

Everett Independent

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Tuesday, November 21, 2023

PHOTOS COURTESY OF THE CITY OF EVERETT



Ottavio's Barber Shop owner Ottavio Lograsso was presented a citation by Mayor Carlo DeMaria on behalf of the City of Everett congratulating him on 25 years in business.

DEMARIA CELEBRATES OTTAVIO'S BARBER SHOP'S 25-YEAR ANNIVERSARY



Above, Ottavio delivering a fresh cut to one his customers. The citation (above right) that was presented to Ottavio congratulating him on 25 years in business.



Mayor Carlo DeMaria recently had the pleasure of presenting owner Ottavio Lograsso with a citation to celebrate Ottavio's Barber Shop's 25th anniversary of being in business. "Ottavio has been cutting hair for over 40 years

and is the best barber I know," said Mayor DeMaria. "He's been cutting my hair for 20 years, so I don't say that lightly. More importantly he is a great guy with a wonderful family who goes out of his way to accommodate a customer in any way they

need." Located at 197 Main Street, Ottavio's Barber Shop is ready to serve all new and returning customers with their haircut and shaving needs. Their hours are: Wednesday – Friday: 8 a.m. to 5 p.m.

Saturday: 7 a.m. to 5 p.m. Sunday–Tuesday Closed. For more information about the services they offer, visit ottavioeverett.com or call 617-381-9786.

Everett pro soccer stadium project moves to committee

By Cary Shuman

Sen. Sal DiDomenico said a proposal for the building of a professional soccer stadium and waterfront park on a parcel of land across Route 99 from Encore Boston Harbor, is now in a Senate and House conference committee.



Sen. Sal DiDomenico.

The Senate approved in its supplemental budget last week a measure that would remove the parcel of land from a Mystic River designated port area (DPA). The measure was not included in the House of Representatives' version of the bill. "We're hopeful that we can resolve this in conference committee," said DiDomenico. "This is an important project for our community, turning a blighted industrial zone – (the former Constellation

Energy power plant that is now owned by Wynn Resorts) into a new soccer stadium and open space, with jobs and amenities the community can enjoy." The Kraft family, who own the New England Revolution soccer team in addition to the New England Patriots football team, would reportedly in-

See STADIUM Page 3

DeMaria launches year-round employment opportunity for 17- to 25-Year-Olds

Special to the Independent

Mayor Carlo DeMaria is pleased to announce the City of Everett Youth Services Department has launched the Youth and Young Professionals Program to give youth and young adults ages 17-25 the opportunity to develop workforce skills in a career of interest.

The new program will allow interested applicants to work in a wide range of career fields for City departments. Some of the departments that are being offered are the Auditing Department, Department of Public Works (DPW), Engineering Department, Everett Community Television (ECTV) and Everett Fire Department. Those who are interested may also apply to work for participating local

See EMPLOYMENT Page 2

The City has revised its program based on feedback from local employers about their workforce needs.

THE "E" CLUB OF EVERETT HOLDS AWARDS DINNER



The "E" Club of Everett held its Annual Awards Dinner Nov. 15 at Spinelli's, Peabody. Shown, Everett High School head football coach Justin Flores (right) congratulates his team's captain, Christian Zamor, who received the Bouvier Jewelers Award as the most outstanding player on the 2023 Crimson Tide football team. See Pages 6 and 7 for more photos.

City of Everett's annual toy drive is underway

Mayor Carlo DeMaria is pleased to announce the City of Everett will once again be collecting new and unwrapped toys for Everett families this holiday season.

Drop off your donation by Thursday, Dec. 21, at Everett City Hall, 484 Broadway, on the first floor during regular business hours.

Each year for the past 16 years, the City accepts donations of unwrapped toys from individuals and organizations to distribute to Everett families in

need of assistance so they can have an opportunity to have a joyous holiday season. Last year, the City of Everett was able to serve 206 families and 430 children thanks to the gracious donations made by all those who donated.

"Everett is such a strong community filled with compassionate and caring people, and it really shows during the holiday season," said Mayor DeMaria. "Every year, City officials, businesses and residents alike join together and support our Toy Drive. These donations are a true example of the spirit of the season and of what the holidays should be about – giving, sharing, and helping those in need. So please, be sure to donate a toy for a family in Everett."

For more information, please contact Constituent Services at 617-394-2270.



Last year, the City of Everett was able to serve 206 families and 430 children thanks to the gracious donations made by all those who donated. The City is once again hosting the annual Toy Drive and asking for donations of new and unwrapped toys that will go to Everett families in need of assistance this holiday season.

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



Our office will be closed Thanksgiving Day, Nov. 23RD and Friday, Nov. 24th

EBNHC launches new Behavioral Health Urgent Care Service

East Boston Neighborhood Health Center (EBNHC), the largest community-based primary care health system in Massachusetts, gathered with city, state and community leaders last week, to officially announce the opening of its new Behavioral Health Urgent Care Service (BHUCS). Part of the EBNHC's integrated behavioral health program, the BHUCS provides same-day and urgent mental health services for children, adolescents, and adults, in East Boston and surrounding communities, transforming how community members -- predominantly low-income immigrants -- can access the high-quality behavioral health services they need and deserve.

"Timely access to high-quality behavioral health services is a common challenge across the Commonwealth, especially for vulnerable families. I'm proud to say that EBNHC's Behavioral Health Urgent Care Service addresses this growing need head on," said EBNHC President and CEO, Greg Wilmot. "Our industry must offer innovative ways to close long-standing gaps in care. This expansion of our behavioral health program is a monumental step in the right direction as we strive to achieve health equity for our patients and neighbors."

The new service is innovative and different from other behavioral health urgent care options across the state as it is co-located with the state's only community-based satellite emergency facility, operated by EBNHC. Additionally, the service is fully integrated within the health center and EBNHC's larger behavioral health and recovery services program. This unparalleled care model allows patients in the community to be connected to a wide range of care services, seamlessly and immediately moving from the BHUCS to emergen-

cy medical care, primary care, additional behavioral health care, and other health and wellness programs available through the Center.

Addressing health equity gaps, like disparities in access to behavioral health care for Black and Latinx communities, has long been a focus for EBNHC which was recently recognized by the Department of Health and Human Services Administration (HRSA) as a 2023 National Quality Leader and one of the nation's leading health centers in reducing health disparities.

To help put patients at ease, the new BHUCS suite features state-of-the-art behavioral health care design. A calming space, intentionally constructed to be safe and aesthetically pleasing for those struggling with a mental health or substance use disorder, the BHUCS provides access to immediate crisis evaluation, next-step planning, and support for all patients ages six and above. The BHUCS currently welcomes walk-ins five days a week and will move to seven-day a week access in early 2024.

"We are in the midst of a behavioral health crisis that requires new ideas, more resources, and a strong investment to meet this demand," said EBNHC Executive Vice President and COO, Ryan Boxill, PhD, MBA. "Since our soft-opening last month, we've already seen great demand for this service that will be especially vital for low-income and non-English speaking patients. Our highly trained, diverse, multi-disciplinary behavioral health team members are eager to welcome many first-time patients and are equipped to offer care in their native language."

Thanks to earmarked state funding advocated for by Massachusetts State Rep. Adrian Madaro, EBNHC has hired more than 20 diverse new staff, experienced in providing

behavioral health care to adults, adolescents, and youth.

"Behavioral health care providers are still seeing the effects of the COVID-19 pandemic, which, for many children was a two-year hiatus from achieving key developmental, academic and social milestones," said Michael Mancusi, MSW, LICSW, EBNHC Vice President and Chief Behavioral Health Officer. "This has had a deleterious effect on the mental health of our young people, and we realized a better model was needed to address community behavioral health -- one with an immediately accessible entry point and a range of care to match our patients' needs. That is why we created the BHUCS -- to provide an urgent response to an urgent health care crisis."

