CHELSEA RECORD

YOUR HOMETOWN NEWSPAPER SINCE 1890

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35 CENTS

CHELSEA GREEN ROOTS HOST FUNDRAISER



Right, checking in the guests, Yaritza Morales Gonzalez, Sara Arman, and Sandra Perdoma. See Page 5 for more photos.

License fees adjusted for coming year

By Adam Swift

Liquor license renewal fees are going back to normal for the coming year.

The renewal fees had been lowered by the Licensing Commission due to hardships associated with the Covid-19 pandemic.

"The liquor license fees are going back to normal because everyone has been making money," said Licensing administrator Naomi Libran at last week's commission meeting. The annual license fees in Chelsea are \$4,500 for an on premise all alcoholic license, \$1,800 for an on premise wine and malt license, \$4,500 for an innholder all alcoholic license, \$1,300 for a clubholder all alcoholic license, \$2,000 for a retail all alcoholic license, and \$1,600 for a retail wine and malt license.

Libran said reminders about the alcohol license renewals will be sent out by the end of September.

The city's recreational marijuana licenses are

up for renewal by the end of the month, and Libran said she has yet to receive any renewals. She said she sent out reminders to the retail marijuana establishments about six months

While the liquor license fees will be going back to normal for 2022, Libran said there will still be a discount for amusement and entertainment licenses.

"Before Covid, each license used to be \$150 and we lowered it to \$50," she said. "Now we are bring-

ing it back up a little to \$100. Hopefully, by next year it will be back up to \$150."

During the commission meeting, Libran noted that there are also three pocket liquor licenses in circulation. Pocket licenses are licenses held by establishments that have not used them for at least one year. The license holders are sent a letter stating they must put the licenses into use within six months.

See FEES Page 2

Baker activates Guard to help with local school transportation

Staff Report

Governor Charlie Baker activated the Massachusetts National Guard in response to requests from local communities for assistance with school transportation as the 2021-2022 school year gets underway in the Commonwealth. The Governor's order



available. Beginning with training on Tuesday, 90 Guard members will prepare for service in Chelsea, Lawrence, Lowell, and Lynn. These Guard personnel

makes up to 250 personnel

will be available to serve as drivers of school transport vans known as 7D vehicles to address staffing shortages in certain districts.

As with any school transportation worker, all activated Guard personnel will complete vehicle training to ensure the safety of children and families. Drivers will meet all statutory requirements for 7D drivers. Throughout the mission, the Guard will comply with all health and

safety measures.

The mission will not interfere with the Massachusetts National Guard's ability to respond to and assist in emergencies within the Commonwealth.

The Massachusetts National Commonwealth and the Commonwealth and the Commonwealth are the Massachusetts National Commonwealth and the Commonwealth are the Commonwealth and the Commonwealth and the Commonwealth are the Commonwealth and the Commonwealth and the Commonwealth are the Commonwealth and the Commonwealth and the Commonwealth are the Commonwealth and the Commonwealth and the Commonwealth are the Commonwealth and the Commonwealth and the Commonwealth are the Commonwealth and the Commonwealth and the Commonwealth are the Commonwealth and the Commonwealth and the Commonwealth are the Commonwealth and the Commonwealth and the Commonwealth are the Commonwealth and the Commonwealth and the Commonwealth are the Commonwealth and the Commonwealth and the Commonwealth are the Commonwealth and the Commonwealth and the Commonwealth are the Commonwealth and the Commonwealth and the Commonwealth are the Commonwealth and the Commonwealth are the Commonwealth are the Commonwealth and the Commonwealth are the Commonwealth are the Commonwealth and the Commonwealth are the Com

The Massachusetts National Guard trains regularly with military, law enforcement, and civilian agencies to provide a broad spectrum of services in support of security, logistics, disaster relief, and other missions. The Guard has a proven track record of success supporting civilian authorities. Their frequent side-by-side training with state and local first responders makes them well-suited for a va-

riety of missions.

Long-time Chelsea

School Committee Rosemarie Carlisle said she was aware of the shortage of bus drivers and pleased that the National Guard would be coming to Chelsea to assist in the transportation of students.

"We didn't have enough bus drivers to get the kids into the classroom," said Carlisle. "I would call somewhat of a crisis, but our superintendent of schools [Dr. Almy Abeyta] was on top of the situation, notified the Committee about her plans, and I thought it was a good idea until we're able to get more bus drivers. My understanding is that the National Guard is in training

right now for bus driving.

Avellaneda wants unified approach to development mitigation efforts

By Adam Swift

In the past, developers have come to Chelsea and offered up parks, open space, or other mitigation efforts to the city when it comes time to build.

However, those mitigation measures for the impact of new development are not codified in the city's zoning ordinance.

