

Everett Independent

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DEMARIA'S EASTER SPRING FLING A HUGE SUCCESS

The City of Everett recently hosted Mayor DeMaria's Easter Spring Fling at the Recreation Center.

Above, the outside of the Recreation Center was turned into a playland with many activities for young attendees to participate in.

Right, a young attendee wearing the Easter Bunny ears that were given to those who celebrated with us and wanted one. See Pages 5 and 6 for more photos.



MGC will hold hearing in Everett on Encore Boston Harbor expansion

By Cary Shuman

Residents will have an opportunity to offer their thoughts about Encore Boston Harbor Resort's proposed expansion to a Broadway parcel of land at a Massachusetts Gaming Commission public hearing set for Tuesday, April 25, at 6 p.m. in the Everett City Council Chambers.

Mayor Carlo DeMaria, whose incredible vision brought the \$2.6 billion, five-star resort/casino to the city, will lead a delegation of city officials expected to attend the hearing.

Erin Deveney, chief of staff for the Mayor's Office, said the administration is working to facilitate a live broadcast of the meeting so residents would be able to deliver their remarks remotely.

Deveney said the Mass. Gaming Commission (MGC) has extended an invitation to members of the Encore development team for a brief presentation of the proposed project that would include an entertainment venue (an under-1,000-seat theater), a parking garage, and a pedestrian bridge that would connect the current resort to the new facility. The new poker room would fall under the MGC's oversight.

"The meeting is for members of the public to share their opinions on the expansion and new development by Wynn on east of Lower Broadway, which is across the street from the resort where Minichello's scrapyard used to be located," said Deveney, noting that Wynn needs additional approvals from the MGC in addition to the standard processes Wynn has to proceed through at the city level.

"Wynn's vision is meant to add complementary structures to what they already have with the casino," continued Deveney. "From the city's perspective, this project will introduce a new revenue source into the community because we would have higher and better uses for tax purposes. We could use those revenues to relieve the burden on our residents and our smaller businesses."

McGonagle named House Chair of Operations, also Facilities and Security for second term

Special to the independent

Earlier this year, Rep. Joe McGonagle was named to his second term as the House Chair of Operations, Facilities and Security by Speaker Ron Mariano and his leadership team. This committee was newly formed at the beginning of the previous session to assess the day-to-day operations of the State House, facilitate updates to the infrastructure and security parameters of the building and preserve its historical integrity.

McGonagle, whose background is in construction, is thrilled to be leading this committee once again, especially as the building undergoes major renovations and reopens to the public after COVID-19 closures. "I'm honored to once again be chosen for a leadership position and I'm grateful to Speaker Mariano and his team for giving me this opportunity," said McGonagle. "The Massachusetts State House is one of the oldest State Capitols in the country and it was initially completed in 1798 by architecture genius Charles Bulfinch. Getting to work here everyday is a dream, but being able to be part of the process that keeps this building standing in pristine condition and a safe working environment to legislate the Commonwealth is just fantastic. Due to its age and previous reconstructions, some projects are more difficult to progress through, and I'm glad my construction experience can come in handy. Recently, we unveiled the new Hooker entrance which has enhanced security features and broke ground on renovating the Ashburton entrance. I'm looking forward to all the progress we can work on together."

DeMaria's Easter Spring Fling a great success

The City of Everett recently hosted Mayor DeMaria's Easter Spring Fling at the Recreation Center. Hundreds of families gathered at the Recreation Center to celebrate Easter and the arrival of spring. The annual event offered so many treats and fun activities for all to participate in. There were various activities for young

See **SPRING FLING** Page 5

EVERETT CITY COUNCIL HONORS COLIN KELLY AND PROLERIZED NEW ENGLAND



At its March 27 meeting the Everett City Council honored Vice President of Public Affairs Colin Kelly and Prolerized New England/Schnitzer Steel in recognition of "their continuous support and generosity to so many different organizations in the City of Everett." Pictured at the presentation ceremony are, from left: City Councilors Darren Costa, John Hanlon, Al Lattanzi, Stephanie Smith, honoree Colin Kelly, Council President Michael Marchese, Simona DelloRusso of Schnitzer Steel, Councilor Irene Cardillo, John Silva of Schnitzer Steel, and City Councilors Richard Dell Isola and Vivian Nguyen.

STATE HOUSE VISIT



Everett native and Everett High School alumnae Giselle Lemus Tejada, who is studying to become a Physician's Assistant, stopped by the State House to meet with Rep. Joseph McGonagle and discuss bills in the Legislature relevant to physicians assistants and the healthcare field in general.

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

Our 02149 Senior Page See Page 9

TRASH DELAY
Due to the Patriot's Day Holiday on Monday April 17, 2023, Trash will be delayed by one day
Capitol Waste Services, Inc.

STUDENT GOVERNMENT DAY



Rep. Joseph McGonagle visits with Everett High Seniors Riley Avelar (left) and Kristi Skane (right) at the 76th annual student government day at the State House.

De Souza participates in Civil Rights Pilgrimage to Alabama and Georgia

Service immersion trips are a foundation of Regis' mission, culture, and community. As a university that provides students the opportunity to serve the dear neighbor without distinction, Regis offers many service opportunities throughout the year, both locally and internationally.

Bryan De Souza of Everett spent the 2023 spring break on a Civil Rights Pilgrimage to Birmingham, Montgomery, and Selma, Alabama, and Atlanta, Georgia, cities important in the Civil Rights Movement of the 1950s and 1960s. On this trip, Regis students immersed themselves in the history of the Civil Rights Movement and explored the important anti-racism and civil rights work being done today.

"This trip was a transformational experience for everyone. At a time when the nation continues to experience violence, racism and poverty, the importance of this pilgrimage cannot be underestimated. Students learned how a

social movement built on peace, faith and courage transformed the country. They were able to witness how being an upstander, a foot soldier for social justice leads to inclusivity and equity. The students are now better prepared for the struggle and work to serve dear neighbors without distinction," said Madeleine Lopez, Director, Center for Inclusive Excellence and a staff leader of the service trip.

Among the sites the students visited are the King Center, Edmund Pettus Bridge, Freedom Rides Museum, and more. The students also participated in worship at Ebenezer Baptist Church, the church where Martin Luther King, Jr. served as pastor for several years.

Regis College is a coed university 12 miles west of Boston in Weston, Mass. sponsored by the Sisters of St. Joseph Boston. With over 3,600 undergraduate, graduate, and doctoral students enrolled on campus and in fully online graduate programs, Regis provides an aca-

demically rigorous education within the schools of nursing, arts and sciences, business and communication, and health sciences. The Young School of Nursing at Regis has consistently been recognized by the National League of Nursing as a Center of Excellence in Nursing Education. In line with Regis' mission of providing innovative, industry-focused learning opportunities, the university offers academic partnerships with hospitals and local employers, a clinical dental center in Waltham, Mass., and bachelor's completion and accelerated nursing programs at its campus in Lawrence, Mass. The university's 20 NCAA Division III athletic teams compete within the Great Northeast Athletic Conference (GNAC). Inspired by the social justice values of its founders, the Sisters of St. Joseph of Boston, Regis engages with service initiatives within the local community and around the world.

Real Estate Transfers

BUYER 1	SELLER 1	ADDRESS	PRICE
Coburn, Zoe R	Scully, George R	22 Bolster St	\$775,000
Liu, Minghan	Deus, Tananya T	30 Chelsea St #409	\$369,388
Hassell, Jaylen A	Consedine, Ashley	68 Linden St #28	\$250,000
Soto-Heyer, Divanny K	Thapa, Bikal	90 Garland St	\$555,000

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NEWS IN BRIEF

CALENDAR OF EVENTS AT THE EVERETT PUBLIC LIBRARIES

Parlin Adult and Teens

Yarn Club Parlin Fireplace Room. Tuesday, April 18th at 7pm. Come chit chat and stitch! Bring your crocheting, knitting, or any other yarn craft and sit and socialize with other members of the crafting community. Recommended for ages 14-109!

Chess Club Parlin Fireplace Room. Wednesday, April 19th from 3-5pm. Play, learn, and practice chess at our club meetings every other Wednesday. All ages and skill levels are welcome. Call 617-394-2300 with any questions. No registration required.

Blackout Poetry, Parlin Meeting Room. Thursday, April 20th at 7 PM. April is National Poetry Month, so let's celebrate! Find hidden poems within the pages of a book and surround them with art. Get creative! Get Artistic! Get Poetic! No registration required. Recommended for ages 12 and up.

Mass Bike: Rules of the Road, Saturday, April 22nd at 12:00 pm in the Parlin Meeting Room. For Children, Teens and Adults. Galen Mook of The Mass Bike Coalition presents a workshop on city biking: the rules of the road, what you should carry for bike emergencies and basic D.I.Y. maintenance. If you're getting ready for summer biking, trying to improve your health, find an alternate commute or help the environment, this is for you! No registration required.

