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Tuesday
November
7

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Ward Three City Councilor



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Wednesday, November 1, 2023



The odd years team and 2023 Community Bowl champions.

Everett hosts second annual Community Bowl

Special to the Independent

Everett community gathered at Everett Stadium as Everett High School alums competed in a fierce flag football game

Everett, MA – The City of Everett hosted the second annual Community Bowl on Saturday, Oct. 28, at Everett Stadium. Everett High School (EHS) alums from odd and even graduating years competed against each other in a fierce battle for the Community Bowl trophy.

The odd years came out on top, 25-14, but the real winners were those who chose to attend this fun and free event and enjoyed great food, an amazingly competitive game and community togetherness.

An especially moving

moment occurred at half-time where the players and those in attendance remembered some of the former players who are

no longer here and were taken at far too young of an age. The families of those former players were presented with framed Ev-

erett jerseys that included their name and number on them.

"I want to thank all of

See COMM. BOWL. Page 5



Both teams broke through the Community Bowl banner as they ran onto the field.

S&P Global assigns Everett's long-term bond rating to one of its highest levels

Special to the Independent

Mayor Carlo DeMaria is pleased to announce that Standard & Poor's (S&P) Global Ratings assigned its 'AA+' long-term rating to the City of Everett's \$7.205 million series 2023 general obligation

(GO) municipal purpose loan bonds for the seventh year in a row. At the same time, S&P affirmed its 'AA+' long-term rating on the City's existing debt, which means the outlook is stable.

S&P cited the city's strong management,

strong budgetary performance with operating surpluses, very strong budgetary flexibility, very strong liquidity, and low overall net debt. S&P also highlighted the DeMaria administration's formal five-year, long-term capital and operating projec-

tions; and regular reporting on city finances with budget-to-actuals submitted to city council monthly and investment statements shared quarterly.

According to S&P, the City's credit profile is

See BOND RATING Page 2

City of Everett to host Veterans Day Ceremony and Luncheon

Special to the Independent

All veterans are encouraged to attend and all are welcome to honor those who served

Everett, MA – Mayor Carlo DeMaria, alongside

the City of Everett's Veterans Services Department, is pleased to announce the City of Everett will be hosting the annual Veterans Day Ceremony and Luncheon on Saturday, November 11, at 10 a.m.,

at the Connolly Center, 90 Chelsea Street.

Those who have served in any branch of our country's military are encouraged to attend the ceremony and enjoy a complimentary luncheon

afterwards.

"As we enter the season of giving and being thankful, we are grateful for the opportunity to show our appreciation for the men and women who served our country with this annual ceremony and luncheon," said Mayor DeMaria. "Everyone, whether you served or not, is welcome to join us in honoring and thanking all those who served and sacrificed so much for us all."

All are welcome to attend this Veterans Day ceremony to honor the men and women who have served our country. For more information, please visit cityofeverett.com/events/veterans-day-2023.



A scene from last year's Veterans Day Ceremony & Luncheon was well-attended by elected officials, veterans and community members. All are welcome to attend this year's ceremony at the Connolly Center.

Everett School Comm. votes to place superintendent of schools on administrative leave

By Cary Shuman

The Everett School Committee voted by a 7-3 margin Monday to place Superintendent of Schools Priya Tahiliani on paid administrative leave pending an investigation into complaints filed against the school administration with the city's Human Resources Department.

Mayor Carlo DeMaria, Chair Michael Mangan, Vice Chair Michael McLaughlin, and members Joseph LaMonica, Jason Marcus, Millie Cardello, and Cynthia Sarnie voted in favor of placing Tahiliani on paid administrative leave. Members Samantha Lambert, Jeanne Cristiano, and Marcony Almeida-Barros voted against the motion.

Mangan said at the conclusion of the meeting that Deputy Supt. Kim Tsai will oversee the Everett school district until the School Committee selects an acting superintendent.

Attorney Robert Galvin, counsel to the School Committee, said in his opening remarks that he had received a memo from Terri Ronco, Everett director of human resources, "that included a number of allegations regarding the administration at the School Department, including 10 redacted complaints from various employees."

Galvin said the com-

plaints identify "various allegations of retaliatory and hostile work environment, derogatory comments, unprofessional work environment, favoritism, ageism, an allegation that HR was not investigating issues, ethical violations, bullying, and intimidation."

"The conclusion that I received from the HR person was these allegations ought to be investigated by an outside investigator, so I brought this matter to the Committee's attention through the Chair," said Galvin.

Cristiano questioned the timing of the controversial issue. "And now all of a sudden, a week before the election, we're having this dog and pony show," said Cristiano.

Cristiano also asked why the matter wasn't first discussed in executive session. "Mr. Galvin, did you suggest that maybe, rather than have the unstructured, informal meeting over there looking over these redacted complaints – wouldn't the best process to be to have that [meeting] in executive session where it's formalized, there are minutes taken, and giving us an opportunity to thoroughly review these allegations?"

"The person that runs this system has not been notified of these allegations."

See TAHILIANI Page 2

Everett voters set for city election on Tuesday, Nov. 7

Everett Election Director Danielle Pietrantonio is predicting a 25 percent turnout for the municipal election on Tuesday, Nov. 7.

Pietrantonio expects approximately 5,000 residents to cast ballots in the election for City Council and School Committee at-large and ward positions.

Following is the list of candidates in the order they will appear on the ballot:

City Council at-Large
Michael K. Marchese
Katy L. Rogers
Irene Cardillo
Stephanie V. Smith
Maria R. Bussell
John F. Hanlon
AngelMarie Antionette DiNunzio
David LaRosa Senatil-laka
Guerline Alcy
Joseph Pierotti, Jr.

Council Ward 1
Kenneth P. Giannelli
Wayne A. Matewsky

Council Ward 2
Joetta Yutkins
Stephanie Martins

Council Ward 3
Darren M. Costa
Anthony N. DiPierro

Council Ward 4
Holly D. Garcia
Jimmy Tri Le

Council Ward 5
Vivian T. Nguyen
Robert J. Van Campen

Council Ward 6
Alfred John Lattanzi
Peter Pietrantonio

School Committee at-Large
Kristin N. Bairos
Farah Costa

See ELECTION Page 3



CEO Molly Baldwin is shown with her team for the move and renovation. From left: Emmett Maguire, Carolyn Lowell, Rich Scopelliti of Consigli Construction, Victor Agran from ARC Architecture, COE/Founder Molly Baldwin, and Joe Furnari.

Chelsea’s ROCA is getting a complete renovation

Special to the Independent

ROCA opened on Pearl Street in Chelsea about 27 years ago, and has grown in leaps in bounds, and has added and adapted to accommodate the ever-growing population and issues that come with it. Addressing young people in trouble financially, emotionally and giving others a place to belong, whatever it may be, ROCA has been there to

offer that shoulder to lean on in tough times. Molly Baldwin, the CEO and founder is still at the helm, assisted by a complete staff of energetic and helpful workers. Any organization of this magnitude, and with the financial resources that are available to it needs a well-organized crew to steer it and keep it on course, Molly Baldwin and company are all that

and more. After all this time, ROCA has made a major announcement, they will be completely renovating their building, to the point, that they must move out for a year, renting 3 buildings across the city to accommodate their obligations to the clients and staff. Beginning in January of 2024, with a possible completion of late 24 or early 2025.

Bond Rating /

CONTINUED FROM PAGE 1

supported by its stable financial performance, leading to steady reserves, which is expected to continue over the next two fiscal years. Preliminary estimates for FY2023 indicate year-end surplus results of about \$4.5 million given strong revenue performance, particularly in building permits and meals and rooms taxes. The City’s local economy just north of Boston continues to experience various residential, commercial and mixed-use development. One example S&P attributed to this is Encore Boston Harbor casino, a casino and hotel that has been in operation since 2019, plans to expand its operations to adjacent property has been fully approved locally and is going through the State

process. Besides the casino, S&P also cited that additional recent residential and mixed-use development has aided further tax base expansion. There are many approved buildings under construction, but some of the recent developments completed and occupied include the following:

- The newly opened St. Therese, adding affordable housing for Everett’s seniors with 77 units of rental housing for low- and extremely-low-income (30&AMI – 60% AMI) older adults, with a 70% local preference. The development also includes a ground floor health center, operated by East Boston Neighborhood Health Center, providing comprehensive care and support

for seniors.

- The 600, a fully occupied redeveloped property on Broadway containing 85 units (13 of which are deed-restricted affordable) of housing.
- 319 Broadway, formerly the site of a dilapidated funeral home, was redeveloped into a fully-occupied 20-unit (3 of which are deed-restricted affordable) residential building.

The rating also reflects their opinion on the City’s:

- Growing tax base that directly contributes to the greater Boston economy and is poised for further long-term development;
- Forward-looking financial management supported by five-year operational and capital planning, along with a strong institutional framework score;
- Trend of steady financial performance supported by a predictable revenue profile composed of property tax, state aid and PILOT payments; fund balance levels have also remained consistent over the past three years.

They expect the city's economy will likely remain strong throughout the two-year outlook period.

The long-term rating reflects the strong economy, with access to a broad and diverse metropolitan statistical area. In addition to strong management with good financial policies and practices, strong budgetary performance and strong institutional framework score.

“The state of our city is strong, and I am proud and honored that Standard and Poor’s Global Ratings has given us one of their highest ratings,” said Mayor DeMaria. “These ratings ensure that we will save hundreds of thousands of dollars in borrowing costs; saving our residents critical funds and allowing us to reinvest into city services, which are critical to our community. Everett continues to be a great place to invest right now.”

City adds new backhoe to DPW Fleet

The new addition will replace the current backhoe that is out of service and cannot be repaired

Everett, MA – The City of Everett has purchased a new backhoe to add to the Department of Public Works (DPW) fleet. The new addition will replace the current backhoe that is out of service and cannot be repaired.

The new 2023 John Deere 310SL Backhoe will be primarily used to assist with any construction or maintenance that is necessary such as digging trenches, pulling tree stumps and snow removal.

The City was able to negotiate a significant discount for the backhoe to keep the cost as low as possible. The standard model for the backhoe is



The new backhoe at the Everett DPW.

valued at \$224,319 without any additional attachments. The backhoe was purchased for \$170,000, which includes all of the additional attachments that aren’t included in the original model.

“This new backhoe will allow us to continue to ensure the necessary main-

tenance work throughout the City is as efficient as possible and replaces the old backhoe that can no longer be used,” said Mayor DeMaria. “I’d like to thank our DPW team for doing the best they could to ensure the cost was kept as low as possible without sacrificing quality.”

Tahiliani /

CONTINUED FROM PAGE 1

tions,” continued Cristiano. “I served my country in the military. Do you know why? Because I believe in democracy. I believe in it to the core. Executive session would have been something that we could have at least hung our hats on. I think we’re opening ourselves up to incredible litigation by denying this administrator their basic God-given human rights.”

