. Boniface teams, now reinforced by the additional personnel and material arriving on the Patriots plane, continue to provide direct care, relief, and repair, and are lending

their logistics expertise to source, deliver, and distribute critically needed supplies and equipment.

"We are deeply grateful to the Kraft Family, the entire Patriots organization, Partners In Health and **Build Health International** for their incredible support and generosity in delivering these critical supplies and medical equipment to the people of Haiti during devastating time,' said Governor Charlie Baker. "Our thoughts are with Haiti, its residents and their loved ones as the country recovers and rebuilds.'

About Build Health International:

Build Health International (BHI) believes that every person has a right to quality healthcare. In 2010, following the Haitian Earthquake, BHI built the Hopital Universitaire de Mirebalais (HUM), Haiti's flagship teaching hospital. Since then, BHI has designed, built, and equipped over 200 dignified spaces for care in 26 countries, enabling local clinicians to work at their full potential. Working closely with Ministries of Health, partner organizations, and local workforces, BHI promotes sustainable design, empowers communities, and provides access to dignified and affordable healthcare in some of the world's most vulnerable commu-



#### CITY PAWS

## Healthy teamwork

By Penny & Ed Cherubino

Last year the American Heart Association (AHA) published "16 Science-Backed Reasons Adopting a Dog Could Be Good for Your Heart." One of the findings was that those with dogs "... are more likely to reach their fitness goals than those without canine companions."

We know that we found it was far too easy to put off or eliminate daily exercise in the time between dogs. Our dogs have helped keep us fit and they have improved our social connection to our community which is great for our well-being.

## **Make Health**

a Team Effort Your dog depends on you to craft a healthy life

for them. The editors of The Bark Magazine recently suggested that dog guardians create a plan for keeping those at both ends of the leash as healthy as possible. If you need the motivation to get more exercise, eat a more nutritious diet, deal better with stress, schedule routine medical checkups, and all the other self-care you need, you should do it for

and with your dog. If an increase in exercise and a diet change are part of your goals, start with checkups for both you and your canine teammate. Not only will this give you guidance on how to proceed in light of any issues either of you may have, but it will also share your intentions with both medical teams, who can then help you monitor progress.

nities.

When you have a dog, you exercise in all kinds of weather. Just be sure you are both "dressed" for the conditions. (Photo by Sergio Rodriguez)

As with any change, take it slowly. Start with a few extra blocks before you decide to run a 5K as a team. You know when your muscles ache, and your feet are sore. As the human in the pair, you should evaluate your dog's condition.

You also have to make decisions about protecting your dog when you are exercising in various weather conditions. This time of year, you have to test the heat of the pavement and perhaps decide to walk on a dirt or grass path to prevent paw burns. You need to bring plenty of water for both of you. In rain and cold, you may want to protect dogs with thinner coats by using a jacket or boots to protect paws from salt in a New England winter.

**Emotional Well-Being** The AHA also pointed out that scientific studies found, "When we see, touch, hear or talk to our companion animals, we feel goodwill, joy, nurturing and happiness. At the same time, stress hormones are suppressed." This finding may explain why "Dog owners are

31% less likely to die from

a heart attack or stroke

than non-dog owners."

At the same time, dogs benefit from companionship and bonding in our quieter moments together. As long as you learn the types of touch your dog enjoys and allow them to move away when they've had enough, it can improve your bond.

If your dog enjoys a good ear or tail scratch or a cuddle, you can substitute a dose of praise and a bit of touching for a food reward if canine weight loss is part of your team's

#### **Building Community**

The final way your dog can be a great teammate is by helping you stay connected to your community. Interacting with more people gives you more emotional support. It allows your dog to have more favorable interactions with people and dogs, which is good for preventing behavioral issues.

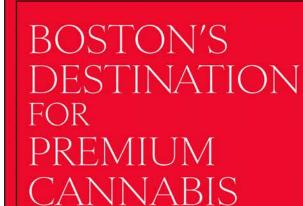
Think about making healthy living a team goal for you and all your fam-

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ily members, especially that ever so helpful dog. Do you have a question or topic for City Paws?



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