Council President Roy

Avellaneda is looking to change that with a zoning ordinance amendment regarding the adoption of Community Impact Agreements. The amendment will go before the Planning Board for a recommendation, and there will be a public hearing before potential adoption of the amendment.

Avellaneda said large developments such as the recent Forbes project would fall under the new ordinance.

"Forbes actually did

"Forbes actually did offer mitigation, and we

have mitigation or host agreements with the marijuana (facilities) for some kind of mitigation to be in place," said Avellaneda. "We've had mitigation offered by other developers in other ways; for example, Eastern Salt has mentioned in the past that as part of the expansion on the waterfront .. they mitigated and paid for a new soccer field and to create Port Park. That was mitigation."

But the problem, he said, is that there is no official process in place in Chelsea for these types of mitigation offers.

"It is technically right now negotiated with the City Manager through an MOU (memorandum of understanding) and the mitigation package itself is never brought in front of the City Council, never given an approval, and is not transparent in the

See DEVELOPMENT Page 2

Councilors push for increased affordable home ownership

By Adam Swift

The City Council is continuing to look at ways Chelsea can increase affordable home ownership opportunities for its residents.

At Monday night's meeting, District 8 Councilor Calvin Brown introduced a motion requesting City Manager Tom Ambrosino identify potential parcels in Chelsea for use by the Affordable Housing Trust Board for affordable home ownership, includ-

ing parcels in tax titles that are bank owned.

"We've had conversations over the past summer about ways of how we can find and get affordable housing," said Brown. "As we start to exit from this pandemic, it is time for us to start looking into some really, serious, doable ways of finding some parcels and properties that have had foreclosures that the city can go after."

Brown said the city

See AFFORDABLE Page 2



Eleanor Karp, turned 107 on September 1.

Turns 107

Leonard Florence Center resident Eleanor Karp celebrates birthday

Special to the Record

Eleanor Karp, a much beloved resident at the Leonard Florence Center for Living, turned 107 on September 1. Wearing a festive tiara, Eleanor celebrated this milestone day with family, friends, residents, and staff at a socially distanced party.

Born on September 1, 1914, in Dorchester, Eleanor was the youngest of three. She loved school, dancing and socializing with her many friends. In fact, Eleanor met her husband Henry Karp through her girlfriend, who ultimately turned out to be

See KARP Page 3

Red Sox star Tim Naehring supports his close friend at remembrance event

By Cary Shuman

Tim Naehring was gracious as Red Sox fans recognized him among the large crowd who attended the Celebration of Life for Marcy Rosenberg Cochran Saturday at the Chelsea Yacht Club.

The former Red Sox star third baseman had traveled a long distance to join Marcy's many friends for the special tribute to the beloved Chelsea High Class of 1977 graduate who made her home on Admiral's Hill with her husband, Joe Cochran, the Sox' highly respected clubhouse and equipment manager.

Naehring, who is the New York Yankees Vice President of Baseball Operations, reflected on his close friendship with Joe and Marcy and the many good times they shared.

"I feel honored to be here," said Naehring. "I spent a number of years in Boston, and coming here as a Red Sox player, and being a single guy from the Midwest and coming to Boston, Joe Cochran was our clubhouse guy and he and I established a friendship early on.

"I consider him one of my best friends to this day," said Naehring. "Along with Joe, there was the pillar behind the Cochran family, which was Marcy. It was always a treat when we were able to travel to New York and have a Sunday day game and then go out to dinner with Joe and

to go on trips with him and visited their timeshare in Aruba - and Marcy was just a wonderful person.

"I guess the best compliment I can give her is when you're in baseball and you do your job well, there's a great support cast that are behind you, and Marcy was that for Joe Cochran. Marcy was the pillar, a strong woman that kept the Cochran family moving forward for a lot of years. And it was a tribute to Joe when Marcy was sick and battling and battling, probably more so than many of us would have battled through it – the one thing I can say for my good friend, Joe, was that he was there for her. They were a tremendous couple and I think we can learn a lot from who they were as people, who they are as people, and the relationships that they made over the years. They were so consistent in how they dealt with people. It didn't matter what walk of life, what your beliefs were they treated everybody equally and as friends, and they opened their homes. So, I'm honored to be back in Boston to share in this celebration," concluded Naehring.

During the speaking program, Joe's friend, Gary Groves, told the story of how Tim Naehring called Joe every day to see how he and Marcy were doing during the difficult health challenges they faced. Naehring did it quietly, and he was there when the Cochrans needed him most.



Dr. William Eaves speaks at the Celebration of Life gathering for Marcy Rosenberg Cochran, held Saturday at the Chelsea Yacht Club.