Tahiliani delivered a prepared statement, saying that “this entire process is highly questionable and that she was told “about a report detailing complaints of 10-plus employees, and yet I still don’t know what these complaints are about.”

Tahiliani also read a statement from Deputy Supt. Kim Tsai, who wrote that she objected to the process, and “I am not in attendance because of its pre-ordained conclusion.”

More than a dozen Everett High students attended the meeting, holding signs that read, “Keep Our Superintendent” and “Our Superintendent is Super,” along with other messages of strong support for Tahiliani.

Thalia Patino, an EHS senior, said she has been active in four different community organizations, “and I see the improvements of our city with having Supt. Priya Tahiliani in place.”

“Supt. Tahiliani has proved why she needs to stay,” lauded Patino. “I’m proud of the audience today [for supporting the superintendent], but I’m disappointed in our School Committee members, most of them.”

Statement from Superintendent Priya Tahiliani

I must say this entire process is highly questionable. I am told about a report detailing complaints of 10-plus employees, and yet I still don’t know what these complaints are about. I have been told that this report was crafted by Everett City Hall. This clearly demonstrates the clear conflict of interest that has always existed with the School Committee Chair being an employee of City Hall.

But let me say firmly that any investigation into these claims will reveal that I have been doing my job and holding EPS staff accountable to our students, families, residents, and taxpayers for bad behaviors that should not be tolerated such as time theft, disappearing from work during the school day, bullying and threatening colleagues and students, reduced schedules or responsibilities, and even destruction of school property.

In terms of the investigation itself, I only ask that that is fair and impartial. I say that because the independent investigator employed by EPS recently conducted a flawed and incomplete investigation and worked in concert with the school committee attorney who not only had a direct conflict in our previous investigation, but himself engaged in behavior that was inappropriate and violated EdReform. So I ask for two things – that two independent investigations be employed to look into this matter – one of the School Committee’s choosing and one of mine – and

that both investigators be granted equal access to interviewing witnesses on both sides of the issue, not just those who filed complaints with the City Hall HR Department.

Additionally, I believe these investigators should look into allegations I have made time and time again regarding the hostile work environment I have been subjected to over the past three-and-a-half years. I have written a litany of official requests to my employers and to the School Committee attorney asking for guidance and support only to have my own complaints about School Committee members brushed under the rug.

There is a profound irony at play here. This is a city and a school committee that did nothing to publicly discuss, let alone sanction, the myriad allegations against the former superintendent. This is a city and a school committee that failed to act amid budgetary chaos, draconian rulemaking, indiscriminate personnel maneuvering, illegal use of school employees, and sexual misconduct. And now that I serve in the role and do not support the cronyism and nepotism that have ruled here for decades, will not turn a blind eye to bad behavior and will not engage in bad behavior myself, this city and this school committee are accusing me of being hostile.

The entire process is as unjust as it is unfounded.

Statement from Deputy Supt. Kim Tsai

I want to be clear that my absence from this meeting should not be taken in any way as a slight to our students, staff, families, and greater school community who support the Superintendent. I am availing myself to Chairman Mangan’s option to be excused from the meeting as I cannot lend any credibility to the process as I question the integrity and impartiality of accusations authorized by Everett Human Resources subject to control of the mayor. I was not provided any notice of the complaints and I am confident that the investigation would yield no adverse actions against me. I am willing able to comply with this investigation, but I want to note my objection to this process and am not in attendance because of its pre-ordained conclusion.



EPS Superintendent Priya Tahiliani delivers her statement at the meeting as Chair Michael Mangan (left) listens to her remarks.

Everett Arts & Culture Events

Sculpture Exhibit open at Glendale Park



BE THE CHANGE!

Sculpture exhibit at Glendale Park until Dec. 15

The sculpture exhibition “Be The Change” is designed to spark conversations around social justice themes, and was made possible in Everett thanks to local artist Martha Chason-Sokol, founder of Art Lab Everett, along with the help of Everett superintendent of schools Priya Tahiliani and Everett City Hall Planning Department. Don’t miss it!

Just over the bridge...Call to Artists

Small Works at the StoveFactory Gallery. Juried show accepting pieces no larger than 12” on any side. Celebrating small artworks with an exhibition and sale.

Artistsgroupofcharlestown.com for more info.



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Everett INDEPENDENT

Published by the Independent Newspaper Co.

EBNHC President and CEO named to Modern Healthcare’s Top Diversity Leaders List

Special to the Independent

East Boston Neighborhood Health Center is proud to announce that President and CEO, Greg Wilmot, was recognized by Modern Healthcare as one of 2023’s Top Diversity Leaders.

“I am deeply honored to be recognized by Modern Healthcare and want to thank my dedicated colleagues who work tirelessly to make EBNHC a leading provider of community healthcare,” said Wilmot. “At the heart of our mission is the belief that every person deserves access to high-quality healthcare. This recognition demonstrates the importance of diversity and representation in our journey towards better health

for all, and the belief that we are only able to unlock the full potential of our communities and organizations by embracing and celebrating our unique strengths and differences. In doing so, EBNHC is a stronger employer, health care provider, and community partner, better able to help our patients live healthier and happier lives.”

The Top Diversity Leaders in Healthcare recognition program takes great pride in honoring the top diverse healthcare executives and organizations influencing the policy and care delivery models across the country. In doing so, they are also highlighting the continued need to nurture diversity



EBNHC President and CEO Greg Wilmot.

in their organizations.

"Modern Healthcare's 2023 Top Diversity Leaders and organizations exemplify a commitment to meaningful diversity, equity, and inclusion," said

Modern Healthcare president Dan Peres.

“They have exceeded industry standards and continue to devote necessary resources to providing internal opportunities while advancing community health equity, setting a great example for others.”

As President and CEO, Wilmot leads the largest community-based primary care health system in Massachusetts, with 71% of patients identifying as Hispanic, the majority of whom are immigrants with low income, language and cultural barriers to overcome. As CEO, Wilmot has expanded EBNHC’s diverse workforce, with more than 45% of staff identifying as Lati-

no/a/x. Greg has also increased diverse talent at the organization’s highest levels – people of color now represent 40% of the health center’s leadership team.

The profiles of all the winners are featured in the October 16, 2023 print issue of Modern Healthcare and on their website.

East Boston Neighborhood Health Center (EBNHC) is one of the nation’s largest Federally Qualified Health Centers (FQHCs) and the largest community-based primary care health system in Massachusetts, serving over 100,000 patients and recognized by the Health Resources and Services Administration (HRSA) as a Health Center Qual-

ity Leader. For more than 50 years, EBNHC has offered access to comprehensive care for the underserved populations of Chelsea, East Boston, Revere, Winthrop, Everett and Boston’s South End. EBNHC is dedicated to promoting and sustaining healthy communities, families, and individuals by providing accessible, person-centered, compassionate, and high-quality health care services, including primary care, 24/7 emergency care, behavioral health care, specialty care, and various other health and wellness programs, to all who live and work in our service area. For more information, please visit www.ebnhc.org

Election / CONTINUED FROM PAGE 1

Joseph LaMonica Samantha M. Hurley Cynthia E. Sarnie Samantha Lambert	School Committee Ward 4 Jason A. Mastrocola Robin M. Babcock
School Committee Ward 1 Millie J. Cardello Margaret A. Cornelio	School Committee Ward 5 Marcony Almeida Bar- ros
School Committee Ward 2 Jason Marcus Joanna Garren	School Committee Ward 6 Thomas E. Abruzzese Joseph A. D’Onfrio
School Committee Ward 3 Jeanne M. Cristiano	

Re-elect

Jason Marcus

Everett School Committee

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—Michelle, All of Us Participant

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DiDomenico advocates for his Healthy Youth Act Bill alongside educators, parents, and students

Special to the Independent

Senator Sal DiDomenico recently testified in support of his Healthy Youth Act bill before the Joint Committee on Education. A few weeks ago, the state's Board of Elementary and Secondary Education unanimously adopted a new health education framework that includes comprehensive standards for sex education. While this was welcome news, Senator DiDomenico emphasized that we still need to pass the Healthy Youth Act to deliver lasting progress for students in the Commonwealth.

“It was inspiring to highlight the importance of my Healthy Youth Act bill alongside passionate parents, students, educators, health care providers, and advocates from across our state,” said Senator Sal DiDomenico, lead sponsor of the Senate bill. “This common-sense proposal is popular throughout Massachusetts and will ensure our children can access medically accurate and age-appropriate sex and relationship education.”

Passage of the Healthy Youth Act will strength-



Senator DiDomenico Speaking in front of Joint Committee on Education.

en the impact of the new health education framework that the Board of Elementary and Secondary Education approved in September by:

- 1) Ensuring that if sex and relationship education is taught in Massachusetts

- public schools, it is taught using a comprehensive curriculum that adheres to the framework.
- 2) Requiring the Department of Elementary and Secondary Education (DESE) to collect data on sex education taught in

- public schools.
- 3) Requiring DESE to review and update the framework at least every ten years to ensure the sex education guidelines remain comprehensive and are meeting the needs of students.

Everett Veterans - Thank you for your service!

Vote David LaRosa Senatillaka for City Council At-Large by Nov. 7th!

Photos in uniform do not imply government endorsement. Paid Political Advertisement

ANTHONY DIPIERRO: A LEADER WHO LISTENS...

What Anthony has heard – and what he plans to address

- Safe Streets – Work to Keep our Streets Safe for People, Bikes, and Cars.
- Work to Ensure Enough Parking for Residents.
- Ensure our Neighborhood and City are not Overcrowded.
- Keeps Taxes Low & Service Efficient.

PAID FOR BY THE COMMITTEE TO ELECT ANTHONY DIPIERRO



Vote ANTHONY DIPIERRO by Tuesday, November 7

Paid political advertisement

Everett Independent

President: Stephen Quigley

Editor in Chief: Cary Shuman

GET OUT AND VOTE ON TUESDAY

Many of us view local government in the same way that we think about the weather: Everybody complains about it, but nobody does anything about it.

However, unlike the weather, there actually is something we can do about the future direction of our local government: We can get out and vote.

We've always found it ironic that the turnout for national elections far exceeds the turnout for local elections. Local government has a much more direct impact on our daily lives than what happens in Washington. Our local government officials are responsible for just about everything that affects the quality of life in our communities, including our schools, public safety departments, trash collection, snow removal, street repair, etc., etc., etc.

Local governments are holding elections across the state this Tuesday, November 7. We urge all of our readers to take the time to get out and vote in order to elect the leaders in our community who best will reflect our values and goals for ourselves and our families.

HOUSE DEMOCRATS: TOTAL FAILURES

It is clear that the decision by the Democrats in the House of Representatives to allow a small band of narcissistic and anarchistic Republicans, led by the odious Matt Gaetz of Florida, to throw the Congress (as well as the country and the world) into chaos when they sided with Gaetz's small band of fellow GOP anarchists to remove former House Speaker Kevin McCarthy has completely backfired.

