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CHELSEA RECORD

YOUR HOMETOWN NEWSPAPER SINCE 1890

VOLUME 118, NO. 38

THURSDAY, DECEMBER 5, 2019

35 CENTS

Tree lighting set for Dec. 5

Staff Report

Reviving a tradition of old, the Chelsea Fire Department will provide a celebrity escort for Santa Claus to the Chelsea Tree Lighting tonight, Dec. 5, in Chelsea Square.

All are invited to attend the Chelsea Annual Holiday Tree Lighting Celebration on Thursday, December 5, from 5:30 to 7:30 p.m. in Chelsea Square. Presented by the City of Chelsea and the Chelsea Chamber of Commerce, the celebration brings two hours of family-friendly activities including music, dance, and crafts to Chelsea Square.

"The Tree Lighting is a long standing tradition in Chelsea," said City Manager Thomas Ambrosino. "Positive momentum is building around our downtown and this annual gathering has become a favorite to draw people to the area to shop, dine and gather with their neighbors."

This year's program includes performances by a choir from the Berkowitz Elementary School Chorus, Off Broadway Dance Studio, and DJ Sekayi with special guest Scooby. Telemundo's David De Matteis will join City Manager Tom Ambrosino to welcome visitors from the main stage. Decorate a gingerbread person to eat right away or bring home or stop by the activity tables. Free refreshments will be provided by Chelsea Chamber of Commerce businesses. Lots of community groups are helping out with the fun including the Chelsea Collaborative, Chelsea Public Library, Chelsea Youth Commission, CHS Interact Club, CHS National Honor Society, Chelsea Tree Board, the Environmental Chelsea Organizers of GreenRoots, Junior Youth Spiritual Empowerment Program, Hondureños Unidos de Massachusetts, Mystic United FC and The Neighborhood Developers.

Bringing back a tradition of years past, Santa is scheduled to make a dramatic entrance courtesy of the Chelsea Fire Department.

"The Chamber is excited for this time of year," said Chamber Executive Director Rich Cuthie. "In addition to serving our member businesses and supporting the general commerce of Chelsea, we strive to bring positive programming the whole community can enjoy."

TOYS FOR TOTS



Firefighters Carlos Carrasquillo, Bryan Bermudez, Phil Rogers, Andrew Ceratani and Ralph Pagan surround the box used to collect toys at Central Fire in the Toys for Tots program. The Department will collect toy donations through Dec. 13.

Chelsea Fire to collect again in Toys For Tots program

By Seth Daniel

The Chelsea Fire Department (CFD) will be collecting toys in the Toys for Tots program once again at the Central Fire Station.

Donations are encouraged from now until Dec. 13 at the Fay Square station, with new, unwrapped toys being accepted seven days a week from 8 a.m. to 8 p.m. Toys cannot be violent, such as toy guns, squirt guns or violent games.

"We're always surprised by how many toys come in," said Firefighter Phil Rogers. "People in Chelsea are unbelievably generous and all the firefighters here donate too. However, the citizens of Chelsea are unbelievably generous year in and year out. Really, on

this and in any fundraising we do, they are amazing."

Toys for Tots is a program of the U.S. Marines and the basic mission is to collect the new, unwrapped toys and distribute them to less fortunate children on Christmas. The primary goal, according to the program, is through the gift of a new toy, to bring the job of Christmas and send a message of hope to America's less fortunate kids.

Rogers cautioned that the Fire Department is not distributing toys and don't have the permission to do that. He said to contact a social worker, pastor or community liaison to sign up, although this year's sign up deadline has passed. Another resource for those looking for gifts could be the Salvation Army on Chestnut Street.

Chelsea High School to host Winter Concert on Dec. 11

Chelsea High School will hold its Winter Concert on Weds., Dec. 11 at 7:30 p.m. at the school auditorium.

Performing Arts Lead Teacher Pete Pappavaseliio said the concert will be a fundraiser for the Chelsea High Student Homeless Fund. Proceeds will go toward families in need during the holidays.

The CHS Concert Band, Jazz Band, Beginner Band, Percussion Ensemble, Cantata (school choir) will take

the stage during the concert.

Eighty-five CHS students will perform, a high turnout that reaffirms the Chelsea schools' tradition of having an excellent music education program where students can advance their talents and begin to appreciate the performing arts for a lifetime.

Pappavaseliio said the doors to the show will open at 7 p.m. The suggested donation is \$3 per person.

Officials, Bourque hail landmark education bill

By Seth Daniel

Longstanding money troubles in the Chelsea Public Schools look to be something of the past after Gov. Charlie Baker signed off on a landmark education funding bill last week – legislation known as the Student Opportunity Act.

This week, Sen. Sal DiDomenico – who has labored tirelessly to pass some form of education funding reform over the past five years – along with State Rep. Dan Ryan and Supt. Mary Bourque said the bill was historic and would be everything Chelsea needed to fix its budget problems.

"It's a home run; it's everything we were looking for and wanted and the timeline is good because it ramps up to over a seven-year period for funding," he said. "The commitment financially is significant. These numbers that will be

coming are game-changing for Everett, Boston and Chelsea. The signing of this bill will be a day we look back on and say it was a day that all children were guaranteed an opportunity to succeed. This was historic. It really was. It's something that we've all been wanting for a very, very long time...After today, no longer will your zip code be a hindrance to getting the resources you need to get a great education."

Bourque – who sat on the same panel five years ago with DiDomenico – said she has not quit smiling since the Nov. 26 signing.

"We always talk about 1993 education reform and the inflow of money and how historic it was, but now we'll be talking about the 2019 Student Opportunity Act and the investment of money from it," she said. "More than the money, though, it's a value statement. There is a mor-

al imperative our entire State Legislature got behind. When you have all the legislators making a value statement with each of their votes, it's historic. I'm still smiling and so proud of the moral imperative for education that everyone got behind...When you know what is right in life, you fight for what is right."

State Rep. Dan Ryan said the bill will solve a lot of the issues that have plagued Chelsea for years in its school system.

"Chelsea, along with other Gateway Cities, had been disproportionately underfunded by the old formula," he said. "This bill will go a long way in addressing some of those disparities. Increased funding for English learner students and other programs that particularly effect urban districts will also help close the achievement gap

See FUNDING Page 2

Education dollars will be used to restore, then to dream

By Seth Daniel

There have been a lot of deferred dreams, and shelved plans, in the Chelsea Public Schools over the past five years while the district struggled continuously with funding.

Now, with millions promised to the schools from the state over the next seven years, Supt. Mary Bourque said the new administration will likely restore what was lost, and then focus on the dreams

they had to defer.

"I do imagine the first year or two will be put-backs," she said, "because a lot of what we did was cut support services for our very needy students because you don't want to cut classroom teachers. It's going to be multi-pronged in terms of strategic spending. At the same time, it's the innovative things we want to do again."

Plans in the Student Opportunity Act call for more than \$1.5 billion to come to

schools throughout the next seven years, and Chelsea is slated to reap many benefits from that plan. Over the past five years, as changes to the formula for funding were made, many cuts had to be made to social workers, special education services and librarians.

Bourque said she looks forward to seeing the district be able to fund "aspirational urban education" in the near future.

See USES Page 2

TEMPLE HOLDS DONOR LUNCHEON



Temple Emmanuel recently held its annual Donor Luncheon at the Continental, Saugus. In the top photo Front row, Phyllis Vigoda and Penney Gaman. Back row, Dotty Novak, Cathy Novak, Stephanie Blomberg, Susan Novak, Ronda Winer, and Joan McKinnon. In the bottom photo Front row, Edythe Shuman, Shirley Kaplan, Gloria Gerrig, Gloria Glazer, Elaine Finklestein, and Lillian Bockser. Back row, Amy Torf-Feinberg, Beverly Feinstein, and Megan Mooney.



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NEWS Briefs BY SETH DANIEL

PLASTIC BAG BAN COMING SOON

The City will officially ban plastic bag sales in the City on December 17. As of that date, retail establishments will no longer be able to utilize plastic bags for packaging of goods to customers at checkout. The goal of the ban is to improve the environment and to eliminate litter in the City. The City will be providing businesses with a supply of reusable bags to begin with. Questions can be directed by email to Fidel Maltez at Fmaltez@chelseama.gov.

BREAKFAST WITH SANTA

The annual Breakfast with Santa, sponsored by the Chelsea Chamber, will take place for the 15th year at the Williams School on Dec. 7, 10 a.m. to 1 p.m. There will be free breakfast and free pictures with Santa (for children 12 and under).

SCHOOL COMM. CONSIDERS INDIGENOUS PEOPLES' DAY

The School Committee is preparing to vote

on a resolution Dec. 5 that would call for changing Columbus Day in the schools to Indigenous Peoples Day. The matter was put before the Committee last month by Member Kelly Garcia. The matter is, as stated, to let the “community of Chelsea to take a step forward in studying, honoring and celebrating the people Columbus enslaved and terrorized.”

The matter is on the agenda for discussion and action at the meeting.

STATE REP. DAN RYAN OFFICE HOURS

State Rep. Dan Ryan announces Office Hours will be Friday, Dec. 13, from 10-11 a.m. at the Chelsea Public Library, 569 Broadway.

Office Hours provide an opportunity for Chelsea residents to meet personally with the State Representative in Chelsea to discuss a legislative issue or to request assistance with a government agency.

Spanish translation also available. Any questions please call the State Representative (617) 722-2060 or email Dan.Ryan@MA-house.gov

COLLABORATIVE GALA DEC. 18

The Chelsea Collaborative will celebrate 30-plus years of community service and social justice at their annual 2019 gala on Dec. 18.

The Collaborative will host the event from 5:30-8:30 p.m. in the Emiliana Fiesta, 35 Fourth St.

THANK YOU TO MARY BOURQUE

The Chelsea Public Schools will host a Thank You Celebration for Supt. Mary Bourque on Thursday, Dec. 12, at 5 p.m. in Chelsea High School.

Suggestion donation is \$25 and all proceeds will go to the Chelsea Education Foundation for the arts programs in the schools. RSVP by Nov. 30 to vdvermedina@Chelseama.gov.