Patients can now access the following services at the BHUCS, Monday-Friday, 9:30 a.m. - 6:00 p.m. (weekend hours will be available in 2024):

- Same-day clinical triage, crisis evaluation, next step planning and support
- On-site medical evaluation and necessary laboratory tests
- Psychopharmacology evaluation and medication prescription
- Crisis response and stabilization
- Care navigation and care coordination
- Enrollment in EBNHC primary care, based on availability

EBNHC has also expanded mind/body offerings for patients, such as reiki, trauma-informed yoga, community peace circles and other community interventions to meet interest in non-traditional, indigenous, and culturally relevant healing methods.



Leaders gathered on November 9th at the Taylor Building at 10 Gove Street to celebrate the opening of the new BHUCS site. Featured from left to right: EBNHC Chief Medical Officer Dr. Jackie Fantes, EBNHC CEO and President Greg Wilmot, Boston EMS Medical Director Dr. Sophia Dyer, MD, FACEP, FAEMS Chief of Department of Boston EMS James Hooley, State Rep. Adrian Madaro.



Featured from left to right: EBNHC's Chief Behavioral Health Officer Michael Mancusi, LICSW; Behavioral Health Medical Director Dr. Laura Petrillo; and Behavioral Health Urgent Care Administrative Director Nicholas Smietniaksky pose with members of the BHUCS care team inside the new site at East Boston Neighborhood Health Center.



EBNHC Chief Operating Officer Dr. Ryan Boxill, PhD, MBA, addresses the crowd alongside EBNHC Chief Behavioral Health Officer Michael Mancusi, LICSW.



Featured from left to right: EBNHC Chief Medical Officer Dr. Jackie Fantes, EBNHC Board of Directors Chair Rita Sorrento, Behavioral Health Medical Director Dr. Laura Petrillo, State Rep. Adrian Madaro, Chief of Department of Boston EMS James Hooley, EBNHC CEO and President Greg Wilmot, EBNHC Chief Operating Officer Dr. Ryan Boxill, PhD, MBA, and EBNHC Chief Behavioral Health Officer Michael Mancusi, LICSW.

Real Estate Transfers

BUYER 1	SELLER 1	ADDRESS	PRICE
Ue Gateway Center LLC	Ddrc Gateway LLC	Mystic View Rd	\$78,140,630
De Oliveira, Gracimar R	Alusma, Vickianna	7 Clinton Pl	\$605,000
Thapaliya, Hari	Gulla, Samuel J	15 Staples Ave #35	\$269,000
Trickett, Justin	S T & T Realty LLC	22 Ferry St #B	\$333,000
Noga, Daniel	Franquiz Adolfo Est	23 Avon St #1	\$325,000
Gebreegziabhere, Elias	Obrien, Charles F	54 Staples Ave	\$565,000
Da Silva, Gustavo B	Casa Buddy LLC	87 Madison Ave #1	\$550,000
Thapa, Naresh	Gaire, Samjhana	111 Hancock St #111	\$475,000
Toong, Yvonne	Kozakiewicz, Annie L	120 Wyllis Ave #221	\$560,000
Pradhan, Vijendra K	Reposa, Emilia E	132 Hancock St	\$1,010,000
Tran, Cuong	Galante, James E	255 Vine St	\$1,090,000

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 Pat Roberto, REALTOR Broker/President

Employment / CONTINUED FROM PAGE 1

non-profit organizations in Everett.

"It can be difficult for young adults within this age range to find a career that interests them, and we want to help close that gap by providing an opportu-

nity for our community's young adults to gain valuable work experience and new skills," said Mayor DeMaria. "Offering the chance to work in various City departments and local organizations will

give individuals options to work in a wide range of fields."

For more information and to apply, please visit afterschoolhq.com/city-of-everett.

LEGAL NOTICES

LEGAL NOTICE COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT

Suffolk Division INFORMAL PROBATE PUBLICATION NOTICE
 Docket No. SU21P0002EA
 Estate of: Joseph A. Venuti, Jr.
 Date of Death:

June 30, 2020
 To all persons interested in the above captioned estate by Petition of Petitioner Joseph A. Venuti, III of North Andover, MA. A Will has been admitted to informal probate. Joseph A. Venuti of North Andover, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal

procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested

parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner. Dated: October 31, 2023
 Stephanie L. Everett, Esq. Register of Probate Court

NEWS IN BRIEF

CITY OFFICES WILL BE CLOSED NOVEMBER 23, AS EVERETT OBSERVES THANKSGIVING

617-394-2270.

CITY OF EVERETT TO HOST ANNUAL TREE LIGHTING

Mayor Carlo DeMaria is pleased to announce the City of Everett will be hosting the annual Tree Lighting on Friday, Dec. 1 from 5 p.m. to 8 p.m. at Everett Square located at the intersection of Broadway and School Street.

All are welcome to attend as Mayor DeMaria and family throw the switch and light up the beautiful Christmas tree to kick off the holiday season with the most wonderful celebration of the year.

There will be plenty for all to enjoy including live musical performances, horse drawn wagon rides, train rides, holiday characters, face painting, balloon creations, food, giveaways and even a special visit from Santa and Mrs. Claus directly from the North Pole. They will arrive down Broadway at approximately 5 p.m., led by the Everett Police and Fire Departments and Everett High School's award-winning band.

magical celebration.

Gather around the fire pits with hot chocolate and popcorn while watching a classic holiday movie on the large LED screen with others in the community. There will also be photos with Santa at the Parlin Library upstairs and children can partake in arts and crafts and storytelling with Mrs. Claus while waiting to see Santa.

All residents and their families are invited to attend this magical celebration to spread holiday cheer throughout the City. For more information, please visit cityofeverett.com/events/tree-lighting-2023.

HOOD PARK HOSTS WINTER VILLAGE

On December 9, Hood Park is hosting a Winter Village that will feature a local artisan holiday market, an evergreen Christmas Tree Lot at 6 Stack St., curling lanes, igloos, food/drink, and more! It's going to be an exciting event that is fun for all members of the family. The event is from 11 AM to 4 PM at 100 Hood Park Drive. It is free to attend, and food/drink will be available to purchase.

Discussion on the Outer Brewster Island Diaries at Winthrop Historical meeting

Story & Photos by Marianne Salza

Four Lowell women set out on a 17-day excursion on Great Brewster Island in July 1891. They referred to themselves as the Scribe, the Aristocrat, the Acrobat, and the Autocrat; and documented their self-discoveries in a handwritten diary that was later discovered in a Cape Ann used bookstore.

"Women at the time did not go to college, or have opportunities to go off and study as they would like to," explained Carol Fithian, retired national park ranger, and coordinator of volunteers for the Friends of the Boston Harbor Islands, now called Boston Harbor Islands National and State Park. "These women had some money, but were still under restriction. Women would form groups and clubs. They'd read and study together."

Fithian is the co-author of "A Boston Harbor Islands Adventure: The Great Brewster Journal of 1891," by Stephanie Schorow and the Friends of the Boston Harbor Islands. Published in 2023, the book is a transcription of the ladies' diary, which chronicles their activities and observations, and includes poetry and photographs.

"They reflected on seeing the fog lift, looking



Carol Fithian, co-author of "A Boston Harbor Islands Adventure: The Great Brewster Journal of 1891"

across to Boston at the dome of the State House, and watching the waves hit the shore," Fithian expounded. "They would paint watercolors of these things to preserve their harbor experience."

Fithian presented the collaborative project during the Winthrop Improvement & Historical Association's (WIHA) Thanksgiving dinner meeting in the Deane Winthrop House barn on November 7.

"These women supported each other," Fithian emphasized. "We got to know them through this experience, and started to tell their story."

The ladies detailed their meals, and diagramed the cottage that they used as living quarters, with photographs of each room.

"It's interesting how

they made it a home away from home," said Fithian.

The Friends of the Boston Harbor Islands team comprised of fashion, photography, history, and handwriting experts. Fithian researched the women's backgrounds and provided historical information about Boston Harbor Islands. Eventually, the identities of these adventurers were determined.

The "voracious scribe" was discovered to be Helen Augusta Whittier, who ran a cotton mill in Lowell.

Fithian believes that Boston Harbor's unique, bustling environment offered the women freedom. Great Brewster Island was a safe place for the ladies to express themselves and record their experiences.