It is axiomatic in politics that you always should have a plan (with a desired end result) before embarking on a course of action. But with the unanimous election last week by the Republicans of little-known Louisiana Congressman Mike Johnson to the speakership after three weeks of dysfunction, it is obvious that House Majority Leader Hakeem Jeffries and his team had no plan or strategy of any kind.

Sure, they were able to gloat for a few weeks while the Republicans stumbled and fumbled, but in the final analysis, the Democrats ended up with the worst of all possible outcomes: The Republicans now are completely united and Congress has a Speaker (a position that is second in line to become president) who is so far right-wing, that he is somewhere out in the proverbial left field on just about every issue imaginable. In addition, Johnson was a staunch supporter of Donald Trump's efforts to undermine the election and has gone on record as opposing further military aid to Ukraine.

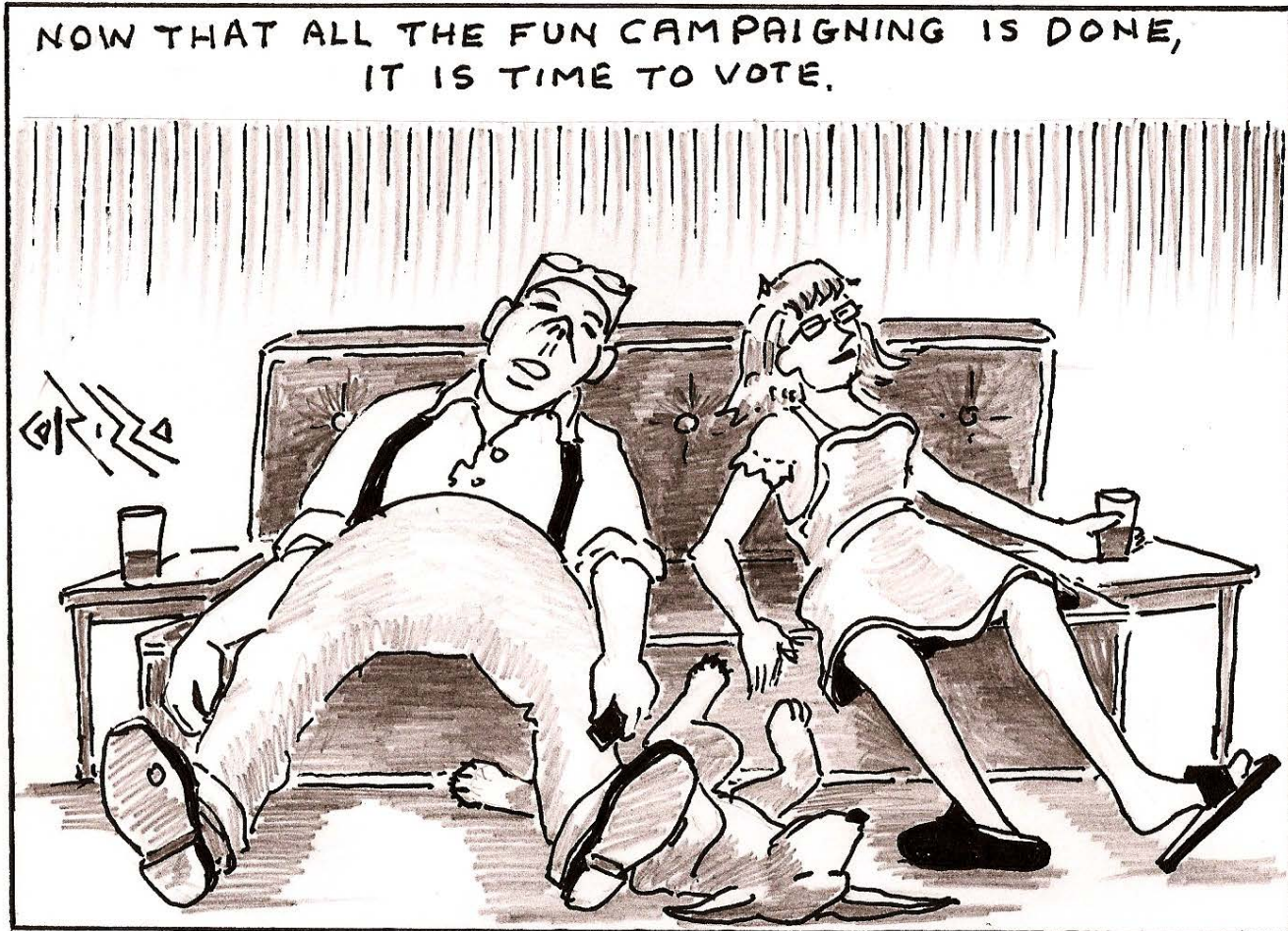
Sometimes -- SOMETIMES -- politicians have to put the good of the country above their party's perceived short-term political gain. Yes, Kevin McCarthy was a sniveling snake, but he did do the right thing in June to craft a compromise with Joe Biden to raise the debt ceiling and then again in September to pass a short term budget deal that averted a government shutdown.

Democrats complained that McCarthy could not be trusted and that he's a liar (all of which is true) -- but really? All politicians are less-than-truthful to some extent, from Joe Biden on down -- do they think the people don't know that?

In short, the Democrats "strategy" of just standing by and allowing McCarthy to fall has turned out to be a total disaster, with the immediate beneficiaries of their inaction and their miscalculations being Donald Trump and Vladimir Putin.

The Democrats forgot a cardinal rule of politics: The enemy of my enemy is my friend, as well as a cardinal rule of life: The devil you know is better than the devil you don't.

Independent Forum



Vote Tuesday, Nov. 7

DiDomenico and colleagues pass Salary Transparency Bill

Special to the Independent

Senator DiDomenico and his colleagues in the Massachusetts Senate recently passed legislation to tackle pay inequities in the state, which significantly and disproportionately impact women and people of color across the Commonwealth. The bill targets these inequities by empowering employees with salary information, including when they are seeking jobs and receiving promotions, and by giving the state new data tools to track employment trends.

“Passing this policy has great significance for

our state, and especially for the women and people of color in my district who are too often losing out on wages because of their identity,” said Senator Sal DiDomenico, Assistant Majority Leader of the Massachusetts Senate. “Equipping workers with salary information is the first step in preventing discrimination and moving us towards equal pay for all our state’s workers. I want to thank Senate President Karen Spilka and my colleagues for approving this important legislation that will empower workers throughout the Commonwealth.

“This is simple: everyone deserves equal pay for equal work, regardless of your gender, race, ethnicity, or background,” said Senate President Karen E. Spilka (D-Ashland), who sponsored previous pay equity legislation that was enacted into law in 2016. “It is far too common for women and people of color to be paid less than their coworkers nationwide, and we are not immune to this discrepancy here. By passing this bill, the Senate stands united behind every worker—and with every business—in Massachusetts in our steadfast commitment to the funda-

mental principle that every person has the right to be treated and compensated fairly in the workplace.”

The bill—S.2468, also known as the Frances Perkins Workplace Equity Act—empowers job applicants by requiring employers with 25 or more employees to include salary range information in job postings. It also requires employers to provide salary ranges to employees offered a promotion or a transfer, as well as to employees currently working in a position, should they ask.

See PAY EQUITY Page 5

Ready to fall back? When you change your clocks, check your alarms

Special to the Independent

With the end of daylight savings time coming on Nov. 5, Massachusetts fire officials issued a seasonal reminder to check your smoke and carbon monoxide (CO) alarms and change the batteries when you change your clocks.

“Working smoke and CO alarms are crucial home safety tools,” said State Fire Marshal Jon M. Davine. “As we ‘fall back’ this weekend, be sure you have the best protection by putting fresh alkaline batteries in alarms that use them and replacing alarms that are out of date.”

Today’s smoke and carbon monoxide alarms have the manufacturing date printed on the back of the device. Smoke alarms should be replaced when they’re 10 years old, and CO alarms should be replaced when they’re five to seven years old, depending on the model. Unless you have newer alarms with 10-year sealed batteries, this is also a good time to replace the alkaline bat-

teries in all your alarms. And remember to test your smoke and CO alarms once a month to be sure they’re working properly.

Heating Season brings Carbon Monoxide hazards

Hyannis Fire Chief Peter J. Burke, Jr, president of the Fire Chiefs Association of Massachusetts, emphasized the importance of working carbon monoxide alarms as we enter the colder months.

“Carbon monoxide is the leading cause of poisoning deaths in the United States, and heating equipment is the main source of carbon monoxide in the home,” Chief Burke said. “We can’t see, smell, or taste carbon monoxide. Working CO alarms are the only way to detect this invisible killer.”

Replacement Alarms Should be Photoelectric With 10-Year Sealed Batteries

Replacing your old smoke alarm? The Massachusetts Comprehensive Fire Safety Code requires

replacement battery-operated smoke alarms in older one- and two-family homes to be photoelectric and have sealed, long-life batteries and a hush feature. This makes it less likely that someone in the home will use the batteries for another device, forget to change them twice a year, or remove them when cooking causes smoke in the kitchen.

“Disabling a smoke alarm puts you, your loved ones, and everyone in the building at risk,” said State Fire Marshal Davine. “Never remove batteries from a smoke alarm except when putting fresh ones in.”

Alarms Should Be Listed by an Independent Lab

Massachusetts requires that all smoke and carbon monoxide alarms be listed by a nationally recognized testing laboratory such as Underwriters Laboratories (UL) or Intertek (ETL). Listed devices will have the laboratory’s mark on the back. In recent years, fire officials have seen numerous smoke and carbon monoxide alarms that were purchased online and either have counterfeit marks or no mark at all.

“If the price seems too good to be true, then it probably is,” said Chief Burke. “Smoke and CO alarms can be the difference between life and death, but only if they work properly. If you’re purchasing a new alarm, choose one from a well-known, national brand.”

Create & Practice a Home Escape Plan

“In the average house fire, you could have less than three minutes to escape after the smoke alarm activates,” said State Fire Marshal Davine. “Creating and practicing a home escape plan that includes two routes out will help you make the most of that precious time to get outside before poisonous gases and heat make escape impossible.”

“Working smoke alarms and a practiced home escape plan are among the most fundamental and important tools for surviving a fire,” said Chief Burke. “Be sure everyone in the home knows what to do and where to go when the alarm sounds, including young children, older adults, and persons with disabilities.”

Senior SAFE

Adults over 65 are at disproportionate risk of dying in a fire, especially if they live in one- or two-family homes. Hundreds of fire departments across Massachusetts have grant-funded Senior SAFE programs that may provide assistance with alarm installation and testing. Seniors who need help testing, maintaining, or replacing smoke alarms should contact their local fire department or senior center for assistance.

For more information on smoke alarms or the Senior SAFE program, visit <http://www.mass.gov/dfs> or contact your local fire department.

Everett Independent

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Letters may also be e-mailed to
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Letters must be signed. We reserve the right to edit for length and content.

SCENES FROM THE MADELINE ENGLISH SCHOOL FALL FESTIVAL



Ward 6 Councilor Al Lattanzi (center, back row) shown with some of the Madeline English students and faculty and some of the donated pumpkins.