CHS WINTER CONCERT

The Chelsea High Winter Concert is coming up on Weds., Dec. 11, at 7:30 p.m. in the CHS Auditorium. This year is going to be a special show because it will be the last in the auditorium before the lighting system is completely renovated, and because the concert will be a benefit show for the CHS Homeless Student Fund. Students really wanted to show that music and art can make a positive difference in the community by holding this concert. The suggested donation at the door is \$3 and all proceeds will go to this charity, in order to help provide for CHS students and their families in need during the holiday season.

The acts performing that night will be the CHS Concert Band, Beginner Band, Jazz Band, and Percussion Ensemble, all under the direction of Shannon Chick, and the Cantare, under the direction of Cole Lundquist.

Uses/

Continued from Page 1

One thing Bourque said they always wanted to do was create an interpreter pathway at the high school for kids to get certified in language interpretation.

“Why not have our students graduating Chelsea High with a certification in interpretation?” she asked. “That can give them a great part-time job as they go to school. That’s an aspirational piece. We would be graduating students that wouldn’t have to take a minimum wage job to pay for college.”

Another deferred dream was to expand the Caminos dual-language program from elementary to middle school.

“We’re helping our students emphasize their second language and that’s an asset and a marketable asset,” she said.

She said they had always wanted to extend the early college program to the middle school, but in the form of early high school. That would allow some middle school students to begin taking high school courses so that they could be on a path to being able to take early college when they hit the high school ranks. That, she said, would make it more attainable to hit the goal of having Chelsea High students graduate with an Associate’s Degree from Bunker Hill Community College already in hand.

“There are so many things we’ve wanted to get fast-tracked on and this money will be the aspirational piece that allows those things to happen,” she said.

Funding / Continued from Page 1

between urban and suburban districts. I also, want congratulate and thank Superintendent Bourque for her steadfast advocacy over the years, both at the State House and in the neighborhood, she never failed to seize the opportunity to push for an education bill from the legislature. The case she made for Chelsea schools helped pave the way for this bill to become a reality.”

That praise for Bourque was echoed by DiDomenico – who said she had become the standard-bearer on Beacon Hill for the education funding reform effort in the past five years.

“Mary Bourque was invaluable in working with the Legislature,” he said. “She is a leader in the state and I can’t say enough how respected she is at the State House. Everyone looks to her to validate what we’re doing up there. She does her homework and knows how everything intertwines and intersects.”

The bill was signed at Boston’s English High School on Nov. 26 with numerous dignitaries and elected officials in attendance. After the bill passed both the House and Senate last month, there was quite a question mark as to whether Baker would sign it. That all changed last week when he made the plans to sign it at English High.

“I am pleased to sign legislation aimed at providing students across the Commonwealth with the opportunities and resources they need to succeed including accountability measures that are essential to supporting underperforming schools,” said Governor Charlie Baker. “This funding builds on the over half a billion dollars in new Chapter 70 funding our Administration has supported since taking office. We thank our partners in the Legislature for their hard work and we look forward to implementing this legislation for every child in every school district in Massachusetts.”

The bill has had many attempts at passage, but failed on a number of occasions for various reasons. DiDomenico – who started his journey serving on a diverse education funding committee almost five years - said it succeeded this time because everyone was on board and no one had to vote against their best interests.

“There were no loopholes or things that made it hard because members had to vote against their community,” he said. “The vote was unanimous. Even the governor couldn’t go against it. This is unprecedented that everyone who voted on the bill, all the unions, all the School Committees, and all the superintendents – everyone was on the same page due to how important this bill was. It was very, very unusual.”

Over the next seven years, the state has committed to investing \$1.5 billion into public education, and with inflation factored in, about \$2 billion. The plan will roll out with increases in the Chapter 70 education formula increasing – in addition to other things within the bill that will increase funding.

In Chelsea, it is estimated that by year seven, more than \$75 million will be coming into the district due to the landmark legislation. The numbers are not yet fixed, and they will be



Supt. Mary Bourque and State Sen. Sal DiDomenico at the Student Opportunity Act signing on Nov. 26 in Boston.

incremental, but eclipsing \$75 million is expected for the Chelsea Public Schools.

But beyond the typical Chapter 70 state education money, Chelsea will also benefit from other fixes in the bill. That included fully funding the Charter School reimbursements to the district.

By state law, a district is reimbursed for any student that leaves the public school for a charter school. Those reimbursements are 100 percent funding in the first year, and then 25 percent of the funding for five years after. The state had been reimbursing districts, but not at the full level required by the law.

Additionally, school districts will see increased reimbursements for transporting students to out-of-district special education placements. It also raises a cap on state funding for school building projects by \$150 million from \$600 million to \$750 million; and creates a grant fund for innovative educational approaches.

A major promise in the bill for Chelsea and other Gateway Cities is the call to solve the problem with undercounting low-income students – known now as economically disadvantaged. For the past four or five years, such students in Chelsea were not fully counted, and that resulted in the loss of millions of dollars in school funding. The problem came in that the criteria for determining economically disadvantaged didn’t fit many of the students in Chelsea – resulting in many low-income students not being counted and resourced appropriately in the schools.

Within the bill, the fix to the problem is called for by the Fiscal Year 2022 budget – which is about 18 months away. The upcoming budget year, Fiscal Year 2021, will feature a temporary funding fix for the problem, but a permanent fix will be identified by a task force and implemented the following year.

“That was a change that really hit Gateway Cities like Everett and Chelsea – and the plan to fix it is in the final bill so we will have an accurate count of all economically disadvantaged kids in the district,” DiDomenico said. “We have had amendments to fix it the last two years for the Senate, but never a permanent fix. This has the fix so that there will no longer be a gap between what we have and what is counted. That’s a big part of why the funding numbers jump so high in Everett and Chelsea.”

Money is expected to start coming down to the districts next year in the Fiscal Year 2021 Budget, which Gov. Baker is expected to file sometime in late January or early Feb-

ruary. Each year will see things grow incrementally until year seven hits the full amount promised.

“The ramp up with this bill fill start showing up in next year’s budget,” said DiDomenico. “The amount we’ve talked about for the district will be out in year seven, but every year leading up to it will see big increases. Many have asked me when they’ll start seeing money come into the district. The answer is it starts next year.”

That said, the education funding money doesn’t just roll into Everett come what may. There are strict accountability measurements that are required to get the full funding. If students don’t perform well, not all of the funding will be delivered.

The bill requires school districts to develop three-year plans to close achievement gaps using evidence-based programs and supports, such as expanded learning time, increased counseling and psychological services, professional development, expanded early learning and pre-kindergarten, early college and career readiness pathways, and a more diverse teacher workforce.

The Commissioner of Elementary and Secondary Education will establish statewide targets for addressing persistent achievement gaps among student groups, and will review each district’s plan to ensure it sets measurable goals for student improvement, with credible strategies for achieving them. Districts must amend any plan deemed by the Commissioner not to conform with these standards.

The bill also requires the Secretary of Education to collect data on student preparedness for college and career success by school district and high school, including student participation rates in college and career readiness programs, college acceptance and graduation rates, as well as the percentage of students in internships and earning industry-recognized credentials.

DiDomenico concluded by saying it will be important to make sure the funding program isn’t derailed by economic downturns or other budget priorities. At the moment, he said everyone is on board with that.

“The House and Senate are on record saying the one thing that won’t be lost if there are ebbs and flows in the economy is education,” he said. “We are committed to making sure education is held harmless for funding.”

Said Bourque, “If the last five years have taught us anything, it is to be relentless and determined – scrappy Chelsea people who accept only the best for our children.”



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Patrice Montefusco, Treasurer/Collector

Property Location: 99 BEACON ST

Assessed Owner (s): PAMASS LLC

Subsequent Owner: (if applicable)

Tax Bill#: 248 Map/Parcel ID: 18-0063

A parcel of land with any buildings thereon, containing approximately 3000 square feet of land and being a part of the premises recorded at Suffolk Registry of Deeds in Book 55724 Page 0325

2019 REAL ESTATE TAXES:.....6546.63

SPECIAL ASSESSMENTS:.....62.30

ADDITIONAL CHARGES:.....45.00

INTEREST:.....765.50

TOTAL AMOUNT DUE:.....7419.43

Property Location: 82 MARLBORO ST

Assessed Owner (s): PAMASS 2 LLC

Subsequent Owner: (if applicable)

Tax Bill#: 4402 Map/Parcel ID: 39-0087

A parcel of land with any buildings thereon, containing approximately 3519 square feet of land and being a part of the premises recorded at Suffolk Registry of Deeds in Book 57390 Page 0116

2019 REAL ESTATE TAXES:4444.99

SPECIAL ASSESSMENTS:.....66.33

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INTEREST:.....546.31

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TEMPLE EMMANUEL HOSTS DONOR LUNCHEON AT CONTINENTAL RESTAURANT

Photos by Cary Shuman

Temple Emmanuel recently held its annual Donor Luncheon at the Continental, Saugus.

Temple members and guests had a delicious, catered lunch and dessert before enjoying musical entertainment by vocalist Brian Corcoran.

Temple President Sara Lee Callahan thanked the members and guests for their continuing support of the temple.



Front row, Irena Malachowski, Claire O'Brien, Dorothy Kushmerek, Annette Gold, and Sandra Padulsky. Back row, Beverly Lizarbey, Mary Atkins, Becky Swope, and Cindy Millman.



From left, Shirley Sowsy, Laura Kanter, Sandy Aronson, and Selma Gronich.



Front row, Sharon Minkovitz, Carole Turransky, Stacey Libman, and Robyn Milbury. Back row, Carol Bourne and Temple President Sara Lee Callahan.



Front row, Barbara Kamens, Gerrie Dubie, and Renee Cohen. Back row, Charlene Kamens Finkle, Judy Weiss, Rena Goulde, and Natalie Mason.



From left, Myrna Freedman, Sandy Aronson, Marilyn Winer, and Rabbi and Cantor Oksana Chapman.