"If you read the book, discover through them what is possible out there," encouraged Fithian, with her soon-to-be retired seeing eye dog, Georgette, beside her.

Fithian is an Ipswich resident and mother of two children. She has been a guidance counselor and a literature teacher. For Halloween, Fithian appeared as a giraffe during a Department of Conservation and Recreation celebration on Georges Island. Fithian is presently studying French and fencing.

Stadium / CONTINUED FROM PAGE 1

vest more than \$600 million into the Everett development that would include a 25,000-seat soccer stadium and a waterfront park.

Soccer fans in the area are understandably very excited about the possibility of a soccer-specific stadium being built in Everett. The Revolution currently play their MLS home games in Foxboro at Gillette Stadium, which has a seating capacity of approximately 66,000.

DiDomenico is being credited for bringing all the key parties together, especially environmental groups, ensuring that "they had a seat at the table and their voices were heard."

DiDomenico said Mon-

day that he was optimistic that the House and Senate conference committee can resolve the differences between the two sides in the House and Senate bills. The conference committee, which was formed last Wednesday, consists of three members from each legislative branch - the Ways and Means Chairpersons (Sen. Mike Rodrigues and Rep. Aaron Michlewitz), the Ways and Means Vice Chairpersons (Sen. Cindy Friedman and Rep. Ann-Margaret Ferrante), and the ranking Republicans (Sen. Patrick O'Connor and Rep. Todd Smola).

The thought of a Kraft-caliber professional soccer stadium and devel-

opment and a world-class, five-star resort casino within walking distance of each other in Everett would not have been imaginable years ago.

But that day could be approaching, and Sen. DiDomenico is among the state leaders and sports fans closely watching the negotiations of the newly formed House and Senate conference committee.

"This legislative change [of the Designated Port Area] will allow the public process to move forward on a project that will be transformational and a huge environmental win for our community," said DiDomenico.



Colin Cash, Point Shirley resident, Tom Loring, 25-year volunteer for Friends of the Boston Harbor Islands, Carol Fithian, retired national park ranger and Friends of the Boston Harbor Islands volunteer, and Michael Herbert, WIHA President.

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Advertisement for All of Us research program. Includes text: "Everybody's health tells a story. What's yours?" and a QR code.

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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.

Everett Independent

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Editor in Chief: Cary Shuman

HAPPY THANKSGIVING

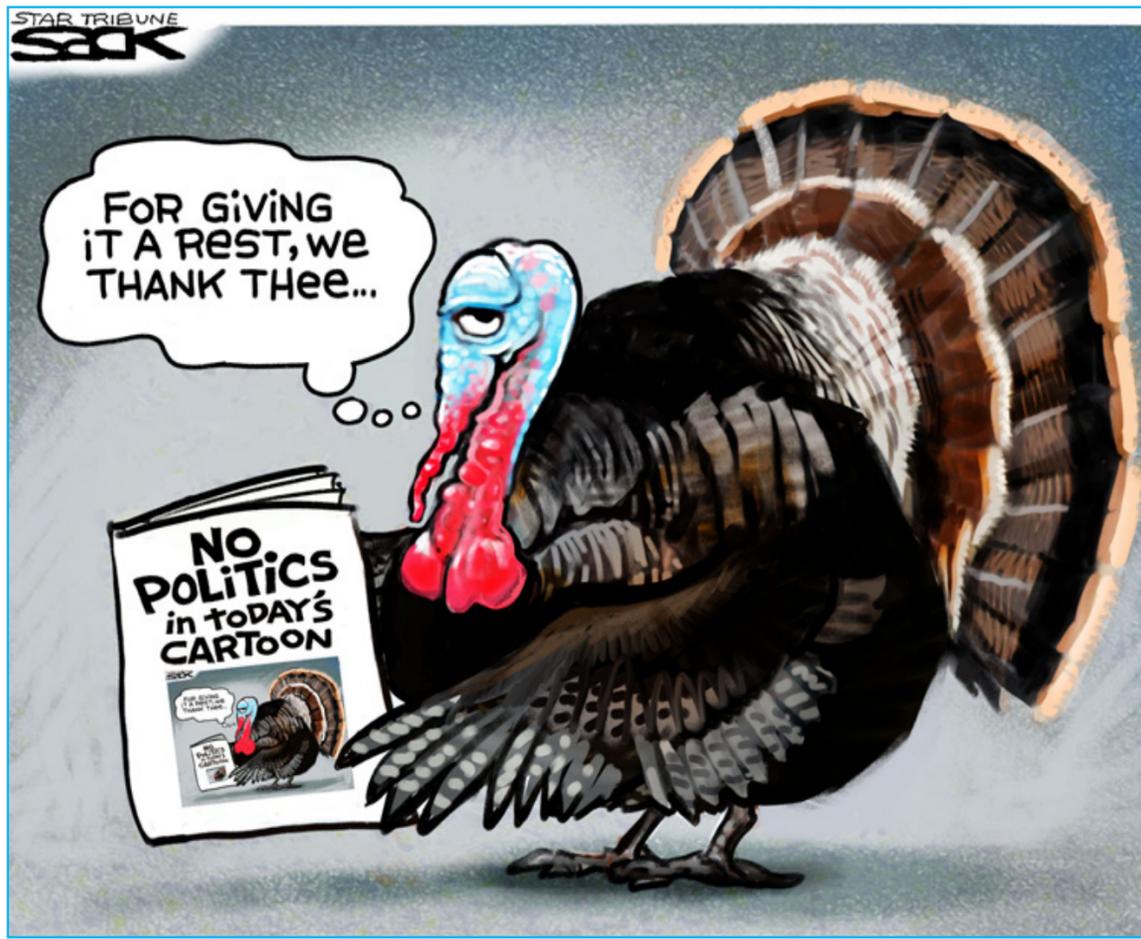
A Harris poll a few years ago revealed that Christmas is the favorite holiday of the year among all age groups of Americans, but we think that Thanksgiving, our uniquely American holiday, has much more to recommend it than Christmas. Thanksgiving has its roots with the Pilgrims, long before the concept of a United States had crossed anyone's mind. It always has been a secular celebration of peace and relaxation. It simply is a day to be grateful for what we have, however much that may be.

Thanksgiving is a day of no pressure. It is the ultimate family-centered holiday. It has no religious meaning, no national-celebration connotations, and no required gift-giving. It lacks the commercialism, solemnity, and political overtones of all of our other national observances. In a world where anxiety follows us 24/7, Thanksgiving provides a welcome respite from the commercialism that accompanies Christmas and most of our other holidays. There is no obligation to spend a lot of money (that many of us do not have in the first place) to buy the perfect gift in order to be the perfect spouse, or the perfect parent, or the perfect friend. Thanksgiving demands nothing more from each of us (other than for the person who is doing all the cooking!) beyond just showing up and enjoying the company of our family and friends and then having a great meal.

When we think of the Christmas vs. Thanksgiving debate, we think it's analogous to the late comedian George Carlin's skit about football vs. baseball (check it out on YouTube if you've never seen it). Football is the equivalent of war, while baseball is all about going home. Similarly, while Christmas epitomizes our hyper-capitalist, consumerist, and frenetic society, Thanksgiving is its antithesis.

Thanksgiving is a national celebration that serves to remind us how blessed we are at a time when circumstances are so cruel for so many others in a world in which there are more refugees than at any time since the end of World War II. Despite our own trials and tribulations, Thanksgiving reminds us how remarkably fortunate we are to live in this country. And in a day and age when so many of us are connected 24/7 to some instrument of communication, it truly is a relief to have a day when we can just shut it all off (other than perhaps watching a football game.)

We wish all of our readers a happy -- and restful -- Thanksgiving.



GUEST OP-ED

Bay Staters deserve opportunities to build a better financial future

By Jeffrey Rosario Turco,
and Francisco E. Paulino

Whether you grew up in Revere, Winthrop, Lawrence, Brighton, or Boston, every community in the Commonwealth values kitchen-table issues; an honest day's work, safe streets, affordable homes, good schools, access to quality and affordable healthcare, and the ability to earn a good living and save for the future.