Parlin Childrens

Youth Robotics & Coding Workshop (Session Two). Parlin Meeting Room. Tuesday and Wednesday, April 18th and 19th, from 11-12:30pm. We'll be making robotic kits from Legos: LEGO Education WeDo Software and Activity Pack. Children will build robots with Legos and get an excellent introduction to computer coding to make the robots move and make sounds. Appropriate for children aged 7-10. Registration is required for a session, and includes 2 days of activities. Limit of 6 participants per session. Patrons may register online. This program is funded by the Everett Cultural Council.

Crafts for Kids. Parlin Children's Room. Tuesday, April 18th at 2pm.

Let's make a Silly Fiesta Food Magnet! All kids ages 3 and up are welcome; please come and join the fun! Registration is required. Sign up online or at the Parlin Children's desk.

Crafts Free For All! Parlin Children's Room. Wednesday through Friday, April 19th-21st at 2pm. We will be making a variety of crafts for kids on a break from school! All kids ages 3 and up are welcome; please come and join the fun! Registration is required. Sign up online or at the Parlin Children's desk.

Youth Robotics & Coding Workshop (Session Three). Parlin Meeting Room. Thursday and Friday, April 20th and 21st, from 11-12:30pm. We'll be making robotic kits from Legos: LEGO Education WeDo Software and Activity Pack. Children will build robots with Legos and get an excellent introduction to computer coding to make the robots move and make sounds. Appropriate for children aged 7-10. Registration is required for a session, and includes 2 days of activities. Limit of 6 participants per session. Patrons may register online. This program is funded by the Everett Cultural Council.

Friday Family Movie Night! Parlin Meeting Room. Friday, April 21st at 3 pm. Break out the popcorn! Come and watch Zootopia with your friends and family.

Shute Adult and Teens

Spring Paint Night, Shute Meeting Room. Thursday, April 20th at 7 PM. Spring into the warm season and add a new decorative piece of decor to your home. Don't know how to paint? Don't worry! This paint night is a step-by-step demonstration where you will get to go home with your very own masterpiece! Spots are limited and registration is required. Recommended ages are from 11 to 109. To register please go on our online calendar at bit.ly/EVECal.

SHERIFF KOUTOUJIAN ANNOUNCES REGISTRATION

Registration for the 2023 Middlesex Sheriff's Office Youth Public Safety Academy (YPSA) will open at 9 a.m. on Wednesday, April 12, Sheriff Peter J. Koutoujian has announced.

YPSA is an educa-

tional, low-cost summer camp option for Middlesex County families. The camp is open to children ages 8-12 and will be held at the Middlesex Sheriff's Office Training Academy in Chelmsford.

"Thanks to our highly dedicated staff and our incredible public safety partners, YPSA has become one of our most recognizable and powerful community-based programs," said Sheriff Koutoujian. "Throughout the course of the summer, cadets will learn valuable public safety lessons from the same corrections professionals, police officers and firefighters who protect our communities each day. By participating in a variety of fun-filled activities, cadets also build critical teamwork skills that they can carry into their everyday lives."

YPSA is comprised of five, one-week camps. This year, the camp will kick-off during the week of July 10 through July 14, and will continue through the week of August 7 to August 11.

Registration for each week is \$100 per child and includes transportation to and from designated bus stops, daily breakfast and lunch, and graduation ceremony held each Friday.

Participants are not required to reside in communities with a designated bus stop, but they will be picked up and dropped off at these locations. Cadets from Billerica and Chelmsford will be dropped off and picked up at the Middlesex Sheriff's Office Training Academy.

The schedule for this year's YPSA is listed below (communities marked with a "/" have a combined bus stop location):

Dates Community bus stops

July 10-14, Waltham/Newton, Bedford, Wakefield, Medford

July 17-21, Marlborough, Framingham/Natick, Hudson, Acton/Maynard

July 24-28, Everett, Woburn, Malden, Billerica

July 31-Aug. 4, Belmont/Watertown, Tyngsborough, Arlington/Cambridge, Burlington

Aug. 7-11 Wilmington, Chelmsford, Lowell, Tewksbury

To learn more, see this year's schedule (now posted) or fill out an online registration (beginning April 12), please visit www.middlesexsheriff.org/ypsa.

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FRESH AND LOCAL

Lessons from Jamie Oliver

By Penny & Ed Cherubino

We have Jamie Oliver to thank for many of our favorite meals. Penny recently studied his cookbook, "One: Simple one pan wonders." It prompted us to start a list of what Jamie calls "clever tips, tricks, and techniques" that we've learned from his books and videos.

This healthy food advocate and educator pares away roadblocks that keep busy people from cooking. He knows that clean-up discourages home cooks. His website describes this book as "...his ultimate homage to making your life simpler. Every recipe is cooked in just one pan, so is perfect for getting good food on the table fast."

Use Less

Watch a few of Jamie's videos; you'll see less equipment, ingredients, knife work, and measuring. He calls it "maximum flavor with mini-

mum effort." You'll see him washing his hands often because he uses his hands for many jobs that you might do with a utensil. For example, he tears peppers, mushrooms, and greens and mixes dough and salads with his clean hands.

A cutting board takes the place of extra bowls and platters. Of course, it is used for cutting ingredients that require a knife. He also uses it to mix dough, dress and toss salads, and serve meals like tarts, pies, pizza, and even salads. The board makes a few trips to the sink for a wash between jobs, but that step becomes part of your workflow once you discover how much clean-up this technique saves.

He simplifies what he calls his "hero ingredients" to "...olive oil for cooking, extra virgin olive oil for dressing and finishing dishes, red wine vinegar as a good all-rounder when it comes to acidity and balancing marinades,

sauses, and dressings, and, of course, sea salt and black pepper for seasoning."

Use More

On the other side of this equation, he uses more high-quality pantry staples like canned tomatoes and beans, coconut milk, frozen vegetables, premade fresh pasta sheets, pie and pizza dough, frozen phyllo, and puff pastry.

He uses "flavor bombs" such as chutneys, curry pastes, black bean and teriyaki sauces, miso, and pesto instead of the many ingredients each contains. He'll add sausage, bacon, smoked salmon, and jarred tuna as proteins and flavor boosters.

Swap It Up and Make a Batch

Jamie uses two types of swaps in his recipes. He encourages you to make the recipe your own by changing the ingredients to what you have on hand, what you prefer, or what



Jamie's "50/50 Bolognese" is made with ground meat and lentils and is great for batch cooking. We enjoyed these "Sloppy Joes" made with a frozen portion.

suits a particular diet. For example, he loves chilies and spicy food. However, he tells you to leave the chili out if you don't like heat. He also explains how to minimize the heat by removing the seeds and membranes or putting the chili in whole.

You'll also hear how to use swaps to make your meals healthier and to add more vegetables and

fruit to your diet. You'll see him use whole grains, sneak veggies into something like a fish pie or create a vegetarian version of a popular dish.

Jamie will always tell you when a dish freezes well. Penny made a big batch of his "50/50 Bolognese" with ground meat and lentils to serve with pasta. She froze half, and we enjoyed it in "Sloppy

Joes" later in the month. We have another batch saved to top with mashed potatoes for a healthier cottage pie. Both suggestions for other uses were part of Jamie's recipe!

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

Suffolk Downs to host second Annual Marathon Daffodil Dash

Looking for a family friendly way to kick off the Boston Marathon weekend? On Saturday, April 15, The HYM Investment Group LLC, "HYM," will host the second annual Marathon Daffodil Dash from 10 a.m.-1 p.m. at The Track at Suffolk Downs. The Daffodil Dash is hosted in partnership with the Revere Parks and Recreation Department and the Marathon Daffodil Project.

The Marathon Daffodil Project began after the Boston Marathon bombings in 2013 with the yellow daffodil used as a symbol of strength and hope. In commemoration of the 10th anniversary of the Boston Marathon Bombings, The Track at Suffolk Downs will be filled with the 'Marathon Daffodils' that line the streets of Bos-

ton leading up to the Boston Marathon finish line.

The Daffodil Dash will feature three 50-yard dash races for grades K-2, grades 3-5, and grades 6-8 followed by a mile run for grades K-8. Following the races, all participants and families are encouraged to hang out in The Paddock and enjoy kids activities by ForKidsOnly, music, lawn games, face painting, flower crown making, and our local vendors Boards-ByMo and Sweet Treats by Maria.

"As we approach the 10th anniversary of the Marathon Bombings, we are proud to host the 2nd Annual Daffodil Dash at Suffolk Downs, an event that celebrates strength and hope across our City," said Thomas N. O'Brien, Managing Partner and



Area children enjoying last year's Daffodil Dash.

Chief Executive Officer of HYM. "The Track at Suffolk Downs welcomes neighbors from across the area to come together to

have fun, enjoy the outdoors, and engage in simple acts of kindness."

Registration for the Daf-

fodil Dash is free but required to participate in the race events. The Track at Suffolk Downs is located

at 525 McClellan Highway, Boston MA 02128. Parking is free and available on-site. The Track is also accessible from the MBTA's Beachmont and Suffolk Downs Blue Line stations.