Front row, Ruth Baker, Bertha Doyle, Regina Kaufman, and Rena George. Back row, Mollie Weisberg, Carol Levine, Linda Dall, Sandy Levin, and Janice Doherty.

Federal court sentences men smuggling methamphetamine

Two Chelsea men were sentenced this month at federal court in Boston for their role in a large-scale methamphetamine trafficking and money laundering ring operating between Massachusetts and California.

Russell Ormiston, 51, was sentenced by U.S. Senior District Court Judge George A. O'Toole Jr. to two years in prison and three years of supervised release. In March 2018, Ormiston pleaded guilty to conspiracy to distribute and possession with intent to distribute 50 grams or more of methamphetamine.

Steven Beadles, 60, was sentenced by Judge O'Toole to five years in prison and five years of supervised release. In June 2018, Beadles pleaded guilty to one count of conspiracy to distribute and possession with intent to distribute 50 grams or more of methamphetamine with intent to distribute.

In November 2016, Ormiston, Beadles and nine co-defendants were charged with various methamphetamine offenses relating to a transnational trafficking scheme.

Beginning in at least 2013 and continuing to November 2016, Ormiston and Beadles were involved in a conspiracy that transported methamphetamine from San Diego, Calif., to Massachusetts, where it was distributed in the Greater Boston area. Proceeds from the sale of that methamphetamine were then transported and/or transferred back to California and laundered in various ways.

On Jan. 7, 2016, approximately 434 grams of methamphetamine that had been shipped from California

to Beadles's residence was seized. Beadles admitted that he received this package on behalf of a co-conspirator, that he knew prior to the drugs being seized by law enforcement that the package contained methamphetamine, and that he intended to purchase some of the drugs so that he and Ormiston could resell the drugs to their customers.

Beadles admitted that Ormiston carried out various tasks on his behalf. Among other things, Beadles directed Ormiston to pick up methamphetamine from his supplier and deliver methamphetamine to customers. Beadles, however, retained the responsibility for negotiating the purchase and sale prices for the drugs.

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Shand, Inez J	Agri Santo A Est	40 Woodlawn Ave	\$507,000

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R E C O R D

PRESIDENT: Stephen Quigley

EDITOR IN CHIEF: Cary Shuman

WE ARE DRINKING, DRUGGING, EATING, AND STRESSING OURSELVES TO DEATH

Okay, we know it is the holiday season -- a time for good cheer and all that.

But the results of a report issued last week by the Centers for Disease Control reveal a disturbing and dangerous pattern in the United States: The life expectancy of the average American has declined in the past few years, reversing the general trend of the past 130 years of an increase in our collective longevity.

Although the decline in life expectancy has been most acute in poorer parts of the country, it cuts across all socio-economic groups.

There are many specific causes that the researchers point to as contributing to the downward trend, such as the opioid crisis, which tragically has cut short the lives of tens of thousands of our fellow Americans in the past decade.

There also has been an increase in the use -- and abuse -- of alcoholic beverages, which have been labeled a Class 1 carcinogen by the World Health Organization.

Our poor eating habits also play a large role in shortening our lives.

As a recent article in The New York Times noted, "Obesity is a significant part of the story. The average woman in America today weighs as much as the average man half a century ago, and men now weigh about 30 pounds more. Most people in the United States are overweight -- an estimated 71.6 [percent] of the population ages 20 and older, according to the CDC. That figure includes the 39.8 [percent] who are obese, defined as having a body mass index of 30 or higher in adults (18.5 to 25 is the normal range). Obesity is also rising in children; nearly 19 [percent] of the population ages 2 to 19 is obese."

The ads for fast-food restaurants, primarily shown during college football games, that show those close-up photos of tantalizing double-bacon cheeseburgers topped with onion rings, are an open invitation to heart disease, cancer, and diabetes.

Although the researchers note these cause-specific reasons for many early deaths in the U.S., the statistics suggest that there is something more going on that is not readily-apparent.

Depression and loneliness have risen at alarming rates. It is said that loneliness is as bad for our physical health as smoking two packs of cigarettes per day.

The national suicide rate -- the ultimate expression of depression and despair -- has risen alarmingly by 30 percent in the past decade. Even if we do not commit that ultimate act of ending our lives quickly, our lifestyles are contributing to our shorter national life span.

So here's our holiday message:

Don't drink -- and certainly don't do drugs -- and watch what you eat.

But most important, get together with your friends, family, neighbors, and co-workers. Isolation is bad for our health, and just as we have to make an effort to exercise and eat right, we also have to make an effort to get out of our homes and socialize.

It truly is a matter of life -- or death.

Forum



IT'S BEGINNING TO LOOK A LOT LIKE...

LETTER to the Editor

Dear editor,

Vaping by youth has become what the U.S. Surgeon General calls an epidemic and many people are working to find solutions. I'm asked frequently what can be done to turn the tide, and now new resources are available to educate youth and help those who want to quit vaping.

Sadly, many youth are unaware of the facts about and the dangers of vaping. To help, the Massachusetts Department of Public Health developed a campaign designed for youth found at mass.gov/vaping. It provides facts and materials for young people that compare vapes and ciga-

rettes: both put nicotine and cancer-causing chemicals in their body and both are highly addictive and dangerous for young people.

The vaping epidemic has led parents, schools and youth-serving organizations to struggle with how to help youth who are addicted to nicotine and want to quit. Now, two new free programs, This is Quitting powered by truth® and My Life, My Quit, are available to help Massachusetts youth become nicotine- and tobacco-free.

Quitting vapes or other tobacco products can be hard. Here are some ways you can help young people

get the support they need:

- This is Quitting powered by truth® is a free and confidential texting program for young people who vape. Text "VapeFreeMass" to 88709. In partnership with the Massachusetts Department of Public Health.
- My Life, My Quit has youth coach specialists trained to help young people by phone or text. Young people can call or text "Start My Quit" to 855-891-9989 for free and confidential help. or sign up online at mylifemyquit.com.
- Visit teen.smokefree.gov for tools and tips.
- Encourage young people to ask their school nurse or counselor, athletic coach,

doctor, parent or other trusted adult for help.

• For more information, young people can visit mass.gov/vaping.

• More information for parents/adults is available at GetOutraged.org.

Talking with young people about vaping is essential—youth need to know that vaping is harmful and that help is available for those who want to quit. Visit GetOutraged.org to learn more or contact me at eduran@hria.org.

Edgar Duran Elmudesi
Metro Boston Tobacco-Free Community Partnership

GUEST OP-ED

A holiday strategy

don't need it! Who does?

People literally go crazy eating during the holidays eating "pounds" of candy, cookies and eating the dining room table. You don't have to eat the kitchen just because you can. Make a determination now how you are going to conduct your eating this holiday. You can have a good plate of food and even splurge on a dessert without busting your waistline. You don't need three plates of food and four desserts. You'll be glad if you approach the holidays with some discretion or you will be sad and feel bad in January if you eat your head off. Now, don't be mad at me because you have total freedom on what you put in your mouth.

Participate in Christmas. It's more fun if you participate in life. Visit some elderly people who can't get out much. Visit the nursing home. People are lonely in those places. Last Christmas Eve my wife and I went to the local nursing home and visited the residents. Not one room in that nursing home on Christ-

mas Eve had any family or visitors. It was a very sad, lonely place. If you want to feel good, do good. Take some of your food and give it away before Christmas. Don't take people leftovers. Maybe there is a family or two that you might help in some tangible way? Think about it and God will lead you with some good charitable ideas.

This year remember who and what the seasons are about. Focus on Joy, Peace and good will toward all. Say good words to people. Be Kind. Wish the best for others. Help others if and when you can. Don't say

bad things about people and give people second chances.

Make your holiday strategy today for a season of gladness.

Music by Glenn Mollette through iTunes and all music dealers

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

By Dr. Glenn Mollette

The holidays can be glad, sad or bad. Take your pick and choose a direction.

I choose glad. Who wants to be sad and who needs bad? I don't want either one and neither do you. There is enough in life that confronts us every day that has the propensity to get us down.

Don't go crazy eating this holiday. I hear every year from people who say, "I'm going to eat whatever I want during the holidays and I'll change in January." These are the people who gain five to 10 pounds between Thanksgiving and New Year's Day. There are reports that some people only gain a pound during the holidays. You and I know better. I know personally that I have gained ten pounds during the holidays. My scale might be off a pound or two, but it does not lie. The sad staggering number tells me what I don't want to see and there have been times it has been bad and sad! Who needs to start January 2020 ten pounds heavier?!! You

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Massport employees honor veterans at Soldiers’ Home by giving back

The Massachusetts Port Authority (Massport) is honoring veterans by giving back to those who served our country. Over a hundred employees donated their time and delivered hundreds of personal care items for veterans at the Soldiers’ Home in Chelsea. Some of the items they needed include toothpaste, shampoo, cleaning supplies, socks, and winter clothing.

“We don’t take for granted what veterans have done and continue to do for our country and our communities,” said Massport Director of Community Relations Alaina Coppola. “Veterans Day is a time to reflect and honor their sacrifice and service. The items we delivered are just a small token of our gratitude, appreciation, and support.”

“Today, we give back to those who have selflessly served their country,” said Massport Director of Diversity & Inclusion/Compliance Kenn Turner. “We want our veteran brothers and sisters to know that they are not forgotten, despite the physical, mental, emotional, and financial challenges they face.” Turner, a retired U.S. Navy Captain who served as the Commonwealth’s Deputy Secretary for Administration & Finance for the Department of Veterans’ Services, is also a member of the Soldiers’ Home’s Board of Trustees.

Established in 1882, the Soldiers’ Home in Chelsea offers residential and long-term care programs to eligible Massachusetts Veterans. The Soldiers’ Home is a state-funded, fully accredited health care com-

plex that offers veterans quality care, full-time residential accommodations and a multi-service outpatient department. They are committed to excellence in care for those who are in need now and in the future.