Just last month, we were able to pass a historic Tax Relief Bill which will make the Commonwealth more affordable, competitive and equitable by putting real dollars directly back into the pockets of hardworking Bay Staters. Whether it's by increasing the child and dependent tax credit for families or lowering the capital gains tax so folks see more of their money when they invest in their Robinhood or Fidelity accounts, this legislation will provide immediate relief and opportunities for working class people fighting hard every day to make a living.

There's more work to be done. It's no secret that for much of this country's history, the financial system has been largely closed off to most Americans. Teachers, plumbers, steamfitters, steelworkers, nurses, members of the military, and men and women in uniform simply have not always had the same opportunities to save and build wealth as the one percent.

Until recently, owning stocks was largely re-

served for older, wealthy, and less diverse Americans, including those with the means to pay a financial professional to do it for them. Fortunately, recent innovations aimed at empowering a new age of investors tore down these barriers, reshaped our financial system, and paved the way for a massive influx of new investors into the stock market. These millions of new investors are younger, more diverse, and come from every community and every part of the country, including hundreds of thousands of people right here in Massachusetts.

Not only did this transformative shift expand access to the stock market for an entirely new generation of Americans, it has made finance and investing more approachable and relevant to millions of people who had previously avoided it because of its intimidating and exclusive nature. Today, technology has democratized investing with easy-to-use, low-cost mobile platforms like Robinhood that for the first time provide tools allowing ordinary Americans to save a little more, make a few extra dollars in income, and invest in great American companies they believe in, including companies that are based here in the Commonwealth. These new platforms have not only simplified the act of purchasing a stock, they've increased the overall relevance and interest in personal finance. Whether it's through podcasts, newsletters, or in-

app education modules, these platforms are using technology to communicate with and educate investors, making financial literacy more accessible by breaking-down complex concepts such as compounding and dollar cost averaging, as well as the differences between a traditional and Roth IRA and the implications of a 'wash sale' or capital gains.

We must encourage these platforms, who are uniquely positioned, with their reach and resources, to continue prioritizing financial literacy with the understanding that developing a new generation of informed investors will lead them to a more sustainable financial future. We also need to promote sound policies that will help keep these new investors involved for the long-term while protecting them from fraud and abuse. Unfortunately, recent efforts by financial regulators are threatening to throw these new investors right back out of the markets. At both the state and federal levels, securities regulators are considering new rules that, while intended to protect investors, would strike at the very heart of the online model most prefer to use to invest today. These rules could even make it impossible for financial providers to use the very same innovative technologies that have brought millions into the stock market in the first place. And they are likely to disproportionately harm

those underserved populations that for decades have been told they aren't smart enough or wealthy enough to invest.

We reject this narrative, as do many of our colleagues. We've personally spoken to our neighbors — construction workers in Lawrence, firefighters in Revere, cab drivers around Boston, and the staff here in the State House — many of whom tell us that they feel more empowered and equipped than ever before to make their own financial decisions. These are normal people who don't necessarily have the resources, the need, or the desire to completely turn the management of their finances over to expensive professionals. Instead, they've gravitated toward affordable and easy-to-use mobile platforms that allow them to take a more hands-on approach in managing their finances. These investors deserve strong, sensible regulations that protect them from fraud and abuse, but they also deserve the opportunity to participate fully in our financial system and achieve the American dream. We will continue to fight in the State House for policies that give our communities both.

Jeffrey Rosario Turco, Esq., is a State Representative, and represents the 19th Suffolk District and Francisco E. Paulino, is a State Representative, and represents the 16th Essex District.

LETTER to the Editor

TOYS FOR EVERETT CHILDREN EVENT

To the Editor,
We are having our annual "Toys for Everett Children" event on December 4 through December 9.

This has been an ongoing event at Everett Chiropractic for over 40 years.

Many patients have been asking if we are continuing this event and my answer is always a re-

sounding YES.

The original beneficiary of this event was the Toys for Tots that is organized by the Marines.

Over ten years ago my daughter, a teacher at a local elementary school, with tears in her eyes told me of some of her students at her school were not expecting much at Christmas. The actual conversation involved a kindergarten student in her class. The student

stated that her father told her Santa comes every other year and this was not going to be her year. That is when we decided to donate the toys we collect to a local elementary school. We make every effort to help families in need to have the help they desire.

Our patients, if they choose to, bring a unwrapped toy or doll to Everett Chiropractic Office and they will receive

a complimentary adjustment. New patients will receive a complimentary consultation and examination.

There is no pressure to participate in this event, this is something that is a personal decision and we respect each and every one.

We hope you and your family have a wonderful Thanksgiving!!!

Sincerely,
Brian L. Leahy, D.C.

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

Everett Independent

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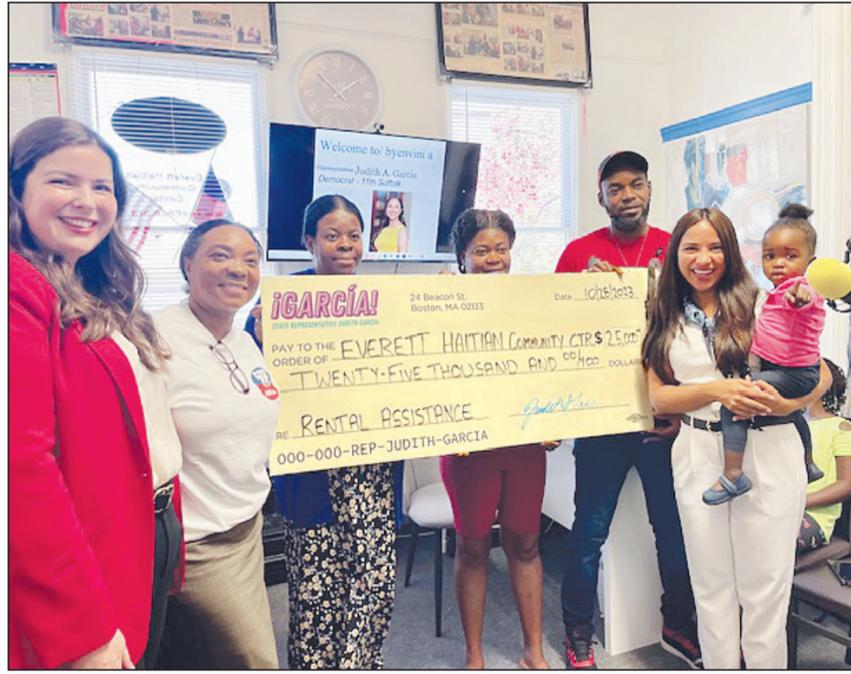
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HELPING THE HAITIAN COMMUNITY



COURTESY PHOTO

Shown (from left to right) are Taylor Sprague, Rep. Garcia Legislative Aide, Reverend Myrlande DesRosiers, community members, and Representative Garcia holding a child of a community member as they deliver the \$25,000 check to Everett Haitian Community Center.



EVERETT KIWANIS DONATES HATS AND GLOVES

COURTESY PHOTO

The Everett Kiwanis recently donated 480 hats and 480 sets of gloves to the students at the Webster School. The annual hat and glove donation is a Club tradition and is one example of the many ways the Everett Kiwanis gives back to the community. Present to make the donation were Kiwanis President Fred Capone, Secretary Matt Alphen, Former Lt. Governor John Mattuchio, and member Antoine Coleman. Student representatives were also on hand: from grade 5 - Charlotte Carback, Bailey Estrada Escobar, and Cameron Ramirez, from grade 4 - Samuel Cardello and Declan Clinch, and from grade 3 - Kenneth Ferullo and Franklin David. Interim Superintendent William Hart, Principal Chris Barrett, Teachers Samantha Grant and Devon Abruzzese, and School Committee members Jeannie Cristiano, Mike Mangano and Millie Cardello received the donation on behalf of the children and the school department.

SAINRISTIL IS A STAR IN MICHIGAN'S BIG WIN



COURTESY PHOTO

Former Everett High School football star Mikey Sainristil is pictured after he was interviewed on FOX TV following Michigan's 31-24 victory over Maryland Saturday. Sainristil had two interceptions in the game. Michigan (11-0) hosts Ohio State (11-0) in a battle of Big 10 unbeaten Saturday at noon.