The HYM Investment Group is a premier development company that is leading the development of more than 20 million square feet of real estate throughout Greater Boston. The company creates mixed-use communities that strive to push the needle on sustainability, creativity, and technology for a more productive and resilient future.

The team has an unparalleled knowledge of the development process

See DAFFODIL DASH Page 4

DiDomenico and Garcia host students from Chelsea and Everett for Student Government Day

Senator Sal DiDomenico and Representative Judith Garcia hosted high school students and their teachers from Chelsea and Everett during Student Government Day at the State House last week. DiDomenico and Garcia showed them around his office, and then gave them a tour of the Senate Cham-

ber. Student Government Day is an informative program that enables students from across the state to participate in the legislative process through simulated committee hearings and House and Senate formal sessions. It provides the opportunity for them to exchange views with their peers through-

out the Commonwealth on statewide issues. "It's always a great day to have our future leaders here at the State House and I am so glad students from our community got to learn more about the inner workings of our state government," said Senator Sal DiDomenico.



Senator Sal DiDomenico, Representative Judith Garcia, students and teachers from Chelsea and Everett.

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Everett Independent

President: Stephen Quigley

Editor in Chief: Cary Shuman

Independent Forum

LETTER to the Editor

THE MARATHON BOMBING, 10 YEARS LATER

This week marks the 10th anniversary of the tragic Boston Marathon bombing which occurred on April 15, 2013, when two brothers set off a pair of bombs near the finish line of the marathon, killing three persons (Krystle Marie Campbell, a 29-year-old restaurant manager from Medford; Lü Lingzi, a 23-year-old Chinese national and Boston University statistics graduate student; and 8-year-old Martin William Richard from Dorchester) and injuring 281 persons, of whom 16 lost limbs.

In addition, during the manhunt for the bombers in the ensuing days, the brothers shot and killed 27 year-old Sean Allen Collier, an MIT police officer, who crossed their path, and shot two Boston police officers, one of whom, Dennis Simmonds, died on April 10, 2014, from head injuries he received during the shootout in Watertown.

One of the brothers was killed during the shootout and the other eventually was captured, tried, convicted, and sentenced to death, and now is imprisoned in a federal Supermax facility.

For those of us who are lifelong Boston-area residents, the horror of that afternoon, as well as the three-day manhunt for the suspects, will remain etched in our memories forever as no other local event ever has.

We will never forget the tremendous performance of the medical and emergency crews on the scene and at our area hospitals, who miraculously saved the lives of scores of victims who otherwise might have died from their wounds.

Ten years later, the memory of that day gives all of us pause to reflect, both to remember the innocent victims and to honor those whose heroic actions saved lives.

CLARENCE THOMAS: SUPREME HYPOCRITE

"I prefer the RV parks. I prefer the Walmart parking lots to the beaches and things like that. There's something normal to me about it." -- Judge Clarence Thomas in a recent interview.

The revelation this past week that Supreme Court Justice Clarence Thomas and his wife have been accepting luxury vacations from a Texas billionaire for the past 25 years, including a recent vacation that is estimated to have had a price tag of \$500,000 (that's not a typo -- there are no added zeros), is absolutely sickening.

For his part, this billionaire said he never discussed any cases with Thomas and reportedly never had any specific cases pertaining to him in front of the court.

However, among the other guests on these vacation junkets were top executives of major U.S. corporations, so it certainly is conceivable that some of these companies may have had matters that came before the Supreme Court during the 25 years that Thomas has been receiving these extraordinary gifts from the Texas billionaire.

However, the focus on whether any one of these wealthy and influential persons had any specific matters before the Supreme Court misses the point entirely, which is this: Thomas is hobnobbing with, and accepting gifts of immense value from, individuals who have a great deal of general interest in cases that come before the Supreme Court.

For example, the infamous Citizens United case in 2010 (in which the court held that the free speech clause of the First Amendment prohibits the government from restricting independent expenditures for political campaigns by corporations, thereby striking down a federal law that had placed a limit on donations by corporations) was brought by billionaires -- and who have been influencing U.S. elections ever since with what is known as "dark money" (because its source is unknown). Thomas -- surprise! -- voted with the majority in a 5-4 decision.

But beyond what constitutes an obvious conflict of interest by Thomas, this is just another example of the hypocrisy that has marked Thomas's tenure ever since he was appointed to the Supreme Court more than 30 years ago.

Thomas rates as the most unqualified person ever to sit on the court. He never tried a case in a courtroom and had no substantive legal experience prior to being appointed to a seat on the federal Appeals Court. (He was incapable of having been named as a federal district court judge because he would have been clueless as to how to conduct a trial.)

He often speaks and writes of his humble beginnings growing up poor on a farm in Georgia, but he never acknowledges that it was thanks to de facto affirmative action programs at Holy Cross and Yale Law School that gave him the opportunity to rise to the highest court in the land. Nor does he acknowledge that it essentially was affirmative action by President George H.W. Bush that elevated him to his judicial posts, because Thomas by any objective measure was unqualified to be a judge.

But here's the irony of Thomas's personal affirmative action story: He is among the leaders of the Supreme Court faction that no doubt soon will be striking down affirmative action programs that have existed for decades in universities across the country.

Thomas's stance on affirmative action is the height of hypocrisy -- he benefited from programs that afforded him opportunities, but he is pulling up the proverbial ladder so that others cannot follow him -- that goes way beyond taking expensive vacations in the face of his laughably stated preference for "Walmart parking lots."

ATTENTION HOSPITAL CEO'S: PLEASE "SHARE THE WEALTH" TO SUPPORT BEDSIDE NURSES...

To the Editor,

Nurses have been long overdue for better salaries and the accommodation of on-site call rooms. Hospitals generate billions of dollars in revenue annually. Hospital CEO's receive salaries that range from \$1 to \$7 million annually. Is sitting in an executive suite of a hospital behind a mahogany desk, floors away from the frenetic patient care taking place 24/7 really worth a salary of \$1 to \$7 million dollars per year? How much would a safe on-site overnight suite for nurses including beds and shower facilities cost? Could those million-dollar CEO salaries instead go toward significantly increasing bedside nursing salaries? Could hospital CEO's find it in them to "share the wealth" to improve the working conditions and life of the bedside nurse?

Nurses are leaving bedside nursing in hospitals

at alarming rates. Bedside nursing work is stressful both physically and mentally. Staffing and scheduling challenges plague the nursing profession.

Hospitals need to make improvements to the poor work environment that often leads to nursing burn-out and turnover. Due to continual understaffing, nurses feel like they are constantly on call, even if they are not. In order to attract more nurses to working in hospital settings, hospital environments are going to have to become more attractive for nurses. This means incentives such as increase in salaries and providing on-site nurse call rooms. If hospitals want to recruit and retain the nursing workforce needed to provide optimal patient care, they must offer nurses more than a pat on the back and the occasional 10 boxes of pizza lunches.

Many nurses travel to large Boston hospitals from Cape Cod, Rhode Island, New Hampshire, Maine, Vermont and they sometimes work double and triple shifts. Nurses often resign from their positions at hospitals for a variety of rea-

sons such as understaffing, stressful conditions and lousy pay scales. However, many nurses resign due to costly parking fees and commuting long hours for their 12 hour shifts. Many younger new nurses have mounds of student loan debt and are unable to afford hotels for overnight stays due to a long commute. They instead, sometimes sleep overnight in their cars in order to make the next early morning 12 hour grueling shift.

Hospitals have always provided residents and MD's overnight on call rooms within the hospital, rightly so, given their busy schedules and overnight on call duties. However, nurses are not provided with safe, overnight on-call rooms within hospitals. If anything proved there is a need for this it was the COVID pandemic. In order to recruit, retain and accommodate nurses for unexpected double and triple shifts, they should be generously compensated and be provided with safe, on-site overnight nursing call rooms within the hospital at no cost.

Nurses are the lifeblood of any hospital. MD's and

nurses work hand and hand and hospitals cannot function effectively without both. Therefore, hospital CEO's should be making efforts to support the bedside nurse with what they need and deserve to perform their jobs well. Providing a significant increase in salary and on call overnight accommodations would help in the short term and long term to recruit and retain highly skilled nurses. Nurses do not need more pizza or "Cookie Appreciation Days" in appreciation for their work. Bedside nurses need and deserve to be paid well for the backbreaking, exhausting, physical, mental and emotional work they perform on a daily basis. So hospital CEO's, how about "sharing the wealth" to support bedside nurses?

Mary Beth Muckian, BSN, RN is a graduate of Boston College and Regis College. She has been a nurse for 17 years and currently works as a Utilization Review Manager. She has worked over her nursing career in the areas of bedside nursing, Nursing Research and Occupational Health Nursing.

Daffodil Dash / CONTINUED FROM PAGE 3

that allows the company to bring complex projects to market through community input and support. Through experience, relationship building, and transparency with all stakeholders, HYM is able to deliver projects on-time and on budget in order to bring a material return for its investors.