“On behalf of the Board of Trustees, we thank Massport and its employees for their support,” said Chelsea Soldiers’ Home Superintendent Cheryl Lussier Poppe. “Donations like this allow us to focus our resources on the critical care programs that we provide to our veterans. The men and women we serve and care for are grateful for this generosity.”

Massport employees also wrote letters to say thank you to veterans.

The Massachusetts Port Authority (Massport) owns and operates Boston Logan International Airport, pub-



Pictured fourth from left: Eric J. Sheehan, Deputy Superintendent, Chelsea Soldiers’ Home; Cheryl Lussier Poppe, Superintendent, Chelsea Soldiers’ Home; Jake Dalton, U.S. Army Veteran; Kenn Turner, Massport’s Director of Diversity & Inclusion/Compliance & Audrey Nagle, Massport’s Manager of Charitable Giving Programs with staff at the Chelsea Soldiers’ Home.

lic terminals in the Port of Boston, Hanscom Field, and Worcester Regional Airport. Massport is a financially self-sustaining public authority whose premier transportation facilities generate more than \$22 billion annually, and enhance and enable economic growth and vitality in New England. For more information, please visit massport.com.

NASA astronaut speaks on the opportunities of vocational education at Northeast Metro Tech

The skills students learn and develop through a vocational education can take them anywhere -- even to outer space, according to a visiting speaker at Northeast Metro Tech today.

NASA Astronaut and Ret. Navy Capt. Scott Tingle, a Massachusetts native and alumnus of Blue Hills Regional Vocational Technical School in Canton, visited students on Tuesday, Nov. 26, and shared his journey from studying machine drafting as a high school student to being accepted to NASA's 2009 Astronaut Class.

"We're incredibly thankful that Capt. Tingle visited us today and shared the journey he took to succeed in his lifelong dream of becoming an astronaut with our students," Principal Carla Scuzzarella said. "It's incredibly inspiring for our students to hear from a Massachusetts native, who

graduated from a vocational school not far away and achieved everything he set out to do by working hard and persevering."

Principal Scuzzarella reached out to Tingle and NASA with the goal of scheduling the visit after hearing that he had recently visited Blue Hills Vocational Tech. Students and staff were also assigned to read "Hidden Figures: The Untold True Story of Four African-American Women Who Helped Win the Space Race" By Margot Lee Shetterly this summer, making his visit timely for the entire school community.

"It's important for students to feel empowered to pursue their passions and interests, and to understand the many options available to them," Superintendent David DiBarri said. "Hearing from Capt. Tingle was a wonderful opportunity for students to meet and hear

from a living example of the valuable skills and potential a vocational education provides, and it was a really meaningful experience for our school community."

During his presentation, Tingle showed a video with various clips of his time at the International Space Station during Expedition 54/55 from Dec. 17, 2017 to June 3, 2018, including video of him performing maintenance, lab work for various experiments and views of earth and space.

He also emphasized to students how his vocational education gave him a foundation that he used throughout his career as an astronaut, in particular the benefits of understanding how machines and systems work, and the procedures with which to fix a problem.

"Vocational training, I can tell you from experience, it's invaluable," Tingle said. "You get to work

with tools, you get to work with people, you get to learn how systems work...There are a lot of people out there that don't have those skills. You're very lucky to have those skills...I remember sitting in the same position you are in, in your school, trying to get your reports done, getting up before the sun is up. It's critical to get that foundation."

Tingle also told students about NASA's current plans with the Artemis program, showed students photos of various geographic locations on Earth from space and answered student questions. After his presentation, approximately 25 students and staff lined up to shake his hand, ask a question or take a photo.

"You never want to give up," Tingle encouraged students. "You want to go to your grave knowing you tried as hard as you could."



COURTESY PHOTO NORTHEAST METRO TECH
NASA Astronaut and Ret. Navy Capt. Scott Tingle visited students at Northeast Metro Tech on Tuesday, Nov. 26.

Cohen Florence Levine Estates residents collect hundreds of items for homeless veterans

This holiday season the residents and staff at Cohen Florence Levine Estates assisted living joined together to collect over 200 items for homeless veterans. These personal care items and clothing, which included such essentials as hats, gloves, towels, toothbrushes, deodorant and lip balm, were donated by residents, families and staff members for the third consecutive year.

“Our assisted living residents wanted to find a way to give back to the community, especially to our veterans,” explains Yari Velez, Executive Director of Cohen, Florence, Levine Estates, which is operated by Chelsea Jewish Lifecare. “We felt that it’s vital to

pay tribute to the men and women who courageously serve our country. It is our hope that these donations capture the spirit of the holidays and the season of giving.”

The drive also marked a very special collaboration with Melissa Rabideau Garvin, founder of So Sexy Garvin, a team that honors Melissa’s late husband LPCL Edward Garvin. Eddy, as he was known to family and friends, was killed in Iraq thirteen years ago. He had only been in Iraq for 28 days when he lost his life. Melissa, who met Eddy when she was seven years old, wanted to honor Eddy’s memory by collecting donations for homeless veterans during

the holiday season. She started sending boxes overseas when Eddy was first deployed and has continued to send packages to the troops as well as distribute a huge number of goods on a local level. The items collected by both the residents and Melissa were donated to the New England Center for Homeless in Boston.

Ottavia Turner, a resident at Cohen Florence Levine Estates, was excited to participate in the collection drive. In fact, she solicited donations from her entire family, including children, grandchildren and cousins. As Ottavia said, “We want to express our gratitude to our nation’s heroes who have so bravely served this country.”



Pictured (left to right) Ruth Kreisman, Ottavia Turner, Charlotte Moses, Joan Goldstein, Ethel Coen, and Charlie Kanters.

Your opinions, please

The Chelsea Record

welcomes letters to the editor. Our mailing address is 385 Broadway, Revere, MA 02151. Our fax number is 781-485-1403. Letters may also be e-mailed to editor@chelsearecord.com. Letters must be signed. We reserve the right to edit for length and content.

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Sports

CHELSEA HIGH SCHOOL FALL SPORTS AWARDS NIGHT

The Chelsea High School athletic program honored the athletes who participated in the fall sports season at an awards night in the school auditorium.

Director of Athletics Amanda Alpert presents individual awards to the athletes, along with Commonwealth Athletic Conference All-Star certificates and pins, captains' pins, letters and individual sports' pins.

First-year athletes received T-shirts. Second-year athletes, received sports gear bags. Third-year athletes received jackets. Fourth-year athletes receive plaques.

The coaches from the various fall sports also attended the program.



The Chelsea High School boys soccer team, pictured with head coach Mick Milutinovic, and assistant coaches Dave Boldur and Ever Barrera at the CHS Fall Sports Awards Night.



CHS cheerleaders, seniors Estfani Yanes, Iraidalyz Diaz, and Nudalyze Quintana.



Girls soccer players Stefany Castillo, Kathleen Menendez, Marissa Rivera, Lisandra Molina, Alejandra Ponce, Danali Mejia, and Carolina Bonilla.



Boys soccer players Delmer Romero, Darwin Tupul, Alex Uceda, Frankie Suarez, Erik Barahona, Oliver Romero, and Dave Motta.



Cross country runners Jazmany Reyes and Limilson Tavares, pictured at the CHS Fall Sports Awards Night.



Volleyball players Leslie Santos, Hailey Nolen, Kerstin Sabillon, and Angeline Nguyen.



Football players, from left, Carlos Pesante, Jabes Escalante, Rico Flores, Kevin Flores, and Kevin Hernandez.

CHS Roundup

CHS FOOTBALL TEAM PLAYS WELL IN 6-0 LOSS TO BRIGHTON ON THANKSGIVING

Although the Chelsea High football team came up on the short end of a 6-0 decision to Brighton High on Thanksgiving Day at a chilly, rainy, and windy Chelsea Stadium, CHS head coach Rasi Chau was pleased with his team's effort.

"Unfortunately it was not the outcome we wanted, but I am very proud of how my boys played against Brighton," said Chau. "All week we talked about how big and physical Brighton is and it showed at the end. My staff and I preached to all of our players that we needed all 11 bodies to the ball on every play and they did it."

The Red Devils, adhering to the game plan and game-calling devised by offensive coordinator Michael Jackson, accumulated 267 yards of total offense, but could not take advantage of their scoring opportunities.

"Michael called a great game against them, but we couldn't capitalize when we were in their red

zone," said Chau. "We had dropped balls, interceptions, and fumbles that killed us and you can't do that against a well-coached team like Brighton. I have to give Brighton High coach Abrams credit for stopping us from scoring."

Chau lauded the play of CHS quarterback Richard Flores.

"Our signal caller, junior quarterback Richard Flores, did a great job moving the ball on offense for us. Our offensive line also did a good job giving time for Richard to pass the ball when needed," said the coach, who noted the performance this season of freshman running back Herman Esquivel, who finished the season with 729 total yards.

"Defensively we made a lot of very important stops against them," Chau continued. "One bad tackle in the fourth quarter led to their longest drive, which was a 43-yard screen pass, and they scored a few plays later. A lot of guys stepped up on defense, especially sophomore linebackers Gary Giron and Daniel Lopez."

"This was best game we played all year," Chau added. "They played together and played like family."

Tuesday night's game versus the Carolina Hurricanes turned out to be a 'numbers' game for the Bruins. First up was the final score of 2-0 in favor of Boston. Seeing the final score, one would think that it was an easy game for the Bs, rather than the hard fought defensive game it was. Two goals in the final five minutes of the game, just a bit over a minute apart, from Charlie Coyle and David Krejci, his 200th career goal, pushed the locals' winning streak to eight games, and continued their season opening streak of not having lost a single game at home – in regula-

BRUINS Beat by Bob Morello

Bruins playing with confidence

tion time.

Next up goaltender Jaroslav Halak, played in his 500th game, making his presence known by stopping all 24 Hurricanes shots, to earn his 49th career shutout and improve his record to 7-1-3. Head coach Bruce Cassidy heaped praise on Halak stating, "He battles hard in there. In my opinion, he's a number one goalie in this league, and he's proven that. He plays great for us, gives us a chance to win every night. So for us, for a coach, for players out there, knowing it doesn't matter who goes in the net, you're going to get quality goal-

tending."