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CITY OF EVERETT Carlo DeMaria Mayor

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ANY QUESTIONS - CALL 311 OR 617-394-2270

CITY OF EVERETT Carlo DeMaria Mayor

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THE "E" CLUB OF EVERETT HOLDS AWARDS DINNER



more than 350 students in the Everett school district.

Yasmine Laabadla, a senior three-sport athlete who is a member of several clubs and organizations at Everett High School. Ladbada's stellar leadership and contributions to the community at-large earned her the student Civic Achievement Award.

Richard Mangerian, a veteran of the U.S. Army and a graduate of Everett High and Northeastern University, who served as a teacher and principal at Parlin Junior High School. The late Mr. Mangerian's award was accepted by his daughter, Christine.

Dave Erlandson, a 1976 graduate of Everett High School who received a degree in electrical engineering from Wentworth Institute of Technology and a master's degree from Lesley University. He worked as master electrician for several years and later at Lesley University, initially as physical plant director before becoming the vice president of real estate and operations. He concluded his successful career at the Broad Institute in Kendall Square as senior director of facilities.

Christian Zamor, arguably one of Everett High's greatest all-time football players, was the recipient of the Bouvier Jewelers' Award as the most outstanding senior on the Crimson Tide football team. An Everett captain, Zamor will be continuing his career at Boston College. Everett head coach Justin Flores was on hand to personally congratulate Zamor on receiving the evening's major athletic award.

The "E" Club of Everett held its Annual Awards Dinner Nov. 15 at Spinelli's, Peabody.

The 'E' Club is a non-profit organization providing scholarship grants for Everett High School student-athletes. The organization is led by Executive Director Carl Colson and President Michael LaCourt.

Third Vice President Holly Garcia did an admirable job as the emcee of the speaking program.

Tony Massarotti, who is co-host of the No. 1-rated Felger and Mazz show with Michael Felger, on 98.5 The Sports Hub in Boston, was the guest speaker. Massarotti, an author of five books and former Herald and Globe sportswriter and columnist, showcased his incredible knowledge of the Boston sports scene (and his trademark wit) in his remarks. Massarotti also took questions from guests in the audience.

The E Club Citation of Achievement Award recipients were:

Stacy Poste Schiavo, the phenomenal former All-Scholastic EHS softball pitcher who has become one of the state's most successful softball coaches with more than 330 career victories. Schiavo was honored for her volunteer efforts at the Everett Grace Food Pantry during COVID-19 and helping to deliver desks to



E Club President Michael LaCourt welcomes guest speaker Tony Massarotti to the Awards Dinner at Spinelli's.



E Club President Michael LaCourt presents the Bouvier Jewellers Award to Everett High senior football captain Christian Zamor, who will be attending Boston College.



Everett High School softball head coach Stacy Poste Schiavo is pictured with her student-athletes who attended the 'E' Club Awards Dinner and congratulated their popular teacher and mentor on receiving a Citation of Achievement Award.



The Everett Cooperative Bank Charitable Foundation presents a \$25,000 check to the 'E' Club of Everett. From left, are former EHS football great Sandro Colarusso, Joe Sachetta, John Migliozi, Everett Cooperative Bank President and CEO Richard O'Neill, 'E' Club President Michael LaCourt, and Dennis Leonard.



Christine Mangerian and her husband, Paul Gumbrecht (left) accept the Citation of Achievement Award on behalf of her father, the late Dick Mangerian, former principal at Parlin Junior High School.

Have you scheduled your mammogram?

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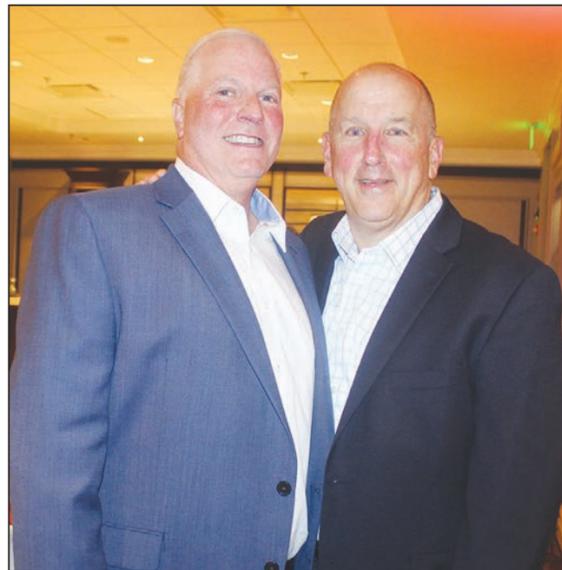
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Distinguished guests, among those pictured are Armando Leo, Peter Flynn, Ron Boudreau, Dave Wilcox, Richard Wilcox, Dennis Leonard, Richard O'Neill, John Ragucci, Al Poste, Vin Panzini, and Fred Cafasso Sr.

THE "E" CLUB OF EVERETT HOLDS AWARDS DINNER



Former Boston Herald colleagues, Everett resident Paul Perillo of Patriots Weekly and 98.5 The Sports Hub co-host Tony Massarotti, pictured at the E Club Awards Dinner.



E Club President Michael LaCourt, Citation of Award recipient Dave Erlandson, and E Club Executive Director Carl Colson.



Guest speaker Tony Massarotti greets Raymonde Sainristil, mother of Michigan football star Mikey Sainristil, who had two interceptions in Michigan's big win over Maryland Saturday.



Citation of Achievement Award recipient Stacy Poste Schiavo, with her sister, Wendy Poste, father, Al Poste, and her husband, Michael Schiavo.



Pictured at the 'E' Club of Everett Awards Dinner, from left, are Treasurer Daryl Colson, Executive Director Carl Colson, Patriots Football Weekly Editor Paul Perillo, Guest Speaker Tony Massarotti, Third Vice President Holly Garcia, President Michael LaCourt, and Vice President Dr. Paul Lucci.



Representing the Everett School Department at the E Club Awards Night Dinner are, front row, from left, Webster School Principal Christopher Barrett, Facilities Director Rob More-schi, Interim Supt. of Schools Bill Hart, and School Committee Member Jeanne Cristiano. Back row, from left, are School Committee Chair Michael Mangan, Lafayette School Principal David Brady, School Committee Member Millie Cardello, Communications Director David O'Connor, School Committee Member Jason Marcus, and friend.



Seated are Patricia Sacro, Sal Sacro, and Paul Lucci. Standing are Ward 6 Councilor Al Latanzi, E Club Third Vice President and Ward 4 Councilor-Elect Holly Garcia, and new EHS junior varsity girls basketball coach Alex Stempel.



Guest speaker Tony Massarotti (seated, front), pictured with Everett High School students at the E Club of Everett Awards Dinner at Spinelli's, Lynnfield.

EXCELLENCE IN THE EVERETT PUBLIC SCHOOLS

Grill Thrill: Burger Slider Challenge



Everett High School Culinary Arts students competed in a Burger and Slider Challenge.

Thanks to the American Culinary Federation (ACF), the Epicurean Club of Boston, and Schweid & Sons, Everett High School (EHS) Culinary Arts students competed in a Burger and Slider Challenge on Monday, November 6, 2023, inside the Crimson Cafe.

The event was developed by Tim Foley, the Vice President of the Epicurean Club of Boston, and his colleagues at Schweid & Sons, a family-owned purveyor of high-quality ground beef.

That combination, coupled with the skills and enthusiasm of the EHS students, made for a night of great flavor, creativity, and fun.