With a team made up of 50% women and 35% people of color, HYM is committed to building projects that prioritize inclusion and embrace Greater Boston's rich diversity. From proj-

ects like Suffolk Downs to Bulfinch Crossing, the team is leading the industry on creating some of the most thriving neighborhoods in the region. www.hyminvestments.com

In 2017, Suffolk Downs, located in both East Boston and Revere along two MBTA Blue Line Stops, was purchased by HYM and its investors with a vision to create a welcoming neighborhood designed around new ways of living and working. Today, the 161-acre site at Suffolk Downs is being reborn as

a new urban district with a dynamic mix of uses and offerings connected and supported by public open space, neighborhood retail, and civic spaces. Suffolk Downs will deliver 5.2M SF of life science and office space, 10.15 M SF of residential space, 450K SF of retail space, 400k SF of hotel space and over 40 acres of open space. Phase 1 of the redevelopment, Beachmont Square, broke ground in May 2022 on the Revere side of the site and will deliver in 2024.

About the Boston Mara-

thon Daffodils Project

Boston resident Diane Valle founded the Marathon Daffodils, now in its tenth year, to honor the spirit of the Boston Marathon by growing and delivering thousands of daffodils throughout Boston.

Marathon Daffodils collaborates with hundreds of generous donors and volunteers who donate their money, time, and energy to add a cheerful display of yellow daffodils to welcome runners, visitors, and residents.

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

Text or attachments emailed to editor@everettindependent.com are preferred.

Your opinions, please

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DEMARIA'S EASTER SPRING FLING A HUGE SUCCESS

PHOTOS COURTESY OF THE CITY OF EVERETT

Spring Fling / CONTINUED FROM PAGE 1

attendees to enjoy like a bouncy house, outdoor toys and group games, and a live petting zoo to interact with animals like bunnies, goats and ducklings outside of the Recreation Center.

The gym of the Recreation Center was turned into a fun house with plenty of treats and goodie bags, face painting, art activities, balloon creations and memorable photos with the Easter Bunny. Bonaparte the magician had plenty of tricks up his sleeve and kept the children excited for what magical act was coming next. Toe Jam Puppet Band got children and families involved in their musical performance with props and fun songs to join them in. There was certainly no shortage of

fun for all. Mayor DeMaria would like to thank everyone who joined us for the City's annual celebration and everyone who came together to make this a successful event for the community. If you would like to know about all the upcoming events we have planned for Everett residents, please visit cityofeverett.com/calendar/category/events/list. You can also follow our social media pages on Facebook, Instagram and Twitter. Facebook: City of Everett MA and Mayor Carlo DeMaria. Instagram: @cityofeverettma and @mayorcarlodemaria. Twitter: @Mayor_DeMaria. All residents are welcome to join us for all the exciting events we have planned.



One of the activities outside of the Recreation Center tested participants' balance.



A bunny face was a popular choice for those who visited the face painting station.



The bounce house was one of the many fun activities outside of the Recreation Center.



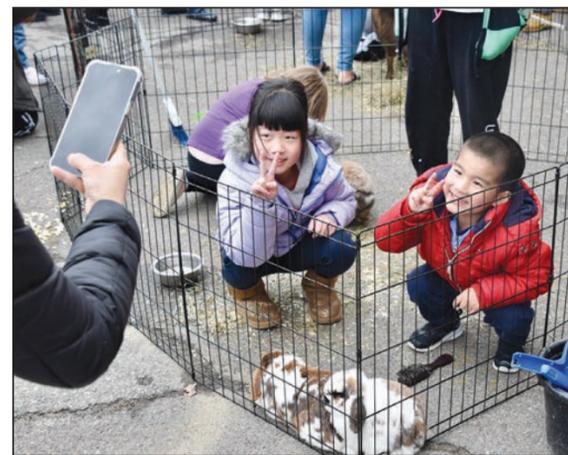
Balloon creations for all!



Finding the perfect seat to view the performances at the Easter Spring Fling.



Family photos with the Easter Bunny!



Young attendees take a break from petting the bunnies to pose for a photo.



Toe Jam Puppet Band got the children involved in their musical performance.



The Recreation Center was packed with so many families for the Easter Spring Fling.

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Mayor DeMaria

Celebrate Earth Day

Saturday, April 22, 2023

8 a.m. - 12 p.m.

Rivergreen Park

(1 Rivergreen Drive)

Join us as we celebrate Earth Day by cleaning up and planting new life along the Everett waterfront!

In addition to many other fun projects, enjoy a participant BBQ, boat and canoe rides, activities and more at 12 p.m. with music and fun for all.

Volunteer today by scanning the QR code to fill out the registration form or visit:

cityofeverett.com/events/celebrate-earth-day



SCAN ME

DEMARIA'S EASTER SPRING FLING A HUGE SUCCESS



Enjoying the chickens and ducks inside the animal zoo are Emily Holbrook-Waldrup, Isabella Machado, and Mikayla Carbone.



Everett Police Officers Matheus Neves and Steve Ramunno, Everett Fire Department Administrative Assistant Melissa Neil, and Deputy Fire Chief William Hurley distributed souvenirs and candy at their public safety information table, a great addition to the Easter Spring Fling event.



Face-painter Judianne Gillis and Kendra Perez.



Samantha Hurley and her daughter, Ava Hurley.



Jonathan the balloon creation artist, with Nancy Landry and Willow Landry.



Linda Maloney, assistant director of the Everett Chamber of Commerce, and her granddaughter, Quinn Maloney, pose for a photo with the Easter Bunny.



Representing multiple generations, Janeen Canavan, Janeen-Marie Gibbons, baby Jay Gibbons, and Sandy Schiappa.



Enjoying the free popcorn and other treats was this contingent of guests at Mayor DeMaria's 2023 Easter Spring Fling at the Everett Recreation Center.



From left, Bobby Barrett, who did an outstanding job as the on-sire coordinator, community nurse Joanne Agnes, Timothy Imonti, Ana Pacheco and Queen Hay Hay.

Attention MassHealth Members

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-  **2. Check your mail**
-  **3. Respond to MassHealth**

Act now. Stay covered.



Sports

TIDE IN SEASON OPENER ACTION AGAINST MALDEN

BOB MARRA PHOTOS

A grand slam by Emma Longmore and no-hit pitching by starter Kristi Skane led the Crimson Tide to a dominant win over Chelsea Wednesday April 5 at Glendale Park.



DODGE BALL: Arabela Cvitkusic tries to step out of the way of an errant pitch but the ball hit her on the ankle.



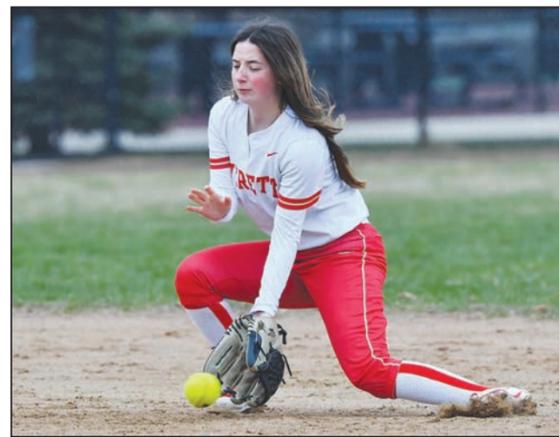
SOLID CONTACT: Jayla Davila makes contact for a base hit.



KEEP MOVING: With temperatures just about 40 degrees with a raw wind, Everett shortstop Gianna Masucci resorted to jumping-jacks between pitches to try and stay warm.



UNTOUCHABLE: Starting pitcher Kristi Skane didn't give up a hit during a four-inning outing.



MAKING THE PLAY: Shortstop Gianna Masucci fields a ground ball to shortstop.

EHS Roundup

SOFTBALL TEAM TOPS LYNN CLASSICAL, 6-3

The Everett High softball team fired the opening salvo in the quest for the 2023 Greater Boston League (GBL) championship with a 6-3 victory over their chief rival, Lynn Classical, with whom the Lady Crimson Tide shared the GBL crown in 2022, this past Monday on the Lady Rams' home field.

EHS ace hurler Kristi Skane tossed all seven innings, yielding two earned runs on five hits, while fanning four opponents and walking none to earn the "W."

Everett grabbed a quick 2-0 lead in the opening inning on a bases-loaded base hit by Alex Uga that drove in teammates Emilia Marie-Babcock (who had reached base on a fielder's choice) and Skane, who had doubled.

However, a bid for a third run ended when Gianna Masucci, who had reached base when she was hit by a pitch and moved to second on Uga's hit, was thrown out at the plate on a base hit into center field by Ashley Seward.

"With two outs, I wanted to send Gianna home because I thought she would beat the throw, but their center fielder had an arm," said EHS head coach Stacy Poste-Schiavo.

Classical struck back for a run in the bottom of the inning on two hits and an error, but the Lady Crimson Tide made it a two-run game once again with a solo marker in the third. After Kayley Rossi drew a walk, Masucci smacked a line-drive up the third base line for a double. Uga drew a walk to fill the bases and Seward delivered Rossi with a base hit into right.