A big thank you to Councilor Al Lattanzi, Koryn Zamutto, and TDL Landscaping inc. for their donation.



Students, faculty and parents outside of the School with their pumpkins during the fall festival.

Courtesy Photos

Ward 6 Councilor Al Lattanzi, Koryn Zamutto, and TDL Landscaping inc. donate pumpkins to the Madeline English School.

The Madeline English School held its Fall Festival on October 20th, a great event made even more special thanks to Ward 6 councilor Al Lattanzi, Koryn Zamutto, and TDL Landscaping, Inc. for their generous donation of more than 200 pumpkins to students' families. They also donated board games, sports equipment, and puzzles to be raffled off at the event.

Every family that attended the fun - filled event received a free

Raffle baskets at the fall festival.

pumpkin to take home and decorate in time for Halloween. Guests also enjoyed apple cider, donuts, corn maze and a chance to win a sports equipment raffle basket.

The successful celebra-

tion was made possible by the efforts of the entire Madeline English School community, including the PTO, Staff, students and their families.

Pay equity / CONTINUED FROM PAGE 1

If signed into law by the Governor, the legislation would boost Massachusetts' ability to track pay discrepancies. It requires employers with 100 or more employees to file annual employment data reports, including information on employee demographics and salaries, with the state. In addition, the bill directs the Executive Office of Labor and Workforce Development to track compensation data and file an annual report on data showing the Commonwealth's progress toward equal pay for equal work.

The bill marks another step forward for pay equity in a state with a long history on the topic. Massachusetts was the first state in the nation to pass pay equity legislation in 1945, and most recently passed legislation in 2016, when the legislature passed An Act to Establish Pay Equity, which barred employers from asking prospective employees about their salary history and guaranteed the right of workers to discuss salary with other employees.

The Governor signed the bill later that year.

According to a report from the National Women's Law Center, women in Massachusetts who are employed full-time earn 85.7 cents for every dollar that men make. Women of color face even steeper inequities: Black women make 58.1 cents per dollar; Hispanic women make 53 cents; Native American women make 66 cents; and Asian women make 91 cents.[1]

The legislation would boost awareness of the rights it guarantees employees, by directing the Attorney General to begin an outreach and awareness campaign. It would also give the Attorney General new authority to enforce the law among employers in the state.

The effort to boost salary transparency has robust support from businesses and industry advocates.

A previous version of this bill having passed the House of Representatives, the two branches will now reconcile the differences between the bills, before sending it to the Governor's desk.



Everett's
independent
voice
in City Hall

DARREN COSTA
WARD 3 CITY COUNCIL

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Re-Elect Al Lattanzi, Ward 6 City Council

ELECTION DAY
TUESDAY
November 7



Al Lattanzi Working for Ward 6...

- Investing in Parks & Open Spaces
- Reducing School Overcrowding
- Working to Keep Taxes Low
- Encouraging Smart Development that Benefits our City
- Restoring Wetlands along Malden River and Expanding Waterfront Access
- Making Streets Safer

A NOTE FROM AL...

Dear Neighbor,

It's an honor of a lifetime to serve you as your city councilor. I've worked hard to provide our neighborhood with the best city services possible, and I've always fought to do what's right for Everett and our city's future.

I humbly ask for your vote by Tuesday, November 7 so I can continue working for you. If you have any questions before you vote, please call me at 617-594-0455 or email me at Lattanzicommittee@gmail.com.

Sincerely,
Alfred Lattanzi

CONTACT AL LATTANZI

Facebook.com/AlLattanziWard6 617-594-0455 Lattanzicommittee@gmail.com

Paid Political Ad



52nd Annual Fall Banquet

Wednesday, Nov. 15th 2023

Tony Massarotti will be the featured speaker at the E Club's Annual Banquet at Spinelli's in Lynnfield. Tony has been writing and talking about sports in Boston for more than 30 years. He is currently an on-air personality at 98.5 The Sports Hub in Boston, where he is a co-host of Felger & Mazz and host of The Baseball Hour with Tony Mazz. He is a two-time Massachusetts Sportswriter of the Year and has authored five books, all on Boston sports.

The E Club will be presenting four Civic Achievement Awards to Yasmine Laabadla, Stacy Schiavo, Dave Erlandson, Dick Mangerian(posthumously) accepted by daughter Christine Gumbrecht.

This year's outstanding senior football player will be presented by the Everett High School Head Football Coach Justin Flores.

Come and join an evening of enjoyment with family and friends. Ticket Prices are \$65 and can be reserved by calling Mr. Colson at 617-650-0469. These reservations are required, but you may pay at the door. Pay online at WWW.ECLUBOFEVERETT.COM. You can also Sponsor Student tickets, which are \$35 each. These sponsorships encourage student athletes to attend the dinner in support of their friends and find out what the E Club has to offer them in the future.

SEND US YOUR NEWS

The Everett Independent encourages residents to submit birth and engagement announcements, news releases, business briefs, honor rolls, social news, sports stories, and photographs for publication. Items should be forwarded to our offices at 385 Broadway, Citizens Bank Building, Revere, MA 02151.

The Independent also encourages readers to e-mail news releases to editor@everettindependent.com.

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News in Brief

E CLUB 52ND ANNUAL FALL BANQUET

Tony Massarotti will be the featured speaker at the E Club's Annual Banquet at Spinelli's in Lynnfield on Wednesday November 15. Tony has been writing and talking about sports in Boston for more than 30 years. He is currently an on-air personality at 98.5 The Sports Hub in Boston, where he is a co-host of Felger & Mazz and host of The Baseball Hour with Tony Mazz. He is a two-time Massachusetts Sportswriter of the Year and has authored five books, all on Boston sports.

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WWW.ECLUBOFFEVERETT.COM. You can also Sponsor Student tickets, which are \$35 each. These sponsorships encourage student athletes to attend the dinner in support of their friends and find out what the E Club has to offer them in the future.

NOVEMBER SERVICE CHANGES AT THE MBTA

MBTA officials announced service changes in November on the Red, Orange, and Haverhill lines. The MBTA will continue working to improve service reliability across the system. Additional service changes may take place in November and will be announced when details are finalized.

On the Red Line:

- Accessible shuttle bus service will replace Red Line trains between Alewife and Kendall/MIT Stations during the weekend of November 4-5. This service change allows crews to perform rail welding and track work in order to alleviate speed restrictions.

- Accessible shuttle bus service will replace Red Line trains between JFK/UMass and Park Street Stations beginning at approximately 8:45 PM through the end of service Tuesday through Thurs-

day on November 14-16 as well as during the weekend of November 18-19. This service change allows crews to perform track work between Broadway and South Station in order to alleviate speed restrictions.

On the Orange Line:

- Accessible shuttle bus service will replace Orange Line trains between Oak Grove and Wellington Stations from the start of service until approximately 2 PM on Sunday, November 5. This service change is taking place to accommodate an emergency response learning exercise taking place near Malden Center. The exercise is an opportunity for public safety officials to exercise emergency response plans, policies, and procedures.

- Accessible shuttle bus service will replace Orange Line trains between Oak Grove and North Station beginning at approximately 8:45 PM through the end of service Tuesday through Friday on November 7-10 as well as during the weekend of November 11-12. This service change allows MBTA crews to perform critical work at the Oak Grove crossover track area as well as in and around the tracks at Sullivan Square and Community College Stations.

KIWANIS ANNUAL PASTA DINNER FUNDRAISER A GREAT SUCCESS

Courtesy photos

Hundreds of hungry patrons gathered at the Connolly Center for the annual Kiwanis Pasta Fundraiser. They enjoyed a delicious meal while helping to raise money to fund scholarships and charitable donations. Kiwanis Pasta Chair and President Fred Capone thanked all the members for their volunteer efforts and offered a heartfelt thank you to the placemat sponsors, those who made donations, and everyone who purchased a ticket. A special shout out was given to John Mattuchio of Scrubbing Board LLC for underwriting the event. Music was provided by Bob Cogliano, and the Key Club and the George Keeverian School Builders Club were also on hand to help out during



Fred Capone works on the sauce.

the event. Good friends, great food, and entertaining music made for a fun night and helped Kiwanis reach their goal! Everett Kiwanis expresses sincere thanks to all.



Shown above and below members of the Kiwanis ready to serve the pasta dinner.



Guests enjoying the pasta dinner and coming out for a good cause.

FRESH AND LOCAL

Vegetable-Forward Eating

By Penny and Ed Cherubino

“You might think there are more vegetarians than ever. You’d be wrong.” So read the headline in a Boston Globe article reporting the finding of recent surveys. “Five percent of Americans identify as vegetarian, a rate that has remained unchanged since the previous survey in 2012. In 1999, when the survey was first taken, as well as in 2001, 6 percent of Americans identified as

vegetarian.”

The more important news is that more of us are eating more vegetables and less meat. What’s more, abundant research finds this flexible mode of eating improves our health. Around our dining table, we are certainly eating much less red meat, moderate portions of high-quality chicken and pork, more seafood, and far more fruit and vegetables than we once did.

Mark Bittman’s VB6

To regain his health and maintain his weight loss, food writer Mark Bittman has followed his own creation – the Vegan Before 6 or VB6 eating plan for more than a decade. He writes, “... until 6 P.M. (or dusk, or dinnertime—any of those is fine) you eat as a strict, mindful, well-nourished vegan would: no animal products, no junk food, no highly processed food.” Then he eats what he wants for dinner.

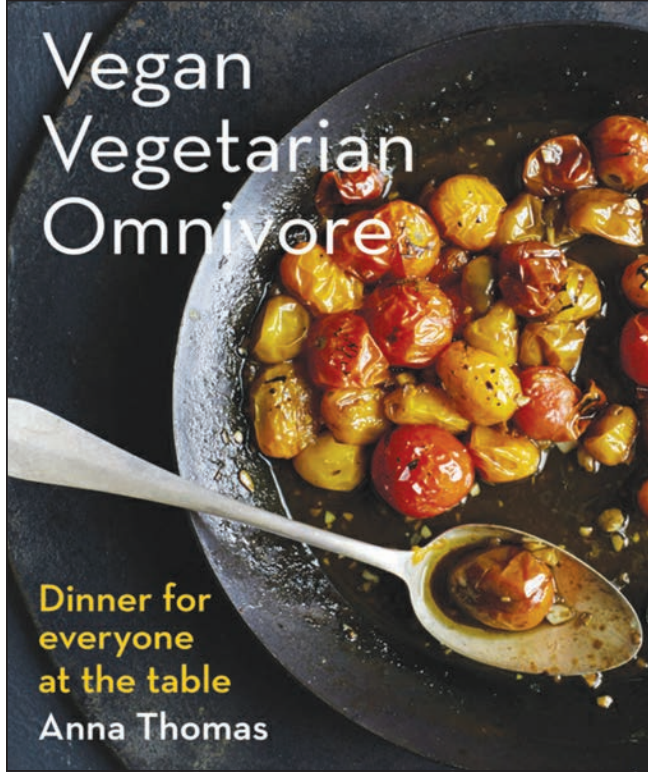
We developed a variation on this type of plan a few years ago, but we make lunch the meal where we eat what we want. Other people have changed their diets for environmental reasons. They opt for more local, nutritious, and sustainable food choices. However, all these options mean that cooks have to think about common ground when they plan menus.