The winning burger was conceived and cooked by the team of Julia Azevedo, Jay Pineda Granados, Evily Andrade, and Derek Carreiro. The JJED Burger — named as such because it includes the first letter of the first name of the four team members — featured mozzarella cheese, herb

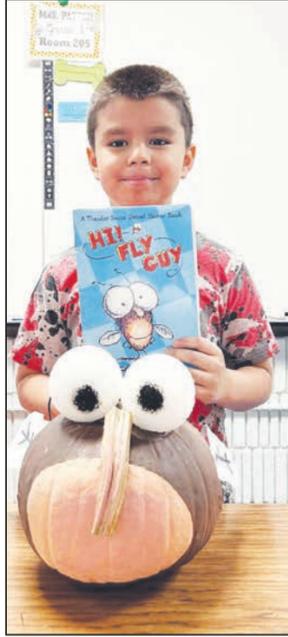
aioli with crisp chopped bacon, red leaf lettuce, sliced tomato, and caramelized shallots, and batata palha (fried straw potato crisps). The burgers were judged on taste, creativity, ingredients, and presentation.

Special thanks to our distinguished guest judges: Chef Tony Le, CEC; Chef Joseph Allison, CEC, AAC; and Steve Lawrence. Chef Le is the Executive Chef at The Country Club in Brookline and the 2023 ACF National Executive Chef.

Chef Allison is an instructor at Nashua Community College and the Executive Chef at the Nashua Country Club. Mr. Lawrence is the Business Development Manager for Cargill, a food and agriculture leader that serves customers and communities in 70 countries and regions.

Thanks to Culinary Arts Department Head Carolyn Parmenter and her team for creating high-visibility opportunities like this for our students.

A Whittier Literary Tradition



Whittier School third graders recently renewed an annual tradition by presenting their Pumpkin Book Reports to their teachers and classmates. Students developed detailed summaries of a book, using expressions and detailed artwork to create something far more dynamic than a traditional book report. A special "Thank You" to Whittier School teachers Lauren Patten, Beth Denish, Kim DiLeva, Audra Lessard, and Kelly Miller for leading the project.

Thanks, Mr. Coleman!

Director of Veterans Affairs Antoine Coleman spoke to Whittier School eighth graders on November 6, 2023. He talked about growing up in Everett, where he attended the Whittier School and Everett High, and about playing college basketball for Worcester Polytechnic Institute. More important-

ly, Mr. Coleman discussed his service in the United States Marine Corps, the opportunities the Military provided him, and the importance of Veterans Day.

Thanks to Mr. Coleman for his continued and unwavering commitment to our district and our students.



Veterans Director Antoine Coleman Talks to Whittier Eighth Graders.

Band Width: EHS Adds to its Honor Roll

Congratulations to the Everett High School (EHS) Crimson Tide Marching Band for another stellar performance — this time in the New England Scholastic Band Association (NESBA) Fall Marching Band Championships at Lawrence Veterans Memorial Stadium.

"It was the first official event I attended in my role as Interim Superintendent, and it did not disappoint," said William D. Hart. "The large contingent of relatives and band supporters who made the trip to Lawrence to cheer on our musicians only added to the excitement of the evening."

The Crimson Tide

placed 3rd in their division and earned a Gold Medal Rating, while Allison Solis Deras received the Best Drum Major/Student Leader Award to cap an excellent performance in Lawrence.

In addition to performing at Crimson Tide football games, the band's fall weekends are filled with NESBA competitions at venues throughout Eastern Massachusetts. The Music Department will also hold a series of free performances over the holidays and during the winter and spring of 2024 — starting with the Junior Band Holiday Concert on December 14, 2023, and the Holiday Gala on December 19, 2023.



Crimson Tide Earn Gold Medal Rating.

Everett Arts & Culture Events

JOIN the Everett Cultural Council!

The Everett Cultural Council is a volunteer group that works to foster creativity, diversity and an arts and culture renaissance in the city of Everett. There are openings for new members. For more info, please email ECC Chairperson Martha Chason-Sokol martha@mchason-sokol.com.

BE THE CHANGE!

Don't miss "Be The Change", the Sculpture exhibit is at Glendale Park until Dec. 15.



Just Over the Bridge

OPEN HOUSE and SMALL WORKS show Dec. 2 & 3 from 11am to 5pm At the StoveFactory Gallery 523 Medford St. Charlestown FREE Lot parking at 511 Medford St. Gate has sign- spots marked 511

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.

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

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

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

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

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

Zion Church - Everett

News and Notes

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

Zion Church Ministries via livestream on Facebook and YouTube.

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

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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Rev. Larry Russi, Sr.
Pastor
pastorlarry@
thelighthousechurch701.net**

Church at the Well Everett

News and Notes

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

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



Mammograms Save Lives.

All women over 40 should have a mammogram once a year. Breast cancer found early offers the best chance to be cured. Free or low cost mammograms are available.

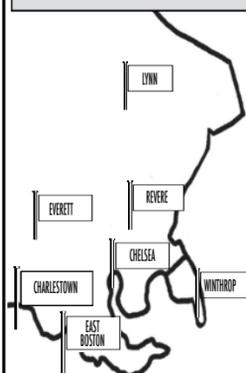
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Grace Anglican Episcopal Church

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**

OBITUARIES

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



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Cambridge, MA 02139-1732
617-349-4396

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

MAINE HUMAN RIGHTS COMMISSION
51 State House Station
Augusta, ME 04333
207-624-6050

MASSACHUSETTS COMMISSION AGAINST DISCRIMINATION
One Ashburton Place, Room 601
Boston, MA 02108-1599
617-994-6000

RHODE ISLAND COMMISSION ON HUMAN RIGHTS
180 Westminster Street, 3rd floor
Providence, RI 02903-3768
401-222-2661/62

VERMONT HUMAN RIGHTS COMMISSION
135 State Street, Drawer 33
Montpelier, VT 05633-6301
802-828-2480

NEW HAMPSHIRE COMMISSION FOR HUMAN RIGHTS
2 Chenell Drive
Concord, NH 03301-9053
603-271-2767

NEW HAVEN COMMISSION ON EQUAL OPPORTUNITIES
200 Orange Street, Room 402
New Haven, CT 06510
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FRESH AND LOCAL

Favorite kitchen tools

By Penny & Ed Cherubino

Some items we'll write about today may differ from what you think of as kitchen tools. However, if you watched Penny cook and looked at the equipment that is given counter space in our tiny kitchen, you might decide to add one or more of these to your holiday gift list for yourself or a favorite cook.

Voice Activated Assistant

Amazon's Alexa, Google Assistant, and Apple's Siri are examples of currently available voice-activated assistants. We use ours for a shopping list. When we see an item running low, we add it to our list. If it's not an urgent need, we might add the word "backup!" Penny checks this list every day before her morning walk.

When she's in the kitchen, Penny has her assistant play food podcasts. Create

a cooking playlist if you prefer music to information. Ed opts for news when it's his kitchen time.

If your assistant has a screen like an Echo Show or tablet, you can have it display a recipe. You can ask for help converting measurements, finding substitutions for ingredients, or adding timers or reminders for the foods you're cooking.

Blue Tape and a Sharpie

Other people call it "Blue Painter's Tape," but since we use it to keep track of food, we call it "Cook's Tape." If we open a carton of stock or a jar of roasted peppers, the date is added with a strip of blue tape before we pop the item into the fridge. When we freeze meals or ingredients, they wear a blue tape label.

We also use it to tape a plastic bag over the switches on a food processor or meat grinder when using them. It's easy

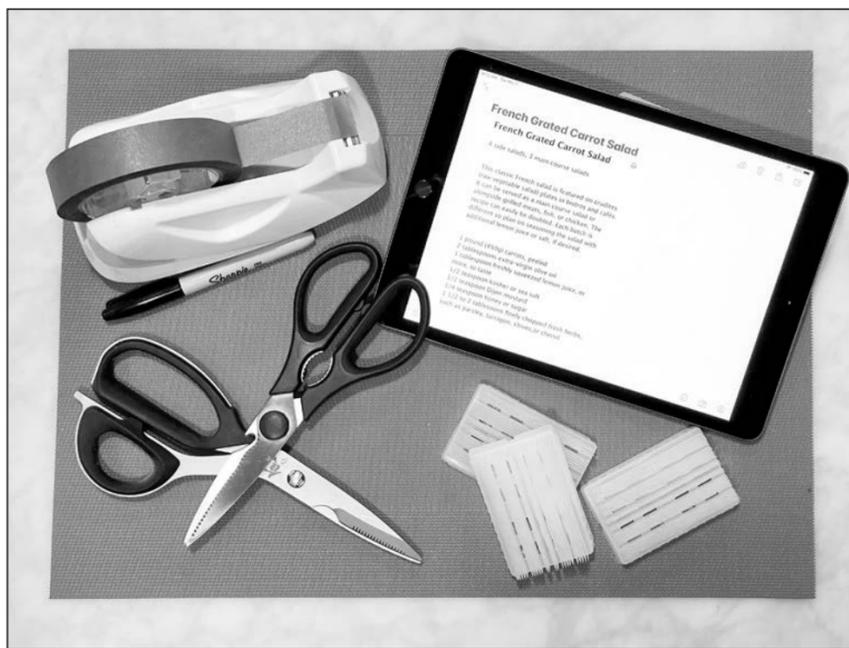
to operate the controls (even with messy hands) through a thin bag, and it keeps food out of the electronic connections and makes the appliance much easier to clean.