Cassidy also had some kind words for Krejci on scoring his 200th career goal, "I'm happy for him. He's an unselfish guy, would rather pass first anyway, look after his teammates that way. Nice goal to score, going to the net too. Both of them were like that eventually, we got some separation. Took us a while, but tight checking game, so good for David. Good guy, good pro, good teammate. Happy for him."

Patrice Bergeron was missing from the lineup for the fifth straight game, since suffering a lower body injury. It was odd not

to see a goal from David Pastnak, who has been on a hot streak that has produced 25 goals (28 games), but in his defense, his scoring ability has put a bull's-eye on his jersey, and teams are now targeting and double-teaming him more often and physically.

Third-period heroics are becoming commonplace for the Bruins, as they seem to be able to muster a second effort and create an attack to earn a win or a tie late in the game. Cassidy summed it up with, "It shows that we're conditioned, and we have will,

See BRUINS BEATPage 11

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NEWS FROM AROUND THE REGION

DEMARIA ANNOUNCES PLAN TO REDUCE REAL ESTATE TAXES

EVERETT - City officials were expected to endorse a plan to invest \$7 million into tax relief at the City Council Monday night – a plan that would allow residential tax bills to decrease by about 3.5 percent on average despite double-digit value increases in those same properties.

Based on the estimated rates, single-, two- and three-family owner-occupied homes will all see average reductions of 3-4 percent on their tax bills. This despite the fact that assessments on one-, two- and three-unit properties increased between 10 percent and 11percent for FY 2020 - reflecting continued strength in the real estate market.

On Monday, Nov. 25, Mayor Carlo DeMaria and his finance team were expected to present recommendations regarding the tax rate, which included the use of available funding sources, the Minimum Residential Factor (MRF) and the Residential Exemption.

Everett, along with many nearby cities and towns, adopts a split tax rate, shifting the larger percentage to the city’s industrial and business sector, and thereby reducing the MRF, effectively easing the burden on residential taxpayers. This does not change the total tax levy for the community; however it simply determines the share of the levy to be borne by each class. In addition, state law allows cities and towns to offer a discount to owner occupied residential properties.

Based upon his recommendations, the estimated rate for FY 2020 would be \$10.64 (per thousand) for residential and \$24.72 (per thousand) for commercial, both decreases from last year. The tax bill is figured out by applying the above tax rates to the total value of the property, per thousand, to find the amount owed in tax.

The Mayor recommended utilizing \$7 million in Free Cash to reduce the burden on taxpayers and shifting the Minimum Residential Factor by 1.75 percent, the maximum allowed by the law and the most beneficial to residential taxpayers.

In addition, Mayor DeMaria proposed a 25 percent residential exemption. The Mayor is an advocate of the exemption noting the need to keep residents invested in their homes, neighborhoods and city.

“The homeowner exemption is a great way for the city to keep good people in Everett,” said Mayor DeMaria. “With more owner-occupied property, we’ll have less absentee landlords and more hard working people proud to invest back into their community.”

The Mayor and his administration were able to achieve these great results through strong leadership, conservative budgetary management, responsible financial forecasting, and ensuring fiscal responsibility.

LOOKING AT ENCORE

EVERETT - Police Chief Steve Mazzie said any criminal activity or arrests that have happened at Encore so far are not outside of anything they expected, and that none of the activity is spilling over to the neighborhoods.

Recently, two Boston media outlets – as well as the Independent - analyzed arrests and crime at Encore since the June 23 opening,

and found that there were 161 people arrested and/or summonsed through October.

But Chief Mazzie said it wasn’t anything they didn’t expect, and it certainly isn’t anything that is affecting any other part of the city.

“There was an increase in crime and calls for service because prior to June 23, a casino didn’t exist there,” he said. “In fact, nothing existed there. Do we have calls for service? Are we having some crime, more drunk and disorderly charges? Yes, but it’s really nothing out of the ordinary and something we expected from our research before the opening based on the numbers going there. The problems that are there are really, to us, minimal.”

Encore Boston Harbor said it takes the safety of its guests seriously, and was glad that the collaboration of security, Everett Police and State Police were being pro-active.

“The safety and security of our guests are taken very seriously at Encore Boston Harbor,” read a statement from the casino. “We have a zero tolerance policy regarding any violation of law or inappropriate behavior and work side-by-side with law enforcement to ensure any individuals involved in such behavior are immediately removed from the resort and handled appropriately by Everett or State Police.”

More importantly, Chief Mazzie indicated that there has been no crime associated with the casino spilling out into adjacent neighborhoods of Everett. “We anticipated more calls for service, but the question is what is an acceptable number in calls for service,” he said. “There has been no spillover we know of. Right now, maybe we’ve had a couple of minor car accidents. In other parts of the city, like in Everett Square, you don’t even know the place is there. There have been no impacts.”

The State Police, in a statement, said they didn’t believe crime was spilling over, and said it is important to keep the arrests in context with the numbers of people visiting.

“It is important to keep the enforcement statistics in context of the huge volume of visitors to the location,” read the statement from Spokesman David Procopio. “Another important factor for consideration is whether, generally speaking, criminal offenses are contained to the property or spill into the surrounding community. Our partners at the Everett Police would be the best source of information on this question, but in our experience, illegal activities on the property have, generally, not crossed over into the neighborhoods around the property.”

Most of the crimes found by a report by Channel 5 Investigates included many disorderly conduct charges and assault charges. One charge included a registered sex offender who was “upskirting” (taking pictures up the skirt of a woman) a woman who was gambling, while another charge included a loaded firearm found in an untended purse.

The Independent also received crime data from the State Police, and noted that most of the incidents happened between midnight and 4 a.m. Almost all of those arrested were from Massachusetts, with only one person from out of the country and only a few from out of state. For whatever reason, a good many residents from Lynn had been arrested.

Surprisingly, there weren’t many arrests for car breaks, something many

figured would be a given.

Mazzie said he didn’t consider much of what has taken place there in five months out of the ordinary, and compared it to the opening of any type of mall or even the summer rush on Cape Cod.

“Really, our officers have been goodwill ambassadors just trying to help people who are having a good time and some who have had a little too good of a time,” said Mazzie. “It’s similar to Cape Cod when it swells with people in the summer. What do you think happens to their calls for service in the summer? They go way up. Then it slows down once the season moves to the fall and winter.”

Right now, the Massachusetts Gaming Commission (MGC) has hired an analyst to work with the State Police and Everett Police to document a baseline of crime in Everett before the casino. That analyst and police will continue to monitor reported crime as time goes on, with a report on the effects of the casino to come out yearly. Already, MGM Springfield and Plainridge Park have had such reviews, and Encore would likely have one at this time next year.

“We’re taking it month to month and we’ll see what each month and each new season brings,” said the chief. “I think it will take a while to see the real impacts it will have here.”

The State Police Gaming Enforcement Unit (GEU) assigned to Encore Boston Harbor is a task force comprised of State Troopers and Everett Police Officers. The goal is simple — to enforce the law to maintain a safe environment for the employees and patrons of the casino and to assist in preserving the integrity of the gaming operation. The Troopers and Officers in the unit received training in best practices related to casino security and policing. GEU members are first responders to any emergency incident on casino property, and conduct follow-up investigations for any potential criminal act on the property. MSP Troopers and Everett Officers are supplemented on the casino floor by private security employed by the casino.

CONCERNS EXPRESSED OVER CONTRACEPTION PROPOSAL

LYNN -Parent, students, and health care workers were present at the school committee meeting to voice their concerns surrounding the Lynn Community Health Center Contraception Availability Proposal. The topic arose last spring, when the Lynn Community Health Center approached Lynn Public Schools, demonstrating a plan to make birth control pills, condoms, and Depo-Provera, a contraceptive injection, available to high school students.

The committee agreed to approve the plan with the stipulation that the parental consent form is updated and an administration rollout plan is developed. Currently, the Community Center is only allowed to educate students and send them back to the main health center where they can get more information. With the plan adopted, the health center staff will be able to offer birth control and condoms after a student is thoroughly interviewed. Parents can opt in or out on the consent form that will be sent home.

After receiving parent and community feedback over the past few months, the committee was armed with knowledge on the topic, and prepared to tackle

appropriate questions. One of the major concerns from parents and committee members was the promotion of birth control.

“We aren’t just handing out condoms from a fishbowl in our office, we are educating students on healthy relationships,” said Julie Chan, Pediatric Nurse Practitioner who work for the Community Center at Lynn Tech. “We encourage them to ask their parents first, talk to their families and doctor, if that doctor is not one of our staff members.”

During the decision making process, the Community Center staff goes through the students’ medical history, past medications, family medical history, as well as educating them on healthy relationships.

“We go through the pros and cons of what they decide and we assess for healthy relationships. Safety is the first priority and we make sure that they don’t feel like they are being guilted into having sexual intercourse. The conversation always starts about where they are learning about relationships from and hopefully, they are getting this information from their parents and not from movies, television and the internet.”

Chan clarified that the visit is not a simple 15-minute interview, and instead, it takes several hours and even days to assess a student for safety and readiness.

“When a child approaches us and they are already sexually active, that is when we feel the need to keep them safe by providing them with birth control and condoms. They are already doing these things and they are asking us for help with protection of pregnancy or STDs.”

In the month of September alone, Chan witnessed 21 cases of chlamydia, a sexually transmitted disease. Last year there were 57 pregnant minors in Lynn, 12 percent of which were second pregnancies.

Chan confirmed that the parents are contacted if she feels that there is a safety risk.

“I have called parents when a kid has asked me to help them talk to their parents about these services,” she said. “We try to encourage these things. We are encouraging these kids to be adults, to come to school on time, to do their homework, all these things. And when we tell them that we are not allowed to give them birth control, we are creating a roadblock for them.”

Another major concern of parents is the side effects of birth control pills on students who have allergies or are on other medications.

In most cases, the student’s Primary Care Provider (PCP) is a staff member of the Community Health Center, and electronic records can be checked to review other medications or allergies. In the event that the PCP is outside of the network, staff members call the PCP with the student’s consent.