Your Holiday Table

Instead of bemoaning the food choices of your family and friends, think about these shifts in eating patterns as opening up holiday menus to new possibilities.

Some of the best advice we’ve come across on this

See FRESH & LOCAL Page 8



“Vegan Vegetarian Omnivore: Dinner for Everyone at the Table” by Anna Thomas will give you great ideas for menus that include all the people around your table.

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Community Bowl / CONTINUED FROM PAGE 1

the organizations and volunteers that contributed their time and effort to this event,” said Mayor Carlo DeMaria. “I’d also

like to give a big shout-out to the Everett High School cheerleaders who performed and cheered

throughout the entire event.”

As part of Mayor DeMaria’s Everett for Everyone initiative, the Community Bowl is an opportunity to watch Everett High School alumni

battle each other in a fun and competitive game of flag football. The goal is to bring the Everett community together to enjoy some flag football and catch up with old friends while making new ones.



The players and community members in attendance honored the former players who are no longer with us by presenting their families with framed jerseys with their name and number on them.



A member of the even years team diving for the flag.



The even years team.



The Everett High School Cheerleading team.



The jerseys of the former players who are no longer with us were framed and presented to their families.



City employees and members of the community volunteered to cook and prepare all of the free food available to attendees.



The Community Bowl trophy.



The Everett High School cheerleaders kept the crowd entertained throughout the event.

VOTE FOR ANTHONY DIPERRO FOR WARD 3 CITY COUNCIL

ELECTION DAY

Tuesday, November 7

Working families in Everett support **Anthony DiPierro** for City Council because they know Anthony understands that working families are the heart of our neighborhoods. They need a strong voice at all levels of Government. Anthony has the relationships and experience to ensure Ward 3 gets the very best from State and Local Government.

City of Everett
Ward: 3 Precinct: 1

City of Everett
Ward: 3 Precinct: 2

City of Everett
Ward: 3 Precinct: 3

PAID FOR BY THE COMMITTEE TO ELECT ANTHONY DIPERRO

VOTE ANTHONY DIPERRO - BECAUSE ACTIONS SPEAK LOUDER THAN WORDS

Project Bread hosts another successful Interfaith Mini Walk for Hunger

Special to the Times

On Sunday, Oct. 22, over 75 participants of different faiths united both in person and virtually for the annual Interfaith Mini Walk for Hunger. Together, they raised \$15,000 to support Project Bread's year-round efforts to prevent and combat food insecurity statewide and are continuing to accept donations in the coming weeks. The 3-mile family friendly walk started and ended at Temple Beth David in Westwood. As in previous years, Christians, Jews, Muslims, and Hindus from surrounding towns participated. However, the walkers did not need to be members of a house of worship to participate.

Project Bread is the leading statewide anti-hunger organization in Massachusetts. As 1 in 5 households through the state struggle with food insecurity, the nonprofit connects people and communities to reliable food sources and advocates for policies that make food more accessible for all.

"When people come together to fight for something, it unites them for a common purpose," says Alexa Drolette, Senior Director of Development at Project Bread. "The fundraising efforts from

this Walk will go toward ensuring that everyone in Massachusetts has reliable access to healthy food."

During the event, remarks were shared by the clergy members, along with Dr. Jeffrey Greenwald for Temple Beth David, co-chair of the Walk, Alexa Drolette from Project Bread, and Trish Tucke from the Westwood Food Pantry. Walkers brought over 20 bags of non-perishable food items to donate to the food pantry and live music was played by Larry and Kyra Kramer of the Route 109 Band. The Interfaith Mini Walk for Hunger received major support from their Gold Sponsors: Wegmans and Dedham Savings Bank. Roche Bros donated snacks and drinks for the day, as well as pantry supplies.

"We were so pleased to be joined by the greatest number of houses of faith in the Walk's history, all coming together in solidarity, showing that addressing hunger in our community is an issue that transcends all differences in faith, culture, background, and politics," says Dr. Jeffrey Greenwald, one of the organizers from Temple Beth David.

Money raised from the annual Interfaith Mini Walk for Hunger will fund



Temple Beth David Rabbi Karen Citrin leading a benediction before The Walk for Hunger. Pictured L to R: Rev. Michael Bousquet, St. John's Episcopal Church in Westwood; Rev. Catherine Miller, First Baptist Church of Westwood; Rev. Dave Egan, First Parish Unitarian Universalist in Medfield; Imam Abdelrahman, Islamic Center of New England; Rev. JT Hills, First Parish of Westwood.

statewide hunger prevention efforts, advocacy for permanent policies that solve hunger, and local partnerships with organizations and people with lived experience with hunger to develop community-driven solutions.

People experiencing food insecurity should call into Project Bread's toll-free FoodSource Hotline (1-800-645-8333), which provides confidential assistance to connect with food resources, including SNAP benefits, in 180 languages and for the hearing impaired. For more information,

visit: www.projectbread.org/get-help.

Project Bread, the leading statewide anti-hunger nonprofit, connects people

and communities in Massachusetts to reliable sources of food while advocating for policies that make food more accessible

—so that no one goes hungry. For more information, visit: www.projectbread.org.

Fresh & Local / CONTINUED FROM PAGE 1

topic is in the book "Vegetarian Omnivore: Dinner for Everyone at the Table" by Anna Thomas. She writes, "Start with the foods that everyone eats, design a meal that works, then expand it, make it flexible—add butter or eggs or cheese in ways that pair well. Add fish or meat, perhaps as supporting players."

Everyone can eat most vegetable dishes if you prepare them with a vegan recipe and then supply compound butters, gravy, sauces, and cheese or crumbled bacon that vegetarians and omnivores can add if they choose.

For example, Thomas suggests you prepare the

stuffing in two casserole dishes. One will be vegetarian (if you make the basic recipe with vegetable broth) and the other can have some of the turkey drippings added for the traditionalists around the table.

Instead of trying to figure out what to add to each dish as a flavor enhancer everyone can eat, follow the lead of Asian cultures. There, dishes come to the table with an assortment of herbs, pickled vegetables, sauces, sliced peppers, julienned vegetables and such. That makes it possible for each diner's meal or even each bite a diner enjoys to be personalized.

As you plan your holiday menu, don't try to create an alternative vegan or vegetarian main course. Instead, create more dishes and sides that everyone will enjoy and consider that turkey a side dish for the flexitarians and omnivores. In the end, it is not the food that matters but the people around the table. Offering more things we can all share and the opportunity to create a plate of food your own way will make for happy eaters.

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

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SENATILLAKA
CITY COUNCILOR AT LARGE
“A veteran making a difference”

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Carlo DeMaria
Mayor

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11-11-2023

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EVERETT HIGH SCHOOL FOOTBALL HONORS ITS SENIORS

Cary Shuman Photos

The Everett High

School Football team held a senior night for their players before the game against Lynn Classical on Oct. 27.



Adoni Santos, with his mother, Sherley, father, Fred, brothers, Adam and Angel, and friend, Rileigh.



Aidan Duclos, with his mother, Lauren, father, Victor, sister, Ariana, and other members of his proud family.



Aleck Rateau, with head football coach Justin Flores.



Andrew Linhares, with his father, Andre.



Beu Monelus, with his mother, Janica.



Carlos Cornejo, with his mother, Yenin, aand brother, Ethan.



Christian Zamor, with his mother, Marie.



Ed Metellus, with his mother, Gerry, and brother, Ben.



Jayden Prophete, with his mother, Vanessa, and father, Kevin, and other members of his proud family.



Everett School Committee member Joseph LaMonica, on behalf of the parent boosters, presented specially designed cookies to each senior football player, including his son, Matthew LaMonica (right) and Shane McKenzie (left).



Oliver Felix, with his mother, Ivelyse.



Kaleab Seifu, and his friend, Marcie.

EVERETT HIGH SCHOOL FOOTBALL HONORS ITS SENIORS



Matthew LaMonica, with his parents, Joe and Joanne, his brothers, Joseph and Gianni, and aunt, Lisa, and other members of his proud family.



Jeremiah Jean Louis, with his mother, Lucy.



Damien Lackland, with his mother, Jemeal, brother, Jaysaun, uncle, Anthony, cousin, Manny Santiago, and teammate, Jaysaun Coggins.



Domenic Papa, with his mother, Kim, father, Jason, sister, Angelina, brother, Jason, friend, Lina, and other members of his proud family.



Jason Stark, with his mother, Kelly, brother, Chris, and aunt, Nancy.



Pedro Rodriguez, with his mother, Luciana, father, Adilson, and brother, Carlos.



Pedro Terra, with his mother, Lucimar, and cousins, Maria and Maria.



Shane McKenzie, with his parents, Jessica and Jason, and aunt, Patti.



Sterley Hall, with his sister, Shaeendra, and cousins, Oscar, Kirtsy and Alexa.

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Early detection saves lives!
Call 617-568-4562 to schedule your mammogram.

East Boston Neighborhood Health Center

South End Community Health Center

www.ebnhc.org • www.sechc.org

Hello Everett

My name is Samantha DeFlumeri Hurley and I am running for School Committee At-Large. I am a 4th generation Everett resident. I grew up on Kinsman Street and currently reside on Franklin Street near the beautiful Glendale Park. I am married to a local Deputy Fire Chief and together we have three children; Alyssa a 2022 EHS graduate, William, and Ava, who both attend EPS. I have been a dedicated youth volunteer with Everett Girl Scouts for over 14 years. I have recently been appointed Service Unit Coordinator and I currently lead three separate troops. Outside of volunteering, I strive to better my understanding of public leadership. This fall, I completed the professional development program Charting the Course by the MASC Academy for School Leadership. EPS has created multiple enrichment programs district wide, Career and Technical Education is growing, and security has been a positive and effective addition to EPS. While these are steps in the right direction I believe we can continue to work toward bringing even more opportunities to our schools to foster an academically rich, diverse, and safe environment. Overcrowding in schools remains an issue. While options have been presented to the School Committee by both school and city administration, we have yet to agree on the direction EPS needs to go for immediate relief. As a parent I am hoping for a reasonable solution that is forward thinking. This is a time for all involved parties to make decisions in a unified manner with the well-being of staff and students in mind. As a proud parent, not a politician, I'm running to be a committed advocate for our students, a persistent voice for our families, and supportive ally for our educators. The students of today are our leaders of tomorrow and it would be an honor to be part of their journey. Thank you for your support and consideration, I would appreciate ONE of your three votes come Nov. 7th.

Samantha M. Hurley
School Committee At-Large Candidate
samanthahurley617@gmail.com
(617) 938-2851

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NEWS FROM AROUND THE REGION

CHELSEA RECEIVES MORE GRANTS

CHELSEA - There's been good news on the grant front in Chelsea over the past several weeks, with money coming into the city that will help with transportation, affordable housing, and social services programs.