Everett added to its margin in the fourth with two more markers. After Emilia Marie-Babcock

reached first on an error and moved to second on a passed ball, Skane drew a walk. Then with two outs, Masucci delivered a clutch double with another line drive up the third base line, bringing in both of her teammates.

"I had to be aggressive with the baserunning," noted Poste-Schiavo. "We needed a buffer with runs. I knew that around the fifth inning they would catch up and start hitting and they had their last at-bat."

Skane set Classical down in order in the bottom of the fourth with some superb fielding by her teammates. The first out came via a grounder to Masucci at short, who made the throw to Bryanna Mason at first; the second came when Seward grabbed a fly ball along the fence in foul territory in right; and Skane herself grabbed a grounder and made the throw to Mason for the third out.

"All of these outs were important, but the ball caught in foul territory by Ashley kept their number four batter from being able to hit again," noted Poste-Schiavo.

The fifth inning proved to be scoreless, with the Lady Crimson Tide once again playing flawlessly in the field. "We couldn't produce any runs this inning so we knew we had to hold them on defense," said Poste-Schiavo.

Everett added another insurance run in the sixth when Rossi drew a walk, moved to second on a base hit by Masucci, and, after both runners advanced on a passed ball, scored on a ground-out by Uga.

Classical sliced the lead to 6-3 with two runs in the bottom of the sixth on a base hit, a triple, and a sac fly, but that would prove to be as close as Skane would permit the Lady Rams to get the rest of the way with a 1-2-3 seventh inning. The first two outs came on a fly ball to



BACKSTOP BLOCK: Catcher Emilia Maria-Babcock gets down and keeps a low pitch from getting away.

Marie-Babcock in center and a pop-up to Masucci at short, and then Kristi completed her masterpiece with a flourish, striking out the final Classical hitter.

"I can't say enough about how proud I am of this team and this win," said Poste-Schiavo. "Kristi Skane and Kayley Rossi are a great pitcher and catcher duo and work very well together. Kristi seems to come back stronger when under pressure or behind on the count."

"The defense was behind her the entire game and it clearly showed," the coach continued. "Classical is always a great hitting team and we had to make sure we made every play and did not allow any errors. Our offense came out with the bats as well. When we made contact, the ball was hit hard. We have been focusing on hitting and aiming for line drives and not popping up."

"Bryanna Mason has been doing an amazing job at first and has been getting a lot of balls hit to her side," Poste-Schiavo added. "Every single player on this team added to this win. We were cheering each other on, giving words of confidence, and making sure that we got this win. We were co-champs with them last year and we know that we need to take each game as seriously as the next."

Last Wednesday the Lady Crimson Tide posted a 17-0 victory over Chelsea at Glendale Park in a

contest that ended after five innings because of the mercy rule. Skane tossed four perfect frames, fanning 11 of the 12 Chelsea batters she faced. Peyton Warren came on in the fifth, also allowing no hits while striking out two and walking one.

The Lady Crimson Tide put this one away early, striking for nine runs in the bottom of the first. Skane and Rossi (two) both delivered RBI doubles, Seward drew a bases-loaded walk, and Mason struck for an RBI single. But the big blow of the rally was a grand slam homer by Emma Longmore.

Everett added two more in the second on RBI base hits by Uga (that scored Rossi) and Cassidy Rivera (that brought in Arabela Cvitkusic) and three more in the third on RBI hits by Uga and Rivera.

A combination of walks and a Chelsea error produced the final three runs for the Lady Crimson Tide.

"We had to adjust to the slower pitching and wait on the ball," noted Poste-Schiavo. "Chelsea has an inexperienced team and I must say they never gave up and were positive until the end of the game. Skane did an amazing job pitching and Warren came in and pitched just as well."

The Everett squad, which stands at 3-0 on the season, is scheduled to host GBL foe Lynn English today (Wednesday)

at 4:00 at Glendale Park. They will trek to non-league opponent Cambridge on Friday and then to GBL rivals Somerville on Monday and Revere next Wednesday. Both of those contests will start at 10:00 in the morning.

BOYS TRACK TEAM TOPPLES REVERE

The Everett High boys outdoor track and field team pulled off an early-season upset to start the Greater Boston League (GBL) track season with a 73-55 victory over defending GBL champion Revere, which once again figures to be one of the top teams in the GBL, last Thursday at Revere's Harry Della Russo Stadium.

Leading the way for coach Jehu Cimea's Crimson Tide were the duo of newcomer junior Shane MacKenzie and senior Adail Costa Fernandes, who were the boys' top scorers with 10 points each.

Shane won the javelin with a huge toss of 119'-0", which traveled 40 feet (that's not a misprint) longer than his closest Revere opponent and the discus with a throw of 107'-2", which was five feet further than his nearest Revere rival.

Adail captured the long jump with a leap of 19'-1" and the triple jump with a hop, skip, and jump of 38'-11."

In addition, a number

of their teammates turned in outstanding performances. Senior captain Shinay Aristhene topped the field in the 400 meter hurdles with a clocking of 1:02.7 and took second in the 110 hurdles in 18.6 to score eight points on the day; Reklav Lageroy won the 200 meter dash with a sprint of 24.7 seconds; and junior Jayden Prophete won the 100 meter race with a dash of 11.7.

Adding three points to the Everett side of the scoresheet with second place performances were: sophomore Elijah Lassiter in the 400 hurdles in 1:09.8; senior Anthony Cooper in the two-mile run in 12:09.7; senior Giacobbe Ward in the mile in 5:20.8; freshman Kayshaun Eveillard in the 400 meter dash in 53.8; senior Matth Telson in the 800 meter in 2:17.2; junior Donald Michel in the high jump with a leap of 5'-4" (Donald also took a third in the 110 hurdles in 19.2); and junior Joao Pedro Rodriguez in the long jump with a flight of 18'-7.25".

Contributing single points with third place efforts were: junior Adoni Santos in the javelin with a toss of 77'-3"; junior Jason Stark in the shot out with a throw of 35'-7.25"; junior Khang Nguyen in the triple jump with a final landing of 35'-11"; sophomore Jayden Williams in the 200 dash in 25.1; and



Know the Early Warning Signs of COPD

Chronic obstructive pulmonary disease (COPD) is a long-term lung disease that makes it hard to breathe. A leading cause of disability and death in the United States, more than 12.5 million people have been diagnosed, and millions more may have the disease without even knowing it. While there is no cure, knowing COPD's early warning signs can lead to earlier treatment and may prevent its progression.

The American Lung Association, funded with support from the Centers for Disease Control and Prevention, is sharing the following insights to help Americans recognize the warning signs of COPD and take action:

Early Warning Signs of COPD

Not everyone has the same COPD symptoms, but some of the more common early warning signs and symptoms may include shortness of breath, a cough that may bring up mucus or phlegm, chest tightness, fatigue and reoccurring lung infections. People may think these symptoms are because of aging, smoking or being out of shape and become less active to avoid experiencing them. These signs and symptoms shouldn't be ignored. Speak with your healthcare provider if you experience any of these symptoms and discuss any activities you are avoiding due to breathing difficulties.

Risk Factors and Diagnosis

Anyone can develop COPD, but people aged 40 or older and those who smoke or used to smoke are at higher risk. Cigarette smoking is the leading cause of COPD, however 1 in 4 people with COPD never smoked cigarettes. Secondhand smoke, air pollution, workplace exposures to dust, fumes and chemicals, and a genetic condition called alpha-1 antitrypsin deficiency (AATD) are also causes and risk factors for COPD.

People are often diagnosed at later stages of COPD when the disease has progressed because they delayed sharing their early symptoms with their healthcare provider. Everyone with risk factors and those experiencing early warning signs should talk to

their healthcare provider about any breathing issues. It's especially important for women to do so. Because COPD has been historically thought of as a "man's disease" or an "old person's disease," women are sometimes misdiagnosed or receive a delayed diagnosis. But overall, more women are affected by COPD than men and the death rate is higher in women. In addition, women tend to develop the disease at a younger age.

To diagnose COPD, the healthcare provider will evaluate symptoms, gather a complete health history, conduct a health exam and perform a pulmonary function test called spirometry. The results of the spirometry test can determine if you have COPD.

Lifestyle Changes

In addition to treatment, certain lifestyle changes may make a difference, as patients living with COPD know firsthand. After being diagnosed with stage 2 COPD in the wake of a COVID-19 infection, Bob F. partnered with his doctor and started monitoring his breathing at home and leaned into exercise. His hard work has paid off, with his last pulmonary function test showing that the disease has not progressed, and he is in better overall shape than before.

"Most of the advice you should follow is no different than what doctors tell us all. Eat right, exercise, sleep, drink plenty of water, manage your weight and don't smoke. If you do these things, you may slow the progression of your COPD," says Bob.