“There are very few contraindications to birth control,” said Medical Team Lead for the School-Based Health Center Program, Linda Galligani. “If the child is unclear on their medical history, we call their out-of-network PCP to answer any questions, and in the majority of cases, the students have no problem with us doing this and they are typically in the room with us when we call their doctor. We will also conduct checkbacks to see if the student has any side effects.”

Another major concern of the program is the clarity of the consent form.

“I want to make sure that

everyone is aware of what we are going to offer in our schools,” said school committee member, Michael Satterwhite, who shared that he is the brother of a teen parent. “I’d like to see the family planning portion of this communicated on the consent form that gets sent home. Sex is an adult thing that comes with emotions and baggage, so I want to be sure we are sending accurate information home and conveying this to the parents.”

Currently, there are eight full service school based health centers in the Lynn Schools, staffed with behavioral health counselors, medical nurse practitioners, and professionals qualified to prescribe medication. Last year, the community center conducted 9,000 visits with students, dispersed 3,000 immunizations, and immunized 1,300 students. The majority of students go to the community center to visit their Primary Care Physicians (PCP) for regular visits, saving parents both work and travel time. The Community Health Center cares for 42,000 Lynn residents and is present in 17 of the community’s schools. There are 50 staff members who serve the full medical team that works in the schools, providing a professional level of care that is credentialed at both the state and federal level.

Prior to the plan being put into effect, parents, teachers and students can get more information regarding healthy relationships at: <https://kidshealth.org/>.

‘RICK’ PROMISE DIES AT 68

REVERE - Richard “Rick” Promise, an institution in the community for decades through his outstanding coverage of the Revere City Council and community events for Revere TV, died on Nov. 21, 2019. He was 68 years old.

Rick was a popular fixture in the Revere TV control room during City Council meetings, often interacting with councillors, who respected his professionalism and the excellent production work by the TV station that airs meetings live for viewing by Revere residents.

The City Council, acting on a motion by Ward 2 Councillor Ira Novoselsky, will pay tribute to Rick Promise with a plaque that will be placed in the City Council Chamber adjacent to the TV production room. Council President Arthur Guinasso requested a moment of silence for Rick Promise at Monday’s Council meeting.

Bob Dunbar, executive director of Revere TV, said Rick worked at the station since its inception in 2008 (and prior to that for KBLE TV, Revere), with the coverage of the City Council one of his main responsibilities.

“I can say Rick’s dedication to covering those meeting was amazing,” said Dunbar. “I can honestly say that in the entire time that I can count on two hands at most the times he might have missed covering a meeting.”

As Senior Center Director Stephen Fielding so eloquently stated on a tribute page and a fact affirmed by Dunbar, Rick Promise was a welcomed visitor at all events at the Senior Center in addition to his work covering important citywide events on Memorial Day, and Veterans Day.

With a zest for media and owner of warm, outgoing personality, Rick enjoyed each day at Revere TV and residents would greet him warmly when he showed

up to cover events.

“Rick was a very nice, very sweet guy,” said Dunbar. “He was great to work with. Everyone got along really well with Rick, who was 100 percent dedicated to Revere TV. He loved Revere TV and media in general. He had nearly 25 years of community media experience between KBLE and Revere TV. He was definitely a fixture of the community and will be missed by the Revere TV staff, the Revere TV board and everyone that he came in contact with.”

Dunbar noted that in addition to Rick’s devotion and support of Revere TV and his wife, Kristine, he was an active member of the Knights of Columbus and the Immaculate Conception Church.

Rick was installed as the Lecturer for the Revere Knights of Columbus Lodge at a dinner he attended in September.

Grand Knight John Verengia said Rick had been involved in the Lodge for the past five years.

“Rick had three major things in life: his faith, his family, and his work,” said Verengia. “He was a very gentle man with a big heart.”

The Knights of Columbus will be holding a Mass in Rick’s memory at the Immaculate Conception Church on Dec. 10 at 7:30 a.m.

POWERS MONITORING AIRBNB

REVERE - Ward 5 Councillor John Powers said he is monitoring the situation regarding the Airbnb (short-term rental) regulations being proposed for the city.

“What I’m concerned about is a non-resident purchasing a two-family home and converting it solely for use as an Airbnb property,” said Powers.

At Monday’s City Council’s meeting, the Council approved a motion co-sponsored by Council President Arthur Guinasso, Ward 1 Councillor Joanne McKenna, and Ward 4 Councillor Pattrick Keefe that Mayor Brian Arrigo request the City Solicitor to revise Boston’s short-term rental ordinance and make those regulations applicable to Revere.

Powers aired concerns about short-term rental properties in an interview after the meeting.

“Number 1, the city currently has no way of knowing if these properties are hard-wired with regard to smoke and carbon monoxide detectors,” said Powers.

“Also I am concerned that the hotels in the city are losing business to short-term rental properties, and as a result, the city is losing revenue that would normally be collected as a room excise tax,” added Powers.

The longtime councillor, who was re-elected on Nov. 5, intends to monitor the progress of the proposed ordinance in Revere to assure that these properties (Airbnbs) meet all the safety requirements. Powers expects the city of Revere to have its own set of Airbnb ordinances ready for a vote by the City Council early in 2020.

FLYERS MAKING APPEARANCE AGAIN AT SCHOOLS

WINTHROP - After a hiatus of flyer distribution in the schools, the committee has agreed to allow the dissemination of flyers alerting students of activities

Metro News //CONTINUED FROM PAGE 8

and events in town.

In the past, the policy did not prohibit flyer distribution due to legal liabilities surrounding advertising. The new policy will ensure that students have equal and fair access to community groups that can be conveyed on flyers and distributed to students twice a month.

The school committee has outlined proper protocol for organizations to follow, limiting the types of outside agencies that may use the schools for the distribution of literature and information.

The following organizations are allowed to share flyers within the district:

Non-profit organizations that provide services or support for children and families within Winthrop

Community organizations that provide services or support for children and families within Winthrop

Public agencies and bodies that provide services or support for children and families within Winthrop

Organizations interested in dispersing flyers in the district, must give seven days' notice and will need to satisfy the following provisions of M.G.L. Chapter 55, the new campaign finance law: :

School buildings and facilities of any kind, and public employees while they are at work may not be used to promote or oppose a candidate for office or a political party or a vote on a ballot question, or aid or promote a political party.

All flyers must be approved by the Superintendent prior to distribution.

Outside agencies shall provide the school with sufficient copies of the literature to be distributed at their own expense. They must be collated and packed by class size. The distribution of notices and flyers shall occur two days per month, scheduled by the building principal under direction of the Superintendent.

Building principals may include flyers on their social media pages or include them in emails to parents provided they share all flyers in this manner.

Under the new policy, students will not be required to read or take home a notice or flyer by an outside agency. The School Committee designates each school facility as a limited public forum to which certain types of outside agencies may have access for the purpose of distributing literature and information regarding events and activities available to the students of Winthrop.

OHNC HEARS ABOUT TWO PROJECTS

EAST BOSTON - Orient Heights Neighborhood Council (OHNC) members did not vote on any development projects at their November meeting that was held last Monday night at the Ashley Street YMCA.

Instead, members received a briefing from zoning attorneys on two different projects slated for a vote at the next OHNC meeting.

The first project at 16 Whitby St. seeks to erect a three-story residential dwelling with eight residential units and 12 parking spaces.

Attorney Matt Eckel said his client had made several changes to the project since previous OHNC meetings.

Eckel said the unit count has been reduced from 10 to nine to now eight condo units. Eckel's client has also increased the number of off street parking spaces from 10 to 12 and eliminated the fourth floor that was part of the original design.

However, some Whitbey St. residents were still con-

cerned that quiet deadend street would be severely impacted by the development project. Most concerns were regarding the increase in traffic on the small street.

Eckel said while he hears the community's concerns the developer has worked to make the project less dense and added two more parking space to the overall design.

"There's a good parking ratio for this area and we're close to it," said Eckel.

The next project was at 837 Saratoga St. The developer is seeking to renovate an existing building, erect an addition, and change occupancy from four to eight units with parking for six vehicles.

The turn of the 19th century brick building will be rehabbed. The first level of the building, that currently contains a residential unit, would become the garage and that unit would be moved up one level to make room for the 6 off street parking spaces.

Some initial concerns from neighbors were regarding that there were two less parking spaces than total number of units. Some at the meeting felt it should be a 1:1 ratio when it comes to parking. Residents worried that guests of residents living in the condo units will make parking more difficult for existing residents.

Attorney Richard Lyndswho is representing the developer said the zoning code doesn't require visitor parking but his client is attempting to meet what the intent of the zoning code is when it comes to off street parking.

AIR PURIFIERS BEING SOUGHT

EAST BOSTON - With several expansion projects in the works at Logan Airport, residents and elected officials are calling for Massport to immediately begin funding a mitigation program that calls for air purifiers (HEPA filters) in East Boston homes and schools to protect children against harmful pollution.

The calls on Massport to fund placing HEPA filters in schools and homes grew louder this past October after environmental activists, residents and elected officials heard Olin College Professor Scott Hersey's findings from a study he and his students conducted over the summer.

Hersey and Eastie Olin College students, Taylor Sheneman and Christine Dimke, installed instruments that have been measuring a wide array of pollutants caused by fossil fuels emanating from highways and Logan International Airport. The study was collaboration between Olin, East Boston's AIR Inc., Eastie's airport mitigation advocacy group and Aerodyne, the manufacturer of the ARISense air quality measuring technology.

At the community meeting in October, Hersey said the equipment he and his Olin students used found a type of air pollution that, "can lead to heart attacks and strokes and is contaminating homes and schools near highways in Eastie."

Hersey said that it's not just vehicles that are contaminating Eastie, but planes flying in and out of Logan Airport are releasing harmful air pollution, and it's impacting surrounding communities and that taxiing aircraft are emitting a lot of gas phase pollutants and ultrafine particles.

This led Sonja Tenglad and Julia Burrell, of the East Boston Chapter of the national Mothers Out Front movement, to take action.