"We just secured a \$1.6-million Community Development Block Grant for a two-year term that is going to encompass a series of streetscape improvements, including streetscape measures in Addison Street in the Addison-Orange neighborhood and Clinton Street in order to connect Broadway to the new waterfront park at 88 Clinton Street," said Alex Train, the Director of Housing and Community Development.

The city also recently secured a \$350,000 grant through the Land and Water Conservation Fund of the National Parks Service for the Clinton Street park itself.

The Clinton Street park will provide both passive and active recreation opportunities for residents and provide waterfront access to Mill Creek.

Train said design work is continuing on the park, and he expects it to go out to bid at the end of the year. Construction would then begin next March and continue through the end of 2024, he said.

On the affordable housing side, the Community Development Block Grant will provide financing for development of 66 affordable housing units at 170 Cottage St. and allow the city to complete its strategic housing plan, Train said.

The social services aspect of the block grant includes the continued operation of some existing services, as well as a new senior citizens home meal delivery program that the community development department is expanding in conjunction with the Chelsea Senior Center.

"This is allowing us to expand our infrastructure work in order to beautify neighborhoods, promote roadway safety, and increase the quality of life

for residents, as well as to meaningfully tackle the affordable housing shortage in Chelsea," Train said of the grant funding. "On the social service side, we are going to continue our support for an at-risk youth program at Chelsea High School, citizenship and immigration services, as well as ESOL programs - all of which we see as critical to promoting upward economic mobility for residents."

Also on the grant front, last week the police department received \$60,000 through the state's FY24 Municipal Road Safety Grant Program.

Nearly \$5.5 million was invested across 186 cities and towns in the state to support traffic safety enforcement and outreach programming.

The annual program provides funding to municipal police departments who propose traffic safety projects in their community, including high visibility enforcement patrols, equipment to enhance road safety such as digital speed signs, pedestrian and bicyclist safety initiatives and public outreach campaigns intended to educate community members and youth about roadway safety.

"Whether by vehicle, bicycle or foot, everyone has the right to travel safely through our communities," stated Governor Maura Healey. "Through this program, we were able to award grants to every community that requested funding. The education, enforcement and outreach initiatives supported through these grants will help ensure safer roads for all."

BPFDA APPROVES PROJECT

EAST BOSTON - During its meeting on October 12, the Boston Planning and Development Agency's (BPDA) Board of Directors approved a project at 2 Shawshen Road that will supply the neighborhood with affordable units and open space.

Specifically, the project will bring a total of 57 units, all of which are affordable through the construction of two buildings.



As the clock strikes 11 a.m., the kids are off and running during the annual Pumpkin Dash and 5K held on the Boulevard at Revere Beach in Revere on Sunday, Oct. 22.

One building will comprise 35 rental units, while the other will feature 22 homeownership units.

Further, the rental building will feature 14 parking spaces, while the homeownership building will contain 22 parking spaces.

In terms of height, Sharon Gentges of Joy Street Design explained during the board meeting that an approach has been taken to keep massing lower next to the neighborhood.

"When you're viewing the buildings from the street, Barnes Avenue, you really are not going to see the taller portions unless you get further away," said Gentges.

Concerning the unit makeup for the project, of the 22 homeownership units, nine will be two-bedrooms, 11 will be three-bedrooms, and two will be four-bedrooms, targeted at 70% to 100% of area median income (AMI).

As for the 35 rental units, the plan is for 10 one-bedrooms, 13 two-bedrooms, 10 three-bedrooms, and two four-bedrooms, targeted at 0% to 60% of AMI.

Other aspects of the project to note include its open space commitments. According to a BPDA press release, the space between the two buildings

is being preserved for the Winthrop Greenway.

The press release described the greenway as a "shared-use path that will connect the Orient Heights Station, the Mary Ellen Welch Greenway, and the town of Winthrop."

However, it should be noted that before the future Winthrop Greenway, the press release acknowledges that the space will contain a pedestrian path, benches, and lawn for residents.

The project also has a resiliency plan that includes lifting each building's first floor two feet above the design flood elevation.

Also, the homeownership building, which is in the flood plain, will contain a two-and-a-half-foot floodable space under the building.

"When there is a flooding event, the water can come in and then go back out, and water is not going to be displaced onto the neighboring properties," said Gentges.

Following the presentation, some board members, such as Brian Miller, were complimentary of the project.

"It's certainly a nice transformation from the existing condition, so nice job there," said Miller.

The board's Chair, Priscilla Rojas, also complimented the project, citing the affordability income levels, specifically the 0% to 60% range proposed.

"It's not often that we get to see kind of that 0 to like 30, 40 area of AMI, getting to really just see a lot of housing coming in at that area; we do have a need, so I just want to commend the developer," said Rojas.

While the board was complimentary of the project, it should be noted that according to the Orient Heights Neighborhood Council's (OHNC)

Facebook page, the group opposed this project in a vote of 37 to 4, with six abstaining.

In the end, despite opposition from those in the OHNC, the BPDA Board unanimously voted to approve the project.

PUSH FOR BEACHMONT FIRE ARTS CENTER

REVERE - The city's Public Art Commission is continuing its efforts to help transform the vacant Beachmont Fire station into a community arts center.

At last week's commission meeting, Elle Baker from the city's planning and community development department said the city should soon be releasing a draft report on the visioning process for the facility.

The report is being prepared by the Metropolitan Area Planning Council's Arts and Culture Department.

"The report looks great and I think everybody is going to be really happy with it," said Baker, adding the draft could be posted on the city's website this week.

The report takes in input from a number of community planning sessions as well as a community survey.

"Everything has been incorporated, and there are also case studies that are really interesting," said Baker.

City Councillor and Public Art Commission Chair Joanne McKenna has pushed for the creation of a community arts center at the Beachmont fire station for several years.

Commission and community input have included using the fire station as a place for studio space, community art exhibitions, and other uses.

At some of the vision-

ing sessions earlier in the year, commission members noted The Public Arts Commission members who attended last week's forum noted that there is a need across the board for performance and exhibition space in the city, as well as spaces where residents can create art.

McKenna has noted that there could be a combination of performance and exhibition space on the first floor alongside artist loft and creator spaces on the second floor.

The Public Art Commission and the city are working out details to secure some funding to make the public art space a reality.

Initially, the city was looking to use \$450,000 in Community Improvement Trust Fund money for the project.

Baker said the money will be available, but looks like it will be through a different source that will need the approval from the City Council.

FHBC HOLDS PUBLIC FORUM

WINTHROP - The Winthrop Fire House Building Committee held another public forum at Town Hall last week, fielding questions about the location of the proposed new fire station and whether the current stations in the town could be renovated.

A debt exclusion vote will be on the Nov. 7 town election ballot asking residents to approve funding for a new fire station at the location of the Wadsworth Building and Kirby Funeral Home. The total cost of the project is expected to fall between \$36-\$40 million.

That total includes the acquisition of land and the relocation of existing

See REGION Page 13

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Massachusetts Low Income Home Energy Assistance Program’s Winter heating season begins

Special to the Independent

The Massachusetts Executive Office of Housing and Livable Communities (EOHLC) is pleased to announce the start of the Low Income Home Energy Assistance Program (LIHEAP) 2023-2024 winter heating season. LIHEAP is a free, statewide service funded by the federal Low Income Home Energy Assis-

tance Program that helps eligible households stay warm during the winter months by paying a portion of winter heating bills. Applications for home energy assistance are currently being accepted online at toapply.org/massliheap, and income-eligible households may receive financial help to offset heating bills from November 1, 2023, through April 30,

2024. Both homeowners and renters can apply online or through local administering agencies for LIHEAP assistance. Households must meet specific eligibility requirements to qualify for aid, which will be paid directly to their heating vendor. Eligibility is based on several factors, including

household size and combined gross annual income of residents 18 and older. Qualifying households – including those with the cost of heat included in the rent – can receive assistance for all sources of heat, including oil, electricity, natural gas, propane, kerosene, wood and coal. “The Massachusetts home energy assistance

program is free, because no resident should have to worry about heating their home during the wintertime,” said Ed Augustus Jr., Secretary of Housing and Livable Communities. “High fuel costs can have a devastating effect on household budgets and can even endanger Massachusetts’ most vulnerable residents. We encourage anyone who needs heating assistance to explore their

eligibility by applying online or visiting the nearest administering agency. And to please share the information with loved ones or neighbors who could benefit from this free resource.” For more information, or to find your local LIHEAP agency, visit www.toapply.org/MassLIHEAP.

Roundup / CONTINUED FROM PAGE 9

team's MVP, not for the game, but for the whole season. "Nicola was supportive of me, the team as a whole, and a great person for the players to confide in," said Wright. "She kept us all sane and we are so grateful that we have her on our coaching team. "We worked hard all season and we have improved immensely," said Wright, reflecting on the team's 2023 season, which was her first at the helm of the Everett field hockey program. "We are not

at all the team we were in August or in our first game. I'm sad to see all our seniors leave, but I'm excited to continue to work with the returning players, the new players, and to grow this program."

EHS GIRLS SOCCER TOPS LOWELL, 4-1

The Everett High girls soccer team earned a 4-1 victory over non-league rival Lowell last Wednesday. Aldrona Flore scored the first goal for the Lady

Crimson Tide with an assist from Layla Cardona on a free kick. Yelsa Garcia reached the back of the Lowell net, assisted by Luna Sepulveda Maselli, to make it 2-0. Layla Lelles scored Everett's third goal on a deflection off the Lowell goalkeeper and Sofia Arana-Quintanilla applied the coup de grace with her first goal of the season. "Sofia has been showing a lot of promise for the future of this program," noted EHS head coach Domenick Per-

suitte. Emilia Maria-Babcock played well in net for the Tide. Everett wrapped up its season with a contest against non-league opponent Stoneham. Although the Tide fell short by a margin of 7-1, Persuitte was upbeat about his team's effort. "Despite the score, we held our own well into the second half," said Persuitte. "However, a few mistakes happened and Stoneham capitalized on them." Garcia, assisted by Lay-

la Cardona, accounted for the Everett goal. "The team played overall very well, but the big standout was our goalkeeper, Emilia Maria-Babcock, who kept the Stoneham offense at bay, even though the score was high," said Persuitte. Reflecting on the season, Persuitte observed, "My takeaways from this season are nothing but positive. My overall goal is still to make the .500 mark. This year we were plagued with injuries, but

the amount of positives that came out of this season outweighed everything else. I am very proud of this group of girls. They were asked to do a lot and step outside their comfort zone. "I want to thank my entire coaching staff, Bridget Cifuni and Rodney Landaverde, for helping out and making this such an enjoyable experience and season," Persuitte added. "All three of us are looking forward to next year."