But you shouldn't wait until a COPD diagnosis to make these changes. Lifestyle changes like quitting smoking, avoiding secondhand smoke and reducing your exposure to air pollution may reduce your risk for developing COPD. If you are experiencing shortness of breath or other respiratory symptoms, do not delay talking to your healthcare provider about your symptoms or COPD risk factors. For more information about COPD, visit Lung.org/COPD. (State-Point



PHOTO SOURCE: (c) SDI Productions / Getty Images

Our Senior Life

DURING THE MONTHS OF MARCH + APRIL THE EVERETT INDEPENDENT WILL BE RUNNING A SERIES OF INFORMATIVE ARTICLES AND SERVICE SPOTLIGHTS OF IMPORTANCE TO OUR SENIORS, AS WELL MEMORIES OF DAYS GONE BY.

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In the end, it's not the years in your life that count — It's the life in your years — Abraham Lincoln

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SUDOKU ANSWERS

Old North Church celebrates its 300th birthday with free day of programming

On Saturday, April 15, from 10 a.m. to 5 p.m. Old North Church and Historic Site, 193 Salem St. will celebrate the 300th anniversary of the laying of the church's cornerstone with a day of special programming. Admission to Boston's oldest surviving church will be free for all children and teens under the age of 18. A new audio tour with 40 minutes of history in both English and Spanish will launch with a \$3.00 fee. All who are walking the famous Freedom Trail and pass by Old North between 10 a.m. and 5 p.m. will enjoy an interactive experience with public historian Adam Hodges-LeClaire who answers the age-old question: Are you a pirate? This presentation will use 18th-century sailors' clothing as a case-study in separating fact from fiction regarding the history of pirates.

Old North's free day of programming kicks off a week-long celebration, including services with

Presiding Bishop Michael Curry on April 16, Patriot's Day festivities on April 17 and the historic site's Lanterns and Luminaries on April 20, which will include a re-enactment of the famous signal that lit the way for the American Revolution and a keynote address from Pulitzer Prize-winning historian Annette Gordon-Reed.

Nikki Stewart, Executive Director of Old North Illuminated, will be on site for interviews and can speak to Old North Church's place in American history and the role of active citizenship in the ongoing struggle for justice and equity.

Known for "One if by land, and two if by sea" and the midnight ride of Paul Revere, the Old North Church and Historic Site is maintained and operated by Old North Illuminated.

To mark the 300th anniversary of the church's founding in 1723 and connect Old North's legacy to



Shown above is the rear entrance to the Old North Church.

contemporary issues, Old North Illuminated is developing new programming that explores the complexity of the church's identity as a beacon of liberty and independence alongside its deep and complex connections to colonialism and enslavement. Old North Illuminated believes that by presenting, questioning, and learning from the full and complicated span of Old North's 300-year history, we can engage au-

diences in contemporary questions of equity and representation, courage for the common good, and what it means to be an informed and compassionate active citizen. For more information, visit: www.oldnorth.com.

More events will include:

Episcopal Church Presiding Bishop Michael Curry to preach at Old North Church's 300th year celebration

Episcopal Church Presiding Bishop Michael B. Curry will be in Boston on Sunday, April 16 to celebrate the 300th anniversary of iconic Old North Church, Boston's oldest standing church building and famous for its role in the start of the American Revolution.

On the night of April 18, 1775, Old North's sexton, Robert Newman, and vestry member Captain John Pulling Jr. shined the "two if by sea" lanterns from Old North's steeple as the signal from Paul Revere that the British army was advancing by the Charles River toward Lexington and Concord where the opening battles of the American Revolution erupted the following day.

Established in 1723 as Christ Church in the City of Boston, and known colloquially as "Old North," it is now both a national historic landmark that receives some 500,000 visitors a year and an active Episcopal Church congregation.

"Old North Church holds a unique place in our diocesan life, not only for its historic connection to our nation's history, but also for the ways in which it wrestles with vital issues of race, culture and patriotism, and the intersection of each with Christian faith and theology. We are so grateful for Presiding Bishop Curry's recognition of this milestone," Episcopal Diocese of Massachusetts Bishop Alan M. Gates said.

Presiding Bishop Curry—known internationally for his dynamic preaching and a ministry whose animating vision and message is Jesus of Nazareth's model of radical, sacrificial love—will give the sermon at Old North's 11:00 a.m. Sunday service and then will be the honored guest speaker at the 6:00 p.m. ticketed Lantern Service, which promises to be an inspirational evening of song and rededication, culminating in the lighting of Old North's steeple lanterns.

Roundup / CONTINUED FROM PAGE 7

senior David Huezco-Erazo in the two-mile.

The Crimson Tide won the 4 x 100 relay thanks to the efforts of the quartet of Williams, Lageroy, junior Jeremiah Jean Louis, and Prophete, who came across the line in a time of 47.8, which was 0.6 faster than their Revere counterparts.

"It was a great meet," said Cimea. "Both teams competed well. The boys' team was fighting injuries and still pulled out an amazing win against Revere. Overall, it was a great meet for the boys. Securing the win from the defending GBL champions was big for us and started our season strong."

Cimea and his crew were scheduled to take on GBL foe Medford yesterday (Tuesday) and will trek to GBL rival Malden next Wednesday morning, April 19.

BETANCUR-CARDONA SETS EHS SHOT-PUT MARK

Although the Everett High girls outdoor track and field team came out on the short end of an 81-55 decision, a number of the Lady Crimson Tide turned in outstanding performances in their meet last week with Revere in the season-opener for both teams at Revere's Harry Della Russo Stadium.

The chief highlight for the Everett side was the record-setting performance of junior captain Layla Betancur-Cardona, who broke the Everett High School record in the shot-put with a throw of 30'-3.25".

Senior captain Nyla Crowder was the top scorer for the EHS squad, winning the 100 meter dash with a sprint of 14.3 and taking second place in the high jump with a leap of 4'-6". Nyla also was part of the winning 4 x 100 relay to finish with a total of 9.25 points on the day.

Junior Tiana Allen scored eight points with a first-place performance in the javelin with a throw of 72'-4" and a second in the discus (60'-11").

Junior Darrynn Desrameaux also scored eight points with a first-place effort in the discus with a spin of 79'-11" and a second in the shot-put with a

throw of 29'-11".

Kaesta Sandy scored six points with a victory in the 400 dash with a clocking of 72.9 and a third in the javelin with a throw of 65'-9".

Junior Malaica Guilarme also tallied six points with second-place finishes in the triple jump with a hop, skip, and jump of 29'-3" and in the 400 meter hurdles in a time of 81.7.

Contributing three points to the EHS score-sheet with second-place finishes were junior captain Nicole Brandao in the 100 meter hurdles in 19.1 and senior captain Suzanne Maharjan in the two mile with a clocking of 16:50.4.

Adding single points with third-place performances were Brandao in the long jump (13'-1.25"); sophomore Zylene Cannon in the 100 dash (15.6); Milena Antonio in the 800 meter run (3:02.6); senior captain Luca Jean Noel in the mile (7:08.5); senior captain Ida Bittaye in the 100 hurdles (19.9); and senior Jessica DeSouza in the discus.

In addition to Crowder, the other three members of the winning 4 x 100 relay quartet were Cannon, sophomore Yelsa Garcia, and Bittaye.

Coach Jehu Cimea's squad took on Medford yesterday (Tuesday) and will trek to Malden next Wednesday morning.

EHS BASEBALL TEAM TOPS CHELSEA, 15-3

The Everett High baseball team earned its first victory of the season with a 15-3 triumph over Greater Boston League (GBL) rival Chelsea last week.

Nordeivy Santana picked up the "W" on the mound, pitching all five innings. Nordeivy helped his own cause at the plate, swatting a two-run homer. Alex Velasco led the way offensively with a double and a triple.

This past Monday, the Tide dropped a 10-0 decision to GBL foe Lynn Classical.

"Matt Turilli, our starting pitcher, pitched well, but early in the game our defense let him down a bit," said EHS head coach Joel Levine. "Matt pounded the zone and pitched to contact. But the last three innings we played were

the best three innings thus far this season defensively. I am hopeful we can turn some things around in the coming weeks."

Levine and his crew are scheduled to play at GBL rival Lynn English today (Wednesday) and will travel to non-league opponent Charlestown next Wednesday morning at 11:00.

HARD-FOUGHT CONTESTS FOR EHS VOLLEYBALL TEAM

The Everett High volleyball team engaged in a pair of hard-fought contests this past week, coming up just short in a pair of matches that extended to five sets.

"We certainly had our chances to win both matches, the first against Greater Boston League (GBL) foe Chelsea and the second against non-league rival Wakefield, but ultimately came up short both days," said EHS head coach Michael Fineran.

Playing in Chelsea on Wednesday, the Crimson Tide rallied in the first set from a 19-14 deficit to take the set, 25-23. Sophomore Henrique Franca led the charge, hitting three straight aces to pull the Tide within two, and added four kills in the set, including the game winner.

Junior Hyan Soares DeCasto had a kill and four service points and junior Dawens Germain had three kills in the opening set win.

In the second set, Everett did not generate as much offense and missed five serves in a 25-21 loss.