"In East Boston, children who live in heavily

polluted areas by major roadways or under jet paths are 3-4 times more likely to experience symptoms of asthma than children in other neighborhoods, and two times more likely to experience symptoms of COPD," said Tenglad.

"East Boston also has one of the highest populations of children in all of Boston. Pollution is linked to not only heart and lung disease but also depression and violent behavior. As a mom, this information makes me want to move. But then I'll meet yet another mom on the playground who has lived in East Boston all her life whose kids, brothers, grandparents, spouses all have asthma, and I get more motivation to fight and to call them to join me in it. It's empowering to fight for solutions that can protect our kids and join in the dialogue rather than sit on the sidelines."

Mothers Out Front encourages mothers across the nation to fight for meaningful environmental mitigation to ensure a livable climate for children so Tenglad and Burrell are calling on Massport to provide HEPA filters for all public schools first and foremost, and then to all homes. "We might not have a lot of control over the outdoors - we will still have to leave the playground early too many times because we can't breathe well - but let's at least protect them indoors," said Tenglad.

The request has received the support from Rep. Adrian Madaro. In a comment letter sent to MEPA about Massport's Environmental Status and Planning Report (ESPR) for Logan Madaro said negative health impacts of airfield and ground access activity related ultrafine particulate, nitrogen oxides and other emissions pollutants at Logan are a matter of extreme urgency which Massport should move immediately to mitigate in as effective and direct a manner as possible.

"This requirement should not be contingent on any FAA or other agency process," wrote Madaro. "Massport should immediately engage in partnership at their own expense with community groups in advancing comprehensive new in-school and in-home air pollution filtration projects which are now being developed. Such expense is a justifiable airfield activity-related expense which can be located in the airfield cost center, supported by airport landing fees."

Eastie's AIR, Inc., who has been leading a regional coalition opposing MEPA certification of Massport's ESPR, said they know the airport is going to continue to exist, but Massport should sit down and listen to demands made by groups like Mothers Out Front and Rep. Madaro before a MEPA certification is granted by the state.

"We want to work with

Massport and the state. ...We're not trying to shut down the Airport!" said AIR, Inc.'s Chris Marchi. "We can put air filters into our children's classrooms and add better Logan Express service without doing that."

Like cars, jets burn fuel and release harmful ultrafine particles that are so small they are absorbed right into the bloodstream and can lead to heart attacks and strokes.

In 2013 the East Boston Times reported that the neighborhood's "Godmother of Environmental Justice", the late Mary Ellen Welch, had for decades tried to force Massport to measure ultrafine particles or PMs.

Welch has long argued that the airport's runway and roadside operations pose too much of an environmental impact on the neighborhood not to be considered when Massport files environmental impact statements or operations reports.

PMs from car exhaust and jet aircraft has been shown to cause a wide array of adverse health impacts.

The large number of deaths and other health problems associated with particulate pollution was first demonstrated in the early 1970s and has been reproduced many times since. PM pollution is estimated to cause 22,000-52,000 deaths per year

in the United States and 200,000 deaths per year in Europe.

The effects of inhaling particulate matter that have been widely studied in humans and animals now include asthma, lung cancer, cardiovascular issues, birth defects, and premature death. The size of the particle is a main determinant of where in the respiratory tract the particle will come to rest when inhaled. Because of their small size, particles on the order of 10 micrometers or less (PM10) can penetrate the deepest part of the lungs such as the bronchioles or alveoli. Larger particles are generally filtered in the nose and throat via cilia and mucus, but particulate matter smaller than 10 micrometers, PM10, can settle in the bronchi and lungs and cause health problems.

A study published in the Journal of the American Medical Association showed that inhaling PM2.5 leads to high plaque deposits in the arteries causing cardiovascular problems. Researchers suggest that even short-term exposure at elevated concentrations could significantly contribute to heart disease and concluded that traffic exhaust is the single most serious preventable cause of heart attack in the general public and is the cause of 7.4 percent of all heart attacks in the world.

Holiday Gift GUIDE

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OBITUARIES

Joseph Isham

April 25, 1946 Nov. 22, 2019

Joseph A. Isham of Chelsea, 73, passed away unexpectedly on Friday, Nov. 22 in the quiet surroundings of his Chelsea home.

Born and raised in Chelsea, he was the beloved son of the late Raymond W. and Frances (Jarmacz) Isham. He attended local schools and graduated from Chelsea High School in 1964. He enlisted in the US Army and served honorably during the Vietnam Era. He was discharged 1969 at the rank of Sergeant and returned to his home in Chelsea.

Joseph worked for nearly 30 years as a quality control inspector and lab tech in the petroleum wholesale industry. He began his career working at the Everett terminal starting with Esso and later retired from ExxonMobil in Everett.

In his lifetime, he enjoyed trout fishing, sport target shooting and pleasure rides in his BMW 3 Series.

A self-professed “Radio-phile,” he loved collecting and trading vintage radios. He was an “Apple Computer” devotee and purchased all things made by Apple, beginning with his Apple iPhone to the latest iPad and all other Apple gadgets.

He was a friend and supporter of the Animal Rescue League of Boston and he also enjoyed home gar-



dening and following the Bruins and Patriots.

He was the beloved life companion of 51 years to Mary Maksutian of Chelsea; dear brother of Roberta Bilicki of Sarasota, Fla., and the late Jean Emitz; amazing uncle of Kristina Paape, her husband Nicholas and John Bilicki III, all of Sarasota Fla.

Visiting hours will be held on Monday, Dec. 9 at the Welsh Funeral Home, 718 Broadway, Chelsea from 5 to 7 p.m. Relatives and friends are most kindly invited to attend. Funeral services will be conducted in the funeral home on Tuesday, Dec. 10 at 9:30 a.m. Services will conclude with interment at Woodlawn Cemetery, Everett.

The funeral home is fully handicap accessible, ample parking opposite funeral home. Should friends desire, contributions in his memory may be made to the Animal Rescue League, 10 Chandler St., Boston, MA 02116. <https://www.arlboston.org/>.

Randy Ralph Randazzo

Beloved father, son, brother, uncle, cousin and friend

Randy Ralph Randazzo passed away Thursday evening, Nov. 28 at the Massachusetts General Hospital in Boston, surrounded by his loving family. He was 40 years old.

Born in Boston, the son of Marietta (Pagliuca) Mondello and her husband, John of Seabrook, NH and the late Ralph Randazzo, Jr., he was a resident of Lynn, attended school in Lynn and graduated from Lynn English High School.

Randy began his working career as a caterer for Vinwood Caterers in Ipswich. He later worked as a truck driver for Merrimack Valley Distributing Company in Danvers. Randy left his job at Merrimack Valley to begin working as a maintenance worker for the City of Chelsea, DPW. He dedicated 15 years of service before declining health issues caused him to retire at a young age.

Randy loved life and he tried to live it to its fullest despite his health challenges. His greatest passion in life was the love he shared for his daughter and for his family. He will be forever missed by all who loved him.



He was the devoted father of Arianna Randazzo of Lynn, dear brother of Kimberly Randazzo and her fiancé, Joe Rocha of New Hampshire, stepbrother of Cara Mondello of Revere and cherished uncle of Kyle, Joshua, Justin, Emma and his great nephew, Kamren. He is also lovingly survived by many cousins and friends.

Funeral services will be conducted in the Carafa Family Funeral Home, 389 Washington Ave., Chelsea, on Saturday, Dec. 7, at noon. Visiting hours will precede Randy’s Funeral from 9 a.m. to noon. Relatives and friends are kindly invited to attend. Funeral Services will conclude at the Funeral Home. Interment is private.

Henry Ligocki

June 1, 1948 –11/30/2019

Henry Ligocki passed away after a brief illness on Saturday, Nov. 30 at the E.N. Rogers Memorial Veterans Hospital in Bedford. He was 71 years old.

Born and raised in Chelsea, a son of the late Henry S. Ligocki and Josephine (LaVerde) Gaskill-Ligocki, Henry attended Williams Elementary and Chelsea High School and he was a member and lead singer for a local rock band.

In 1967, he enlisted in the U.S. Marine Corps. and served with a combat division in Vietnam. He was awarded the Vietnam Cross of Gallantry (with palm) and twice awarded the Good Conduct Medal. He was honorably discharged in 1970 at the rank of Lance Corporal and returned home to Chelsea.

He was married to Diana LaFauci and was a lifelong resident of Chelsea. Henry volunteered with Chelsea Little League and coached the Orioles for several years. He worked for over 30 years as a spot welder at Market Forge in Everett, fabricating commercial kitchen and specialty equipment. He retired in 2011.

He will be lovingly remembered for his wit and sense of humor and his love for hanging around with friends and family. He was a special caregiver to those in need, most especially fellow veterans and family members.

He is survived by his beloved wife, Diana (LaFauci) Ligocki of Chelsea. He was the devoted father of Henry Ligocki and his wife, Alicia



of Brockton and Matt Ligocki and his wife, Carrie of Chelsea; cherished grandfather of Viviana Ligocki and Isaac Ligocki, both at home in Brockton; dear brother of Jerry Ligocki of Pittsfield, Larry Ligocki and Donna Arsenault both of Chelsea and Tom Ligocki of Seabrook and special friend of Rylee Salas. He is also survived by his canine companion “Pede.”

Visiting Hours will be held at the Welsh Funeral Home, 718 Broadway, Chelsea today, Thursday, Dec. 5 from 4 to 8 p.m. Relatives and friends are most kindly invited to attend. His funeral will be held on Friday from the Welsh Funeral Home at 9 a.m. followed by a Funeral Mass at St. Michael the Archangel Chapel, 91 Crest Ave., Chelsea at 10 a.m. Services will conclude with interment at the Massachusetts National Cemetery, Connery Road, Bourne, at 2:30 p.m. The funeral home fully handicap accessible, ample parking opposite funeral home.

Should friends desire, contributions in his memory may be made to Pets for Vets, Boston Chapter, PO Box 10860, Wilmington, NC 28404, or just personally say thank you to a Vet, and perhaps buy them a cup of coffee.