A piece of blue tape on the refrigerator door means there is something in there that should go out with the trash. On a bowl of tomatoes, it indicates which side to use first.

Scissors and Magnets

We have two pairs of kitchen scissors. One is a heavy-duty option for cutting through bones for a task like spatchcocking a chicken. The other is a sturdy but lightweight pair used so often that they reside in the dishrack. We use these to snip herbs or scallions or cut leftovers to top a salad without using a cutting board.

In addition to a magnetic knife rack to keep our knives safe and sharp, we use stick-on magnets to keep a can opener, box



You may think of these items as something other than kitchen tools, but we use them daily!

cutter, and tiny dustpan and brush handy on the side of the refrigerator.

Magnetic frames keep prints of Wendy MacNaughton chart illustrations from the book Salt, Fat, Acid, Heat on the front of our freezer for quick reference.

Surgeon's Brushes

Years ago, we discovered surgeon's brushes and soon found many uses

for them in the kitchen. We use them to clean our hands and nails before and after food prep. We buy ours from Lee Valley, where they are called "The World's Kindest Nail Brush" and cost about \$15 a dozen.

These gentle alternatives to rough scrub brushes also serve for cleaning mushrooms and root vegetables and even for gently removing stains on aprons

or dish towels. You may already have some of these items and use them as we do. If not, consider a few stocking stuffers or a useful upgrade to your kitchen tools.

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

MBTA releases Capital Needs Assessment and Inventory

The MBTA released its Capital Needs Assessment and Inventory (CNAI), an MBTA-led analysis conducted every three-four years to inventory the MBTA's assets, understand the overall condition of the transit system, and identify assets that are not in a State of Good Repair in order to determine the level of investment needed to support the existing network.

"Restoring reliability and ensuring safety are priorities as we rebuild MBTA infrastructure. Understanding and acknowledging the significant resources needed to bring our system to a State of Good Repair is just one step towards fixing our infrastructure to deliver more robust and frequent service. The MBTA is one of the oldest transit agencies in the country, and while there are a number of contributing factors, it's clear that years of underinvestment have added to the cost of bringing our system back to a state of good repair," said MBTA General Manager and CEO Phillip Eng. "Timely and appropriate actions are key to mitigating and avoiding more costly and potentially impactful efforts. Know that we are committed to aggressively

addressing our immediate needs – like the recent 16-day outage on the Ashmont Branch to perform track work – as we strive to deliver a modernized system to serve future generations."

The MBTA is among the oldest and most complex transit agencies in the United States with some assets that date back more than 50 years. All MBTA assets – facilities, vehicles, infrastructure, and more – have varying expected useful lives and all assets eventually require rehabilitation or replacement on a rolling basis. State of Good Repair (SGR) does not indicate the level of safety, but rather is representative of an asset operating at its optimal and expected level of performance. An asset "out of SGR" is more likely to require rehabilitation or replacement.

The CNAI is an exercise that helps the MBTA understand the magnitude of assets needs across the system at a single point in time. The SGR Index is calculated as part of the CNAI and aims to capture the baseline condition and estimated value for all assets that have been identified as out of SGR. While it does not reflect total project costs or the total

ity of capital investment that may be needed, both the CNAI and SGR Index help the MBTA develop strategies about where to allocate funding resources and make investments toward a modernized transportation network as part of the MBTA's rolling five-year Capital Investment Plan (CIP). In the MBTA's FY24-28 CIP process, State of Good Repair and Safety were the most important prioritization factors, making up half of a project's total weighted score.

The MBTA estimates the current overall SGR Index for assets in need of rehabilitation or replacement to be approximately \$24.5 billion. This estimate includes:

- Facilities: \$6.4 billion (35% of assets)
- Rolling Stock: \$2.4 billion (55% of assets)
- Equipment: \$52 million (28% of assets)
- Structures: \$5.3 billion (22% of assets)
- Signals – CR: \$1.3 billion (80% of assets)
- Signals – Transit: \$753 million (53% of assets)
- Track – CR: \$1.2 billion (9% of assets)
- Track – Transit: \$2.0 billion (89% of assets)
- Power: \$5.1 billion (76% of assets)

This estimated figure is an increase of \$14.5 billion from the last CNAI performed in 2019 and is driven by a number of factors, including:

- a more robust, comprehensive, and data-driven inventory approach that significantly increases the total asset count from approximately 59,000 to nearly 83,700. For example, the MBTA's power asset count significantly increased from 4,959 in the 2019 to 14,514 in 2023 because the previous inventory did not include certain cables, overhead catenary, the South Boston power station, emergency generators, or high voltage yards. A more sophisticated inventory of these assets is now included in the 2023 CNAI;
- significant infrastructure and construction cost increases driven by inflation and supply chain challenges;
- the continued aging of the MBTA's assets faster than they are being replaced due to years of underinvestment; and
- the length of time for capital investments to show improvements and be reflected in the CNAI. Many capital projects underway now are in varying planning, design, and construction phases. The

rehabilitation or replacement of those assets will be reflected in future iterations of the CNAI and SGR Index. Additionally, the cutoff for data to be included in this year's CNAI was in 2021 and some major investments since that time were not captured in this iteration of the CNAI.

The MBTA is already addressing many of the needs identified in the CNAI. For example, critical track work on the Red Line's Ashmont Branch and Mattapan Line was successfully completed over the course of a 16-day shuttle bus diversion in late October 2023 in which crews replaced nearly 5,000 feet of rail and 1,174 ties on the Ashmont Branch and nearly 4,700 feet of rail and 1,380 ties on the Mattapan Line, allowing for the removal of all speed restrictions in that area; 83 new bi-level Commuter Rail coach cars are currently underway to replace the existing fleet and increase system capacity; and Positive Train Control (PTC) implementation continues to advance on the Commuter Rail signal system.

Peer transit agencies across the country have launched similar exercises to identify and address their SGR needs.

Understanding the MBTA's SGR needs and the level of investment required to address them is a critical step toward improving the system. The MBTA is currently working to incorporate the findings of the CNAI into the capital project pipeline. The Asset Management and Capital Program Planning Departments are working together to institutionalize the use of condition, criticality, and risk scores to strengthen project development processes and capital investment decision-making. The Asset Management Department also continues to develop the asset inventory and build out additional data complexity to support ongoing analyses of the MBTA's capital needs. Ongoing and sustainable future capital funding sources will also be required to support safe and reliable service.

For more information, visit mbta.com or connect with the T on X (the site formerly known as Twitter) @MBTA and @MBTA_CR, Facebook / TheMBTA, Instagram @theMBTA, Threads @thembta, or TikTok @thembta.

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Why preventing diabetes should be a priority at all ages

By Dr. Donna O'Shea

More than 96 million Americans, or 1 in 3 adults, live with a potentially life-altering condition – yet many of them are unaware they even have it.

That condition is prediabetes, which in up to 70% of cases develops into diabetes. Today, more than 37 million Americans already live with diabetes, which if left untreated can contribute to a host of health issues, including heart disease, vision loss, nerve damage and more. In Massachusetts, 7.7% of adults over age 18 have been diagnosed with diabetes.

While the risk of developing type 2 diabetes increases with age, taking steps to avoid or more effectively manage this condition should be a priority for people of all ages. For November's American Diabetes Month, here

is important information to consider about this condition.