Region // CONTINUED FROM PAGE 12

businesses on the properties, according to Town Council President Jim Letterie. On Monday night, Fire Chief Scott Wiley was questioned about response times to Point Shirley if the Shirley Avenue fire station is closed. Both the current fire stations on Shirley Avenue and Pauline Street were built well over a century ago and designed for horse-drawn fire apparatus. Wiley said the fire department has to abide by National Fire Protection Association standards, which state that a professional fire department must be able to respond to a call in less than five minutes and 20 seconds from an alarm 90 percent of the time. The fire chief said that the department can get anywhere in the town in under the required time. Wiley also noted that there are multiple times during the day when there are multiple calls in town, and Engine 2 from Pauline Street has to respond to Point Shirley calls. “The Shirley Street station, as far as increasing the footprint ... there is really nowhere to increase that footprint,” said Wiley, noting there was a new development on one side.

If that station was expanded, it would require the taking of multiple properties. Letterie said that the town did previously look at using the current Pauline Street site as the location of a one central station, but that would include the taking of seven to nine properties, four of which are single-family homes. Wiley said it would be more efficient for the department to operate out of a single station than multiple stations, adding that any projects at the current stations would require numerous safety and code upgrades. Wiley and Letterie also discussed the possibility of the fire department operating its own ambulance service out of the new fire station at some point in the future. Designs for the new stations include a double parking bay for ambulances. Currently, Action Ambulance provides both BLS ambulance service (with EMTs) and ALS service (with paramedics) to the town. Town Manager Tony Marino is looking at a plan where the fire department would provide the EMT-level BLS service while Action Ambulance would provide the ad-

vanced life support service. There would be initial start-up costs for the plan, but it would bring revenue into the town, said Letterie. The committee was also asked why the town did not consider the old middle school site for the new fire station location. Wiley noted that going back for several town councils and town managers, the site has always been earmarked for economic development opportunities. Scott Mahoney-Wright said he has heard questions from residents about the layers of cost for the project, including what the short- and long-term costs will be of relocating the businesses in the Wadsworth Building. Letterie said there will be more information on the project website at www.winthropfirestation.com providing more detailed financial numbers. “Not exact numbers, but when you look at relocation costs, we are not paying rent for six months, but we would be relocating,” said Letterie. “Some businesses just literally have an office and a chair that it might cost five grand to move them or whatever, some of them might cost fifty grand to move them. But some

of these costs will be absorbed in the acquisition costs.” Mahoney-Wright also noted that while there have been numerous questions and concerns raised on social media, those people have not addressed them to the people who can provide answers. “The questions I hear from people, I feel like they are talking amongst themselves and not you,” he said. “I ask them if they have called Jim Letterie and they say no, and they are obviously not here (at

the public forum. As a resident, I am frustrated because I keep seeing all these conversations that make no sense at all.” Over the weekend, former Fire House Study Committee member Frank Constantino sent an email to the committee members outlining some of the reasons why he resigned from the committee. Constantino stated that he believes there is another feasible site in the town, not including the middle school site, which should be assessed as a

possible choice. He also said the destruction of a historic quality building in the Wadsworth building, as well as the cost for the purchase of the Wadsworth and Kirby buildings were issues for him. Constantino also raised issues with what he characterized as the rudimentary architectural design plans, as well as the increased taxes from the project that could be a financial burden to residents.

LEGAL NOTICE

LEGAL NOTICE

PUBLIC NOTICE

Of Request for Proposals for One-Stop Career Center Operator(s)

The Metro North Regional Employment Board, d/b/a MassHire Metro North Workforce Board (MNNWB), has released a Request for Proposals (RFP) to procure one-stop career center operator(s) for Fiscal Year 2025. The RFP is released October 20, 2023 with a bidder's webinar scheduled for November 2, 2023. Approximately \$4 million will be available for one-stop


career enter operator(s) for Fiscal Year 2025.

<https://masshiremetronorth.org>. MNNWB is an EOE/AA program.

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LEGAL NOTICE



24-31

Request for Proposals (RFP)

Island End River Flood Resilience

Program (IERFRP)

The City of Everett seeks a pre-construction partner to collaborate with in the design of their Island End River Flood Resilience Program (IERFRP), which is a multi-faceted coastal storm surge resilience program located in Chelsea and Everett, Massachusetts. The pre-construction partner will work closely with the assigned municipal representation, project engineers, and planners to provide design constructability review, construction logistics planning, project schedule estimation, and third-party construction cost estimation services.

The RFP can be downloaded from Purchasing - Everett, MA - Official Website (cityofeverett.com). RFP responses are due by November 21, 2023 at 1 pm to Room 14 located at the Everett City Hall.

The city reserves the right to reject any and all proposals if it is within the cities best interest.

This project is bid under M.G.L. c.30B.

CITY OF EVERETT


Purchasing Department - Room 14

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CITY OF
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Carlo DeMaria






Mayor

PHOTOS OF EVERETT VETERANS WANTED!

The City of Everett's Veterans Services Department is seeking photos of Everett residents who served in any branch of our U.S. military to be honored on the “Wall of Heroes” at the Connolly Center.



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For more information and to submit photos, please email Director of Veterans Services Antoine Coleman at: Antoine.Coleman@ci.everett.ma.us

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USPS, Inspection Service continue nationwide effort to crack down on postal crimes

Special to the Independent

The U.S Postal Service (USPS) and U.S. Postal Inspection Service (Inspection Service)provided an update on their Project Safe Delivery campaign to crack down on postal crimes, including attacks against postal employees. Announced in May 2023, Project Safe Delivery is a USPS initiative to combat the recent rise in threats and attacks on letter carriers and mail theft incidents by protecting Postal employees and the security of the nation’s mail and packages. Multiple departments within USPS, including the Inspection Service, the Office of the Chief Information Officer, and the Office of the Chief Retail and Delivery Officer are working together to support the ongoing campaign. To help strengthen this effort, the Inspection Service has also significantly increased monetary rewards for information leading to the arrest or conviction of a perpetrator of postal crimes.

“As our nation continues to address a sustained crime wave, our targeted focus to crack down on postal crime is progressing,” said Postmaster General and Chief Executive Officer Louis DeJoy. “The safety of our letter carriers — and all postal employees — is our top priority. We will continue to work steadfastly with our law enforcement partners to increase the safety of our employees and protect the sanctity of the nation’s mail.”

“We have effectively focused our efforts with USPS on hardening both physical and digital targets to combat threats to postal employees and secure the mail. We continue to turn up the pressure and put potential perpetrators on notice; If you attack Postal employees, steal the mail, or commit other postal crimes, Postal Inspectors will bring you to justice,” said Chief Postal Inspector Gary Barksdale. “We ask that the public assist us with our mission. Our rewards for information have increased substantially, highlighting the importance of the safety and security of our employees and the mail. If you see something, say some-

thing, and help us bring to justice those that cause harm to postal employees, steal mail, or commit other postal crimes.”

Project Safe Delivery Progress To Date

Since the launch of Project Safe Delivery in May 2023, the Postal Service and Inspection Service have taken the following actions to address postal crime nationwide:

- Law Enforcement Surges Completed In Chicago, San Francisco, Ohio; More than 600 Individuals Arrested for Postal Crimes. Postal inspectors completed a series of targeted law enforcement surges in Chicago, San Francisco, and cities across Ohio, major metropolitan regions facing significant threats from organized postal crime. Each operation used wide-ranging law enforcement partnerships including with the Department of Justice, Postal Service Office of the Inspector General, other federal agencies, and local law enforcement. Postal Inspectors conducted more than 700 investigative actions, including the execution of arrests and other court authorized law enforcement activities and more than 375 prevention activities, including presentations to postal employees on employee safety and mail theft prevention.

Since May, the Inspection Service has made 109 arrests for robberies and more than 530 arrests for mail theft. The Inspection Service will continue to collaborate with local, state, and federal law enforcement and conduct targeted surge operations focusing on those high postal crime areas.

- 10,000 High-Security Blue Collection Boxes Installed Nationwide. The Postal Service is installing high-security blue collection boxes making access to their contents more difficult for criminals. Since May, over 10,000 high-security blue boxes have been deployed in high-security risk areas.

The Postal Service will continue to evaluate replacing additional existing blue collection boxes with these enhanced boxes and anticipates installing several thousand more box-

es in the near future. In specific locations where a blue box is a repeated crime target and/or mail density is very low, collection boxes may have to be removed entirely when access is not meaningfully diminished due to nearby access points.

- Ongoing Replacement of Antiquated Arrow Locks with 49,000 Electronic Locks. There has been an increase in letter carrier robberies nationwide where criminals are targeting letter carriers for their Arrow and Modified Arrow Lock (MAL) Keys. Criminals use Arrow and MAL keys to steal mail from secure mail receptacles to commit financial crimes, including altering checks to commit check fraud. To make Arrow Keys less valuable for criminals, the Postal Service has replaced more than 6,500 antiquated arrow locks with electronic locks in select cities. In coming months, the Postal Service plans to deploy an additional 42,500 electronic locks nationwide. The Postal Service and the Postal Inspection Service are also increasing Arrow Key accountability reviews in select high Postal crime areas.

- 99.3% Reduction In Fraudulent Change of Address Submissions After Implementation of Electronic- and In-Person Authentication Proce-

dures. The Postal Service processed more than 29 million change of address (COA) transactions in Fiscal Year 2023. Across the globe identity theft is on the rise driven by a financial motive. The Postal Service is not the intended target, however implicated due to the fraudster intercepting financially oriented mail such as credit cards or checks. To combat the rise in fraudulent submissions, the Postal Service has strengthened authentication processes for all methods of COA submissions, electronic and hardcopy submitted in person or through the mail stream.

Since expanding enhanced in-person change of address protocols and implementing additional identity verification services for online change of addresses, fraudulent submissions have decreased by more than 99.3% compared to the same period last year.

- 50% Reduction in Counterfeit Package Postage In Postal Network Due to Increased Controls and Enforcement. The Postal Service is committed to protecting the integrity and security of the mail system and ensuring that customers receive the service they pay for. Customers are urged to use only authorized and legitimate labels for their packages, and to report any suspi-

cious or fraudulent labels to the USPS or the Inspection Service. Customers who use counterfeit or hijacked labels may face legal consequences and lose their mailing privileges.

The USPS has developed a sophisticated system to identify, intercept and retain counterfeit or hijacked labels on packages, using artificial intelligence, machine learning, and data analysis. Since the start of the interception program, counterfeit package postage in the postal network has significantly reduced by more than 50%.

In May, analysis conducted by the Inspection Service led to the arrest of a Chinese-national in Los Angeles for running an alleged counterfeit postage scheme and shipping more than 9 million pieces of mail with \$60 million in counterfeit postage.