However, The Crimson Tide rebounded in the third set, led by Germain (three aces, two kills, two blocks) and sophomore Jefferson Umana (three service points, a block and a kill). Sophomore setter Dantae Bauer served the final point, with Everett taking it, 25-20.

It looked like the Tide would roll from there, with Bauer pushing Everett to a 6-0 lead in the fourth set. Junior Andrew Evangelista Linhares had a block and two kills, and senior captain Dimitar Dimitrov had two kills from the right side. Franca had three kills and had the serve with Everett leading 23-21, but the Red Devils came back to eke out the win in the set.

"I give Chelsea a ton of credit for hanging in and serving tough under pressure," noted Fineran. "We dropped the set, 25-23, but we were confident going into the fifth set."

Everett grabbed an early lead behind five serves from Franca that put the Tide up by a score of 6-4, but Everett only recorded one kill in the final frame, dropping the set, 15-11.

The next day on Thursday, Fineran and his crew traveled to Wakefield, looking to put the tough loss behind them.

The match started out promisingly for Everett. Senior co-captain Said Soaib starred in the first set, with two defensive digs and five service points, including two aces, that put Everett up 18-13. Franca dominated as well, with Bauer setting him up seven times in the first frame, and 21 times in the match. Linhares had three service points, an ace, and two kills. Dimitrov and Umana each added a pair of kills, as Everett rolled, 25-18.

But stouter defense by Wakefield stifled Everett's attack in the second set and the Tide missed four out of five serves in the middle of the frame that put the set out of reach.

Everett's offense roared back in the third set, with Franca earning four of the team's 10 kills and DeCasto and Dimitrov earning aces en route to a 25-19 win. The fourth set was a tighter match, but six kills from Franca were not enough to put the Tide over the top.

"We had four aces in the set and served only two out, but we couldn't put them away," noted Fineran. "Wakefield's defense was solid, and their confidence grew each time they sent the ball back over to us. We kept being aggressive, but eventually we made too many mistakes."

The fifth set was even closer than it was against Chelsea. The Crimson Tide battled back from a 9-6 hole to take the lead, 11-10, and sophomore Steve Flores hit an ace to put Everett up, 13-12.

But the bounces did not go Everett's way, resulting in a 15-13 loss.

"It was a heartbreaker," said Fineran, "but it's early in the season, and I hope it helps us learn what it takes

to win. We made far fewer mistakes against Wakefield than we did against Chelsea, but we still have not played as well as we are capable of. We have our sights set on the post-season tournament, and to get there, we will need to stay focused, stay loose, and keep fighting."

"It's not the opening week we had hoped to have, but there's a long way to go, and we have the talent to compete against anyone," Fineran added.

Everett was scheduled to host GBL foe Lynn Classical this past Monday and will trek to GBL opponent Lynn English today (Wednesday). They will entertain GBL rivals Revere next Wednesday and Somerville next Thursday at 11:30 in the morning during the vacation week.

EHS GIRLS TENNIS FIGHTS HARD VS. CLASSICAL

Although the Everett High girls tennis team came up short in its two matches this past week to Greater Boston League (GBL) rivals Somerville and Lynn Classical, EHS head coach Courtney Meninger saw many positive signs in her team's performance.

In their match with Lynn Classical this past Monday, Luisa DaSilva played a strong match against a tough opponent at first singles, falling by a score of 2-6, 3-6. At second singles, Yasmine Laabadla fell short, 0-6, 1-6. However, at third singles, Brooklyn Acevedo won her first match of the season by a score of 6-0, 6-3.

In the doubles contests, the duo of Aline Silva and Rebecca Hickey came up short at first doubles, but the tenacious tandem of Nga Ho and Tracy Pham

at second doubles won their match in straight sets, 6-2, 6-4.

Last week the team dropped a 5-0 decision to Somerville. DaSilva played well at first singles, but fell short, 4-6, 0-6, as did Laabadla at second singles (1-6, 2-6) and Acevedo at third singles (1-6, 1-6).

Kirsty Hall stepped up to play first doubles with Hickey and fell short 1-6, 0-6. The second doubles team of Ho and Pham had everyone on the edge of their seats, taking it to a three-set match, before falling just short, 4-6, 6-2, 5-7.

"We have a lot of potential and it is great to see the girls starting to mesh well together," enthused Meninger. "Hopefully we will come up with a big win this week."

Meninger and her crew were scheduled to take on GBL foe Lynn English yesterday (Tuesday) and will meet non-league rival Latin Academy tomorrow (Thursday). They will host GBL opponent Revere next Wednesday.

BOYS TENNIS TEAM PLAYS WELL IN MATCHES

The Everett High boys tennis team will be seeking its first win of the season when coach Greg Bluestein and his crew engage in a trio of games in the coming week.

They were scheduled to take on Lynn English yesterday (Tuesday), Boston Latin Academy tomorrow (Thursday), and Revere next Wednesday.

"Our matches with Somerville and Lynn Classical this past week were highly-competitive," noted Bluestein. In the match with Classical, the double duo of Gabriel Ponce and Swarnim Chaudhary were victorious over their Classical counterparts.

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Notice is hereby given by Rigano's Towing Service 1081 Fellsway, Malden, MA, pursuant to the provisions of Mass General Laws, Chapter 255, Section 39A, that they will sell the following vehicles on or after April 13, 2023 beginning at 10:00 am by public

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Owner 3/29, 4/5, 4/12

NEWS FROM AROUND THE REGION

SCHOOL COMMITTEE APPROVES BUDGET

CHELSEA- The School Committee unanimously approved a \$132,367,509 budget at its meeting on Thursday, March 30.

The budget for the 2023-24 school year is about \$14 million above the current school year's budget, thanks in large part to the Student Opportunity Act. The budget includes 62.5 new positions, and in addition, 19 positions that were funded in the current year through ESSER Covid relief funding are being transitioned to the district's operating budget.

Many of the new positions address needs for special education and English language learners.

During last week's meeting, committee member Roberto Jimenez-Rivera asked several questions about the number of counselors and mental health professionals at the middle and high school level. During the public hearing process, there were several staff members and students who advocated for additional funding for mental health positions at the secondary level.

Superintendent of Schools Dr. Almi Abeyta said that in addition to the counselors at Chelsea High School, there are eight social workers that can assist with some services for students. She added that the district also recently added telehealth mental health services districtwide.

"We are a district that is well supported with mental health, and I believe what we will work on doing and what we have started doing is working to communicate to students how they can access the mental health

services that we have," said Abeyta. "We have a portfolio of mental health services with our counselors, our social workers, and our telehealth."

Abeyta also addressed a request that was made for dean positions at the middle school level to assist with student discipline and behavioral issues.

"Last year, at the request of the principals, we added outreach workers instead of deans at each middle school to help with discipline," said Abeyta. "So with the cadre of school counselors, social workers, and outreach workers, we do have staff to support student discipline and behavior."

The superintendent also pointed out that the 2023-24 school budget was crafted to set the stage for the following school year, when a number of positions funded through Covid relief funds will have to transition to the general operating budget.

"Next year, we are going to have to fund 40 positions, and we are going to have to put those 40 positions that already exist with people in those positions into the Chapter 70 regular general fund," she said. "We want to make sure we are in a position where we do not have to cut a lot of positions."

Jimenez-Rivera praised the administration for the work it did in preparing the budget, and said one area that really stuck out to him was the additional funding for the La Vida Scholar program.

The La Vida Scholars program helps find full college scholarships for Chelsea students.

"I believe in the program wholeheartedly, and I want more students to have access to it," said Abeyta.

School Committee Chair Kelly Garcia ex-

SPRING EGG HUNT AT THE CHELSEA MARY C. BURKE COMPLEX



PHOTOS BY MARIANNE SALZA

Seventy-five children, ages 2-10, dashed to collect the 1,000 eggs scattered in a cafeteria of the Mary C. Burke Complex during the April 1 Spring Egg Hunt, hosted by Chelsea Recreation & Cultural Affairs. Above, children, ages 2-10, collecting eggs during Chelsea Recreation's April 1 Spring Egg Hunt. Right, families exploring ducks and a goose from Drumlin Farm.



pressed her gratitude to the administration and the committee for its work on the budget.

"This budget reflects every single one of us that are in here, but most importantly, it includes students, teacher voices, and administrator voices," said Garcia. "I just want to express my gratitude to this team who continues to show up day in and day out, listening to family, students, and staff."

EBNHC RENOVATION GETS NOD
EAST BOSTON - Fol-

lowing the East Boston Neighborhood Health Center's (EBNHC) second presentation to the Gove Street Citizens Association (GSCA) on Monday, Mar. 27, residents voted in favor of a proposal that would renovate an EBNHC-owned building at 151 Orleans Street to create a new PACE program location.

The Program of All-Inclusive Care for the Elderly (PACE) – as described by the EBNHC website – provides comprehensive care and support to the elderly and is the "ideal solution for those who want an al-

ternative to nursing home care for the right combination of medical, social, recreation, rehabilitation, home care, and other services."