Types of diabetes: Diabetes alters the body's ability to create energy from the food you eat and can develop in three forms. Type 1 diabetes occurs when the body cannot produce insulin on its own, typically due to genetic factors. It accounts for approximately 5% of all diabetes cases, there is no known prevention and is typically diagnosed during childhood. Type 2 diabetes accounts for up to 95% of all cases and develops when the body can't use the insulin it produces, typically due to inactivity and poor nutrition. Finally, gestational diabetes may occur in pregnant women, often due to the hormones and weight gain associated with pregnancy.

Diabetes in children: While type 1 diabetes was historically known

as juvenile diabetes, that term is no longer truly applicable due to the surging prevalence of type 2 diabetes among children. One primary driver of this is the mounting rates of childhood obesity, which now affects 1 in 5 young people. It's important to note children are at a higher risk of type 2 diabetes if they have a family member with this condition, are overweight, don't get enough physical activity or have prediabetes. Type 2 diabetes in children can lead to an array of health issues in the short- and long-term, including depression, eating disorders, eye damage, heart disease and more. To help young people reduce the risk of developing type 2 diabetes, make activity a priority throughout the day. Whenever possible, go for a 15-minute walk after meals, as doing so can help the body move sugar from the blood into the

muscle cells to help avoid blood sugar spikes.

Diabetes in adults: The number of adults with diabetes has more than doubled during the last two decades. Living with prediabetes, being overweight, not getting enough physical exercise and being over age 45 all put people at greater risk of developing type 2 diabetes. For working-age adults with this condition, it's critical to consistently track blood sugar levels, ideally with a continuous glucose monitor. In fact, a growing number of health plans are starting to cover this type of technology, which uses a sensor, often worn on the abdomen, to continuously read glucose levels and transmit the data to a smartphone. Another important strategy for adults and children is to get a routine comprehensive eye exam, which can help diagnose diabetic retinopathy and help

individuals recognize the need to better control their blood glucose levels. Diabetic retinopathy may occur in people with diabetes and causes damage to the blood vessels in the retina, leading to blindness in some cases.

Diabetes in older adults: Nearly 30% of adults 65 and older live with diabetes, which increases the risk for certain cancers and cognitive impairment, such as Alzheimer's disease. Not only that, older adults with diabetes are more likely to develop certain vision issues, such as glaucoma and cataracts, and the condition may contribute to hearing loss by causing nerve damage in the inner ear. Staying active and eating a balanced diet is crucial, including a focus on consuming healthy proteins (chicken, fish or turkey), non-starchy fibrous vegetables (broccoli, green beans or

carrots) and a moderate amount of carbohydrates (brown rice, sweet potato or whole-grain breads or pasta). Interval eating may also be a strategy to consider, including waiting at least an hour after waking up to eat breakfast and avoiding food within three hours of sleep.

For many people, type 2 diabetes is largely preventable with lifestyle modifications, such as a nutritious diet, consistent exercise and maintaining a healthy weight. Understanding your risk factors and staying on top of your health – starting during childhood and as you age – may help you prevent or better manage type 2 diabetes.

Dr. Donna O'Shea, Chief Medical Officer of Population Health, UnitedHealthcare

MCGONAGLE RECEIVES AWARD AT IRISH CONSULATE



Shown (left to right) are Sean Getchell, Consul General Sighe FitzGerald, Councillor Martin Healey, and Rep. Joe McGonagle.

Last week, Rep. Joe McGonagle was presented with a Golden Bridges Award for stewardship of Boston-Irish partnerships from Donegal County Council, Derry City & Strabane District Council. The award was presented at the Irish Consulate ahead of the 15th annual Golden Bridges Conference.

"I am beyond honored to receive this recognition," said McGonagle. "I'm not sure my great-grandparents, who immigrated here from Donegal, could ever imagine their great-grandson would be in this position, and I never did either. I'm so proud of my Irish heritage and I love being apart of this community. I truly believe in the Boston-Irish partnership, so I love seeing all the work and progress coming from it. I'm so grateful to all those who made this possible, especially Sighe FitzGerald, Consul General of Ireland to New England, Councillor Martin Healey, Mayor of Donegal County Council, Máirtín Ó Muilleoir and all those at the Irish Consulate and Aisling Events. I also want to congratulate the others awardees especially my State House colleague Sean Getchell."

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EVERETT PUBLIC LIBRARY CALENDAR OF EVENTS

Parlin Adult and Teens

Yarn Club Parlin Fireplace Room. Tuesday, November 28th at 7pm. Come chit chat and stitch! Bring your crocheting, knitting, or any other yarn craft and sit and socialize with other members of the crafting community. Recommended for ages 14-109!

The Man Who Invented the Christmas Card, Parlin Meeting Room, Saturday, December 2nd at 11 am. Mr. Alan R. Earls tells the story of Louis Prang, an immigrant fleeing war-torn Germany, who came to Boston and invented Christmas Cards! Happy Holidays!

Origami Club. Parlin Fireplace Room. Saturday, December 2nd at 12pm. Come and practice the ancient art of paper folding. All ages and skill levels are welcome!

Parlin Childrens

Lego Club. Parlin Children's Room. Monday, November 27th from 3-5pm. Come to the Children's Room after school

on Mondays for some free-building lego fun. Open to all ages. Children under 6 years old must be accompanied by an adult. No registration required.

Storytime with Vera. Parlin Children's Room. Tuesday, November 28th at 12pm. In English or Portuguese by request. Visit the Parlin Library Children's Room to attend! Suggested ages 2-6.

The Poop Museum Parlin Meeting Room. Tuesday, November 28th at 3:30pm. Explore The Poop Museum for an intriguing, fun, and educational experience. Susie Maguire, a dedicated expert, shares her knowledge with children, offering surprising facts about human, animal, and insect poop. With a blend of science and humor, this museum is sure to make you laugh and learn.

Storytime and Sing-along with Karen, Parlin Children's Room. Wednesday, November 29th at 11am. Join us for a fun-filled morning of

singing and storytelling with Karen! Suggested ages 0-6.

Drama Class. Parlin Children's Room. Wednesday, November 29th at 3pm. Do you have a drama queen or king at home? Drama Class in the Parlin Children's Department is the perfect opportunity for your child to put those acting skills to use with our drama coach! Suggested ages 6-14.

City of Everett Annual Tree Lighting: Santa Claus at the Parlin Library. Parlin Fireplace Room. Friday, December 1st at 5 pm. All are welcome to join the City of Everett as Mayor DeMaria and family throw the switch and light tree in Everett Square to spread holiday cheer throughout the City! Enjoy arts and crafts and storytelling with Mrs. Claus while you wait for your turn to take a photo with Santa!

Shute Adult and Teens

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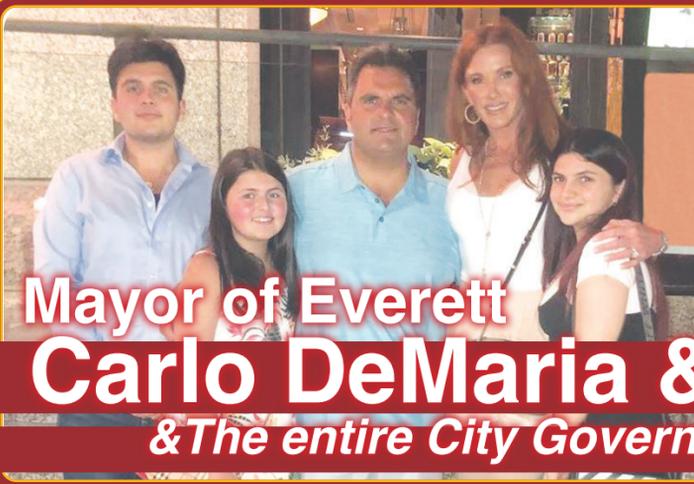
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Have a wonderful Thanksgiving!

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Sal DiDomenico
& Family**

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Councilor-at-Large

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Ward 3
City Council

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Judith Garcia
State Rep.
11th Suffolk

Everett Independent

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