Tips on enjoying favorite foods without any regrets

The holidays are a time to enjoy friends, family and food! And with them right around the corner, you will be barraged with lots of your favorite foods. However, how are you going to enjoy the holidays and not regret eating too much and gaining weight? Mystic Valley Elder Services Registered Dietitian Candace Quigley offers some tips on how you can still enjoy eating your favorite foods without regret.

- Weeks before the holiday arrives, be sure to get some exercise and eat healthy. As the season gets into full swing, not only will you be celebrating on that holiday but also you will most likely be attending holiday parties. Unfortunately, holiday celebrations tend to be all about food. On average, Americans gain approximately one-two pounds around the holidays and it tends to stick and accumulate over the years.

- No skipping breakfast. High fiber foods will satisfy hunger.

- Do not arrive at your party famished because you will be more likely to eat too much. If dinner is going to be late, then have a healthy snack before you go out.

- Most people will consume several handfuls of chips and dip, nuts, puffs, and other appetizers. Choose only one favorite item and do not graze all day until the meal starts. Do not hang around the food table; Focus on people, not the food.

- Enjoy your favorite beverage and then switch to water or a non-calorie drink. Try to stay away from punches, eggnog and mixed drinks. Try flavored

sparkling water.

- When dinner is served, there are usually many choices. Choose those items that you only have on the holiday or are special to you. You could start by putting vegetables on your plate before you put the entrée on it. Survey the entire table before you take any food. Decide which foods are worth eating and which you can ignore and stick to that decision.

- Eat slowly and savor every bite; it takes 20 minutes before your stomach registers that you are full.

- You don’t have to be a member of the clean plate club. You can leave some bites behind.

- If you plan on having seconds, wait at least 20 minutes. Even though many of the foods are healthy, they all have calories and should be enjoyed in moderation.

- Go ahead and have dessert! Just keep it a reasonable portion and eat slowly. Again, pick an item that is your favorite that you only have during the holidays.

- Say NO to food pushers. Smile and say, “Thanks for making that delicious dessert, but I am full right now. Can I take some home for later?”

- Get some physical activity—before, during or after the celebrations. Go for a walk before you leave to go to the party or maybe you will have time after dinner. Still watch your football game but get up between quarters and during ads to mobilize yourself.

Get right back on track with healthy eating and exercise the day after each holiday.

Massports urges residents to use drones responsibly

The Massachusetts Port Authority (Massport) kicked off an advertising campaign aimed at educating the public about the safe use of drones. The campaign encourages drone operators to be responsible: “Fly your drone safely this Holiday Season. Know the Rules.” The ads will appear on print media, social media, and billboards. The campaign will run from Nov. 27, 2019-Jan. 10, 2020.

Drones have been among the list of popular holiday gifts. According to the Federal Aviation Administration (FAA), nearly 1.5 million drones are registered in the U.S. and a majority of them—over 1 million—are intended for recreational use. The FAA also predicts the number of drones sold in the U.S. to reach nearly 2.5 million by 2022.

“We are most concerned about the people who are unaware of the rules on drones,” said Massport Chief Security Officer Hank Shaw. “With the growth and advancement of drone technologies, we recognize there are significant benefits for commercial or business purposes, recreational use, and support to our first responders. But, drones must be safely inte-

grated into the airspace and pose a significant concern when operators do not follow the rules.”

All drones over .55 lbs. must be registered with the FAA and must be marked with the registration number. Operators are required to carry proof of registration. Other regulations include the following:

- Flying around and above airports is prohibited without prior FAA approval. Violators will be subject to penalties.

- Never fly near any aircraft, especially near airports.

- Keep your drone in sight at all times and always lower than 400 feet.

Since 2016, Massport has installed “No Drone Zone” signs in several parks and other properties around Boston Logan International Airport. The locations include Piers Park, Bremen Street Park, Festa Field, and the Neptune Road Buffer in Easton Boston. Signs have also been posted at the Maritime Park and Cruiseport Harborwalk in South Boston. Massport is also working with neighboring communities to install signs in other public places.

For more information, visit FAADroneZone.FAA.gov.

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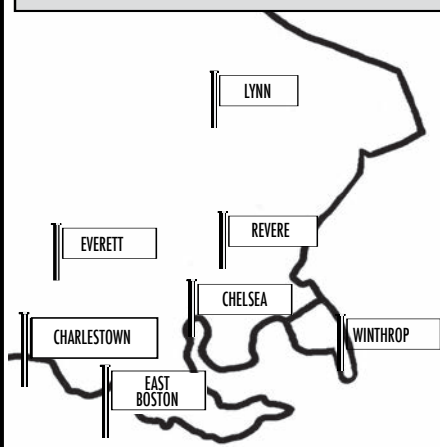
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PROGRAM REPRESENTATIVE

Job Description:

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Responsibilities:

1. Assists participants in locating rental housing.
2. Prepares leases and agreements for all units.
3. Meets with participants and landlords, schedules meetings.
4. Determines contract rent for apartments.
5. Computes participant rent share.
6. Monitors lease enforcement.
7. Conducts annual rent recertification.
8. Participates in rent reasonableness test.
9. Mediates participants and landlords to appropriate agencies as necessary.
10. Determines annual rent increases.
11. Refers participants and landlords to appropriate agencies as necessary.
12. Performs inspections on an as needed basis.
13. Prepares monthly reports on activity.
14. Compile rent reasonable data
15. Performs other related duties as required

Minimum Qualifications and Experience:

Strong math, writing and computer skills including, but not limited to, MS Office. Knowledge of PHA-WEB is preferred not required. Ability to work with numbers in an accurate manner. Good communication (written and oral) skills, must be well-organized and accurate in making mathematical calculations and data-entry, must be able to work well with persons of diverse backgrounds. Must exercise good judgement in maintaining the confidentiality and integrity of CHA's financial information. Good organizational and office skills. A minimum of three years' experience and High School diploma or GED is required

Starting Salary Range:

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Bruins Beat /Continued from Page 7

both. We know how to play when the game is on the line. We've really stepped it up when we needed to. It's the sign of a good team. No team is going to have it together for 60 minutes every night, we've talked about that, but I thought everyone was involved, did their job, and that's why it was a great team victory tonight." Third period numbers this season are impressive, as the Bruins

have a major edge in outscoring their opponents 39-20 in the final stanza. Boston's defense continues to be strong as well, with the usual suspects Zdeno Chara, Brandon Carlo, Charlie McAvoy and Torey Krug allowing opponents little space and time. The win Tuesday night allowed the Bruins to reach the 20-victory plateau and remain at the top of the NHL standings, and the Eastern Con-

ference standings.

The remaining two games on this current homestand will include visits from the still struggling Chicago Blackhawks (Thursday at 7:00pm), riding a three-game losing streak, and the Colorado Avalanche, (three-game winning streak), on Saturday at 7:00pm. Looming on the horizon is a, four games in six days road trip against four Eastern Conference

teams, beginning on Tuesday, December 9th vs. Ottawa Senators (five-game losing streak), followed by back-to-back games with the Metropolitan Division leading Washington Capitals on Wednesday, the Tampa Bay Lightning on Thursday, and end with the Florida Panthers on Saturday.

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For additional information please contact: Shore Educational Collaborative Attention: Lisa Reynolds Administrative Executive Assistant, 100 Revere Beach Parkway, Chelsea, MA 02150, 617-370-6223 or lreynolds@shorecollaborative.org

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Troop 56 Life Scout, Jeffrey Gomez, with his sister, Emily Green, constructed 35 birdhouses for saltmarsh sparrows living in Belle Isle Reservation

Jeffrey Gomez starts Eagle Scout Project

Story & Photo by Marianne Salza

Life Scout, Jeffrey Gomez, loves the water. The 17-year-old Chelsea resident is a lifeguard at the New England Base Camp, an adventure park in Milton's Blue Hills Reservation. When he learned about the depleting numbers of saltmarsh sparrows from the local Department of Conservation and Recreation, he was immediately inspired to intervene.

Gomez, a member of the Boys Scouts of America Troop 56, of Cambridge, has devoted himself to increasing the population of these orange-breasted birds that live along the tidal waters of the Atlantic coast of America.

"I wanted it to be meaningful," said Gomez, who hopes to earn the highest rank of Eagle Scout through this project. "It was absolutely perfect for me."

According to the American Bird Conservancy, there are 30,000 saltmarsh sparrows in the United States, and the population has decreased over 75 percent

between 1990 and 2010. Scientists estimate that the birds will become extinct by 2050 without extensive conservation efforts.

"The restrictions for where they live are strict," explained Gomez, who studied marine science. "If their habitat is failing, their population is failing."

In October, Gomez – with the assistance of his Troop friends and 12-year-old Boy Scout sister, Emily Green – constructed 35 birdhouses, which will generate an average of 150 birds a year.

"I went to Home Depot in Chelsea for the wood in August, and the manager gave me 194 feet of wood for free, for which I am appreciative," added Gomez, who plans to install the birdhouses throughout Belle Isle Reservation in March.

Saltmarsh sparrows build grassy nests above the tide mark to remain safe from flooding, but ocean expansion and city construction have reduced their habitat.

"The birds' houses are low-lying, so the houses

I built are on a pole a bit higher so they don't suffer from rising sea-levels from climate change," described Gomez. "The globe is getting hotter, water expands, and marshes are now smaller, and their habitats are gone."

Gomez is a first generation Costa Rican American, who grew up in Revere, and has been scouting since he was in first grade. Now, the 11th-Grade student at the Pioneer Charter School of Science, Everett, has lofty aspirations.

The mathematician plans to graduate high school with at least seven Advanced Placement courses completed, and hopes to enroll in Calculus 2 at Bunker Hill Community College this spring. By senior year, Gomez intends to enter Linear Algebra, Calculus 3, and Statistics, college courses.

"Any of the sciences I love: physics, chemistry, mathematics, engineering, aviation," asserted Gomez, whose goal is to attend the Massachusetts Institute of Technology or Harvard University.

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