Julia Makayova, EBNHC's Legal Counsel, described the program more, saying, "We provide all services that are covered under Medicare and MassHealth ... under the program, we would provide comprehensive medical, all types of clinical services, social services including food and meal support as well as just daily recreational activities and wellness care."

According to Makayova, the EBNHC currently serves around 800 people with its senior care programming – a majority from East Boston. The center's senior programming also supports seniors in other communities, such as Revere, Chelsea, and Winthrop.

Initially, a few years ago, there were plans to sell this property along with its parking lots. However, due to some state and federal funding, the EBNHC now has the opportunity to forgo selling

See REGION Page 11

CHURCH News

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**

Zion Church - Everett

News and Notes

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

Zion Church Ministries via livestream on Facebook and YouTube.

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

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.

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 a.m.

Sponsor the bulletin! For a \$5 donation, you can dedicate the Sunday bulletin to recognize family, friends, or special occasions. There is a sign-up sheet in the Pastor's study. Feel free to choose your particular week and leave a copy of your dedication in the mail in that is on the Pastor's door. Please contact the Pastor if you have any questions.

Boy Scout Troop 814: Meet in Cooper Hall on Tues. evenings from 6-9 p.m. Cub Pack 11 meets on Saturday mornings.

NA Meetings – Mon.

Bring Your Own Book 7:30 – 9:30 p.m.; Thurs. I Can't But We Can, 8:00 7:30 – 9:30 p.m.

AA Meeting – Saturday evenings from 6:30 to 8:30 p.m.

Pastor's Office Hours: Saturdays 10 a.m. to 2 p.m. Other times by appointment.

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

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

Glendale Christian Lighthouse Church

News and Notes

Sunday 10:30 a.m. Worship service.

Weds. hour of Power, worship, prayer and Bible Study, via Zoom.

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters," Colossians 3:23

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Church at the Well Everett

News and Notes

Church at the Well Everett is a new church for Everett. Check us out on Facebook at www.facebook.com/churchforeverett to view weekly devotions and updates, visit us at www.foreverett.church

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

Grace Anglican Episcopal Church

News and Notes

Grace Anglican Episcopal Church is open & welcoming to all.

There are 2 services on Sundays: 10am English, 1pm South Sudanese Dinka

Come all and let us walk together in this sea-

son of hope, renewal and new beginnings.

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

OBITUARIES

All obituaries and death notices will be at a cost of \$150.00 per paper. Includes photo. No word limit. Please send to obits@reverejournal.com or call 781-485-0588



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Region // CONTINUED FROM PAGE 10

the parcels to expand its support of seniors in the community.

As part of the proposal, which was supported by the GSCA by a vote of 8-0, the 9,700 square foot single-story part of the site at 151 Orleans Street would be renovated to add things like exams rooms and other amenities to support those who are part of the PACE program.

There are no exterior renovations to the building planned, and all parking would be supported by the two lots that exist across from and next to the building.

"They [PACE patients] will be able to come and get clinical care and then socialize – but they will have to be members of our PACE program to start," said Makayova.

These plans would convert the site's current use, which has been used for administrative purposes such as the center's Informational Technology (IT) and Finance Departments. While serving as an administrative building, it has not been open to patients.

"So really, it's [the 151 Orleans Street site] been underutilized. Especially now during COVID, a lot

of folks have gone on partial remote work, so it's kind of a loss for the community as well that it just stands there sort of empty," said Makayova.

For comparison, Makayova showed photos of the senior care center in Revere – which serves around 450 participants – a number she said the center is planning to accommodate at the proposed 151 Orleans Street site.

Although, as it stands currently, the site would only serve those who are part of the PACE program – there could be plans in the future to expand the use of the potential senior center to those outside of the program.

"The most immediate plan is to bring the PACE program, but we hope that with expanded clinical uses down the road, we might open up our clinical offerings to geriatric populations – meaning we'll be able to provide primary care to I mean, just anyone who comes to get care with us from that site," said Makayova.

Overall, as the EBNHC moves forward with plans, it looks like East Boston

residents in the PACE program could have a new site to get their care sometime in the future.

"We love this program. We are observing a growing demand for older folks in the community, so definitely would love to expand access," said Makayova.

COUNCIL LAYS OUT RULES FOR BEHAVIOR

REVERE - Decorum prevailed at April's City Council meeting.

At the beginning of the meeting, Council President Patrick Keefe addressed the incident that happened during the March 27 meeting, when tempers flared during the continued debate over the high school building project. A halt was called during the meeting as a scuffle broke out. Resident and former council candidate Wayne Rose was charged on counts of assault and disorderly conduct.

At the April 3 meeting, Keefe had City Clerk Ashley Melnik read the rules for videotaping, behavior, and procedure during

council meetings.

"We don't mean to overburden the crowd, and we don't want to overburden the public with rules that may or may not be as understandable," said Keefe. "In essence, we want to explain that we want as much public participation as possible. We owe it to you to open that process and ensure that residents and people are involved in the public process."

Keefe said that the action of a few people should not outweigh the participation of the many.

"Last week, we had a very good meeting, believe it or not," said Keefe. "There were 60, 80, 100 residents in here that were doing a very nice job, but unfortunately at times, the actions of a few can really overshadow that. We owe it to our children, our families, and those we represent to be better, and I know that we are."

Ward 1 Councillor Joanne McKenna thanked the police officers who helped de-escalate the situation at the March 27 meeting. She said the situation could have gotten out of hand without the actions of the officers.

OBITUARIES

Giovanna D'Angelo
Active at St. Anthony's Church



Giovanna D. "Gianna" (DelGreco) D'Angelo of Everett entered into eternal rest at home, surrounded by her loving family, on Easter Sunday, April 9. She was 85 years of age.

Born in Orsogna in the Abruzzo region of Italy, Gianna lived in Everett for most of her life. She was very active in her beloved St. Anthony Church, always helping to celebrate the Italian Masses.

The beloved wife of Pasquale for over 66 years, she was the dear and devoted mother of Richard P. D'Angelo of Alton, NH and Gianna D'Angelo Dunn and her husband, Stephen of Everett; sister of Rocco DelGreco of Germany; loving Nonnie of Richard P. D'Angelo, Jr., Robert Dunn and his wife, Colleen and Sara Dunn and her fiancé, Michael Franco.

Relatives and friends are respectfully invited to attend Gianna's Funeral Mass in St. Anthony's Church, 38 Oakes St., Everett, on Saturday, April 15 at 10 a.m. Interment Glenwood Cemetery, Everett. In lieu of flowers, contributions in Gianna's

memory to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN, 38105 would be sincerely appreciated. Arrangements by the Cafasso & Sons Funeral Home, Everett.

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3rd Anniversary Remembrance
Nicholas and Rosemarie Guerriero
September 27, 1933 - April 19, 2020
April 15, 1939 - April 9, 2020

Take my hand, O Blessed Mother. Hold me firmly lest I fall. I grow nervous while walking and Humbly on thee call.

prayers. Bring me to my destination, Safely along the way. Bless my every undertaking, And my duties for that day.

Guide me over every crossing, Watch me when I'm on the stairs. Let me know that you're beside me. Listen to my fervent

And when evening creeps upon me, I'll never fear to be alone. Once again, O Blessed Mother, Take my hand and lead me home.

We love and miss you!
Anthony, Diana and Nicholas

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EVERETT'S GIRLS SCOUT TROOPS TOUR WORLD TASTING FINE FOODS AND LOCAL CUSTOMS

Last Sunday afternoon local Girls Scout troops from around Everett gathered at the Pioneer Charter School showing their exhibits from around the world. Foods, attire, tourist attractions and hidden bits of information about the country were displayed for all to sample and ask questions of

the girls. Seven countries were chosen, and the girls were very much up to date, filled with information about their chosen country. Parents and visitors were given passports to visit each country as an added feature, to make this event a memorable one.



Holly Garcia and Troop 82482 went to the far away Nepal, featuring their traditional rice dish and other bits of information about their chosen country.



Leader Jill Davis and Troop 62751 went to Ireland for a view of the beautiful countryside and local cuisine.



With the Girls Scout Pledge, Maddison Morlisoe, Jessica Zido and Charlie Sewarz from Troop 66701.



It was a little "Frozen" but fun to visit, Norway was the choice of Troop 64295.



Daisies Leilani Jonathans and Ainsley Polson get their travel passports from GS Leader Samantha Hurley.



Good Show, Old Chap, England was the next stop for Troop 70283, for tea and crumpets.



Leading the Girl Scouts in Everett, Patricia Davis, Jess Mangan, Kathy Allen, Leanne Sandberg, Samantha Hurley, Holly Garcia, Patricia David, Jeanne Horgan, Amanda Pashko and Donna Mayberry.



Patricia David, Jess Mangan and Kathy Allen with Troop 71000 had Brazil on their map.



Presenting the colors of America was first before visiting foreign countries for the Girls Scouts of America.



Complete with Berets Troop 66701 with Miss Sam Hurley visited France, including French pastry for the guests.

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