The Inspection Service continues to expand actions to crack down on fraudulent postage including:

- Interdictions of packages with counterfeit labels affixed
- Reviews of shipments on Postal Service docks and during warehouse outreach visits
- Shut down of websites and closure of eCommerce accounts selling counterfeit postage
- Engagement and partnership with eCommerce

companies to disrupt activity

- Customs and Border Protection (CBP) collaboration

Increased Monetary Rewards

The Inspection Service is authorized to issue monetary rewards for certain types of offenses against the United States Postal Service. The agency along with its partners has enacted regulatory changes to reflect increased monetary reward amounts for information that leads to the arrest and conviction of a perpetrator of mail crime. Relevant criminal behavior includes homicide, assault, mail fraud, mail theft, counterfeiting and forgery, and destroying, obstructing, or limiting the passage of mail.

In August, the Inspection Service increased monetary rewards for information that leads to the arrest and conviction of a perpetrator of mail crime. See the inset chart for examples of some of the increased monetary rewards.

Action the American Public Can Take To Help Prevent Mail Theft

Customers can take several steps to protect their mail and their letter carriers, including:

- Don’t let incoming or outgoing mail sit in your

See USPS Page 16

USPS MONETARY REWARDS FOR INFORMATION LEADING TO ARREST AND CONVICTION OF A PERPETRATOR OF MAIL CRIME* (Effective August 21, 2023)		
Offenses Against USPS Employees/Contractors		
Murder or Manslaughter of a Postal Service Employee or Contractor	\$250,000	The unlawful killing of any officer, employee, or contractor of the Postal Service while engaged in or on account of the performance of his or her official duties.
Assault on Postal Employees	\$150,000	Forcibly assaulting any officer or employee of the Postal Service while engaged in or on account of the performance of his or her official duties.
Robbery	\$150,000	Robbery or attempted robbery of any custodian of any mail, money, or other property of the United States under the control and jurisdiction of the Postal Service.
Offenses Involving Theft of Mail or USPS Property		
Burglary Of Post Office	\$100,000	Breaking into, or attempting to break into, a Post Office, station, branch, a building used wholly or partly as a Post Office, or any building or area in a building where the business of the Postal Service is conducted, with intent to commit a larceny or other depredation therein.
Theft Of Mail Or Postal Service Property	\$100,000	Theft or attempted theft of any mail, or the contents thereof, or the theft of money or any other property of USPS under the custody and control of the Postal Service from any custodian, postal vehicle, railroad depot, airport, or other transfer point, Post Office, or station, receptacle, or depository established, approved, or designated by the Postmaster General for the receipt of mail; possession of any item above which was stolen from Postal Service custody; or destroying, obstructing, or retarding the passage of mail, or any carrier or conveyance carrying the mail.
Postage Or Meter Tampering	\$100,000	The unlawful use, reuse, or forgery of postage stamps, postage meter stamps, permit imprints, or other postage; or the use, sale, or possession with intent to use or sell any used, forged, or counterfeited postage stamp or other postage.
* Reflects select rewards. Read the full list of increased monetary rewards online at the USPS website.		

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The Everett Housing Authority (EHA) seeks qualified applicants with a minimum of three (3) years experience in all areas of building maintenance. Must have a strong mechanical ability; knowledge of heating, HVAC and electrical systems; a Massachusetts Electrician’s License; and a MA. Driver’s License and access to reliable transportation. The wage rate is \$38.05/hr. with an excellent benefits package. Send resume and cover letter to Skergo.eha@comcast.net. Everett Housing Authority is an Affirmative Action/Equal Opportunity Employer.

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The Everett Housing Authority seeks qualified applicants with a minimum of two (2) years of custodian and grounds keeping experience for full-time employment with benefits. The wage rate is \$31.08/hr. with an excellent benefits package. The selected candidate must pass a physical and criminal records check. Resumes with cover letters may be submitted to Stephen Kergo Executive Director, Everett Housing Authority, 393 Ferry St., Everett, Ma 02149 or SKergo.eha@comcast.net. Position is open until filled. EHA is an Affirmative Action/Equal Opportunity Employer.

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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**

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.

Grace Anglican Episcopal Church

News and Notes

Grace Anglican Episcopal Church is open and welcoming to all.

There are two services on Sundays: 10 a.m. English, 1 p.m. 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**

Zion Church - Everett

News and Notes

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

Zion Church Ministries via livestream on Facebook and You Tube.

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

Immaculate Conception Parish

News and Notes

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

Weekly Mass Schedule at the Immaculate Conception Parish is as follows:

1: Monday-Saturday at 7:00a.m. in the Chapel.

2: Saturday at 4:00p.m. (Sunday Vigil) and at 7:30p.m. Vietnamese Mass Upper Church.

3: Sunday at 7:00a.m. and 10:00a.m. English Masses. At 12:00p.m. Spanish Mass and 4:00p.m. Haitian Creole Mass.

4: Confessions are on Saturdays from 3:00-3:45 at the Confession Boots in

the Chapel, and at 11:15 a.m. 12:00p.m. in Spanish.

5: Adoration of the Blessed Sacrament at the Chapel on Thursday from 7:30 a.m.-6:00 p.m.

Bring a Book buy a Book a new Fundraiser Program at the back of the Church. All books are a dollar. Any money collected goes to our Stain Glass Fund. You are most invited to make a donation for this course. Most welcome to worship with us on Sunday and weekdays. Thank You.

**Immaculate Conception Parish
489, Broadway,
Everett MA 02149 Phone
Call 6173895660**

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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617-387-7458**

**Rev. Larry Russi, Sr.
Pastor
[pastorlarry@
thelighthousechurch701.net](mailto:pastorlarry@thelighthousechurch701.net)**

Church at the Well Everett

News and Notes

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CITY PAWS

Leaky Dogs

By Penny & Ed Cherubino

Having had two dogs who lived to a ripe old age, dogs with urinary tract infections, and fostered dogs with house training issues, we’ve had experience with leaky dogs. Don’t be dismayed if your canine pal begins to have signs of urinary incontinence.

Off to the Vet

Any sudden change in house training or signs of leaking urine are reasons for a visit to your veterinarian to find a cause. Washington State University’s School of Veterinary Medicine notes that urinary incontinence is the involuntary passing of urine. This leak differs from diseases and infections that cause a pet to urinate frequently. However, these possible causes should be eliminated and treated before you consider a dog incontinent.

Causes of Incontinence

The WSU Veterinary Teaching Hospital identifies many conditions that might cause incontinence in dogs. “... including abnormalities in parts of the brain and spinal cord that control bladder function, birth defects, and disease. As pets age, they may become incontinent because muscles that hold urine in the bladder weaken.”

Your veterinarian may order tests to determine the cause of your dog’s problem. They will most likely want a urine sample to look for bacteria. Blood tests can give them information on kidney function or disease. Ultrasound and X-ray views may be needed to examine the urinary tract. Once they narrow in on a cause, your veterinary team may suggest a medication or surgical procedure to correct the problem.

Living with a Leaky Dog

If your dog has a leaking condition that you will live with, there are many products to prevent damage to your home. For a mild leaker, washable, waterproof blankets or throws can cover your furniture and the space you share with your dog in your bed. We’ve relied on the Mambe brand of products for years and love them. They come in many sizes and colors.

You can use the small square, washable incontinence pads (made for people to put on the seat of chairs) when the dog is sitting on someone’s lap or as a spot for the dog to sit when you visit someone’s home, business, or in a car, bus or train.

As our Maggie Mae aged, she leaked quite a bit. We used diapers on her. It took a little while for her to adjust to them, but she soon did. When we took in a foster whom we named



There are many styles of diapers and belly bands for those who live with a leaky dog.

Cooper, he had a severe urinary tract infection and was not housetrained. We used bellybands with pads to keep him from damaging the house each time he raised his leg.

Diapers for dogs come in many styles and sizes. Some are washable and reusable with disposable liners. Others are entirely disposable. We kept trying different types until we found the ones that worked best.

A dermatologist discovered our Poppy’s slow leak when looking for a cause of a skin infection. The medications we tried didn’t work or had side effects. By logging the details of her leaks, we found that she leaked when she waited too long to urinate. Fortunately, she uses puppy pads inside. We continue to log her urinary details and set reminders to have her go on her pads more often.

Finally, contact with urine can cause problems for your dog’s skin. If you use a diaper or bellyband, check and change the pad often and clean the skin with a mild soap or chlorhexidine wipe. Ask your vet to examine the dog’s skin on every visit.

Do you have a question or topic for City Paws? Send an email to Penny@BostonZest.com with your request.

Iconic Boston-Area landmarks to light the world in teal for Alzheimer’s Awareness Nov. 2

Special to the Independent

Landmarks across the Boston area, including Boston City Hall and the Leonard P. Zakim Bunker Hill Memorial Bridge, together with more than 1,000 buildings and landmarks around the world, will be lighting up teal on November 2 to raise Alzheimer’s awareness as part of the Alzheimer’s Foundation of America’s (AFA) Light the World in Teal program.

The annual program, held in November as part of Alzheimer’s Awareness Month, aims to literally shine a spotlight on Alzheimer’s disease and show support for the millions of people affected by it. Teal is AFA’s Alzheimer’s awareness color.

Participating Boston area landmarks include:

- Boston City Hall
- Gillette Stadium (Foxborough)
- Leonard P. Zakim

Bunker Hill Memorial Bridge

- One International Place
- Two International Place
- Atlantic Wharf
- Monarch Place (outdoor marquee signs)
- Boston Museum of Science
- Boston Harbor Hotel
- Rose Kennedy Greenway
- W Hotel
- MassMutual Center

(Springfield)

- Leader Bank Pavilion
- Government Center Station
- Cambridge City Hall
- Longfellow Bridge (Cambridge)
- Chelsea City Hall Clock Tower
- Fore River Bridge (Quincy)
- Medford City Hall
- Bertram House of Swampscott
- Sunrise of Braintree
- Sunrise of Burlington

• Sunrise of Gardner Park

• Sunrise of Lynnfield

• Sunrise of Newton

• Sunrise of Norwood

• Sunrise of Wayland

“It’s wonderful to see some of the Boston area’s most well-known and world renowned sites helping to raise Alzheimer’s awareness and show support for the millions of Americans impacted by the disease,” said Charles J. Fuschillo, Jr., AFA’s President & CEO. “By ‘Going Teal,’ these sites are literally highlighting the issue of Alzheimer’s and the need to continue doing more for the 6.7 million Americans currently living with it. We thank them for supporting this program and all those affected by Alzheimer’s disease.”

The Boston area landmarks are among more than 1,000 sites worldwide “going teal” for Alzheimer’s awareness on November 2. This is the

tenth year of AFA’s Light the World in Teal campaign.

Individuals can also participate in raising Alzheimer’s awareness by “going teal” on their own November 2. You can wear teal or even use social media to raise awareness.

More than 6.7 million Americans, including 130,000 Massachusetts residents, are currently living with Alzheimer’s disease. The number of people with Alzheimer’s is projected to more than double by 2060, according to the Centers for Disease Control and Prevention.

For more information about AFA’s Light the World in Teal program, including a list of participating landmarks, visit www.lightheworldinteal.com. Families looking for additional information about Alzheimer’s disease or support services can contact AFA at 866-232-8484 or www.alzfdn.org.

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