Former Boston Red Sox third baseman Tim Naehring is pictured with his the Celebration of Life for Marcy Rosenberg Cochran



Pictured at the gathering celebrating the life of Marcy Rosenberg Cochran are (seated) Donna Eaves Finnie, Jan Rubin, and Roberta Rubin; (standing) Bonnie Rosenberg Cutler, Barry Rosenberg, and Marianne Grace.



Marcy Rosenberg Cochran and her husband, Joe Cochran, pictured during one of their many trips to Fenway Park.



Friends of Marcy, Donamarie Casey Brown, Betty Halas Ashley, Penny Gullage Sordello, and Christine Bond Eaves.

Marcy. I was lucky enough

Development / Continued from page 1

(sense) of something that the public gets to see prior to any sort of vote," said Avellaneda. "What I am attempting to do here is to actually make that process transparent both for the residents to see and to give

us a real process in place."

The process presented to the Council by Avellaneda is based on the one used in Boston. Under the amendment, the City Manager would negotiate an agreement and bring it before the City Council before having it go before the Zoning Board of Ap-

Avellaneda said he'd like to see the mitigation efforts be flexible, allowing for parks, traffic and infrastructure improvements, or affordable housing opportunities.

Keeping the options flexible would ensure the this idea of community council was not handicapped when it comes to negotiating or accepting agreements, according to the Council President.

ing this d iscussion in our subcommittee with our City Manager and staff, with my fellow colleagues, I look forward to hearing from our Planning Board on its recommendations," said Avellaneda. "But I think we really need to codify and make mitigations and the impact of these projects in our books for all to see.

"I look forward to hav-

Tim Naehring reached

the top of his profession

by playing in the Major

Leagues and now serving

as an MLB baseball exec-

utive. But for Joe Cochran,

he will also be appreciated

for his great friendship and

support beyond the Red

Sox clubhouse.

could potentially some of these properties to create home ownership opportunities through the Affordable Housing Trust

Affordable / Continued from page 1

"Some of the conversations that we have had have run into some roadblocks, so I thought we should start looking at some parcels potentially that we have a lot of control over ... and we can use them for some home opportunities," said Brown.

With the uncertainty of the pandemic and skyrocketing rent and home prices, Brown said it is a stressful time for many Chelsea residents.

"If we find some properties or parcels, we can be first at the table and make something happen with our affordable home program here in Chelsea," said Brown.

Council President Roy Avellaneda, a big proponent of affordable home ownership, said he welcomes all ideas from his fellow councilors that could help increase affordable ownership opportunities in the city. However, he said that working strictly through the Affordable

Court.

2021

Housing Trust Fund can be a long and arduous pro-

"This Council has already gone ahead and voted a home rule petition allowing the city to take properties that are in tax title to not put them to auction," said Avellaneda. "Any properties that are in tax title and fall into receivership in the city immediately go to the Affordable Housing Trust Fund, and there are probably, in my discussions with the City Manager, about three or four properties that are in the pipeline already that will be coming to the city. The problem with that is that the Affordable Housing Trust Fund, for as good as it does, is actually limited in how fast it can take a land and then build homes."

The Council President said the process will create, at best, in the next several years four or five homes that will come on the market.

"I ask my colleagues, are we simply going to accept that that's the pace and that is our answer to the home ownership crisis that is facing our community," said Avellaneda. "That the best thing that we can do is maybe four homes at a time in four years, or are we going to do more. And if we are going to do more, I ask my colleagues, I am not alone in this, be creative, tell me

what we can do. "Just thinking that we are going to hand possible properties to the Affordable Housing Trust Fund ... four years, four homes. Meanwhile we are one, losing people to other communities, and two, forcing our residents to have no choice but to pay

rent." Avellandeda pointed to the City's residency requirements for munic ipal jobs and noted that because of the lack of affordable home ownership opportunities in Chelsea, the city would be forcing employees to rent for years with little opportuni-

ty to buy a home. "I'm not satisfied with just thinking that we leave it to the Affordable Housing Trust Fund, because quite frankly in my eyes, and I think many will agree, that is just not enough," Avellaneda said.

Fees / Continued from page 1

One of the licenses is held by the estate of Nancy Serna, doing business as Rancho Las Pupusas. Serna passed away in January, Libran said.

Last month, the License Commission held a hearing on the license held by

Yong Yong, Inc., doing business as the Lounge of Winnisimmet.

The third pocket license is currently held by The

Pasta Box on Broadway. "The Pasta Box has not

been open during Covid, and as of now, it's not open," said Libran.

That situation could soon change, though.

"He's tidying the space up, and he's ready to open any day now," said Li-Commissioner Michael McAteer.

LEGAL NOTICES

PROBATE AND

LEGAL NOTICE



Case No. 2021-22 Notice is hereby given in accordance with the Massachusetts Zoning Act, Chapter 40A that a Regular Meeting of the Chelsea Zoning Board of Appeals will be held on: Tuesday, October 12, 2021 6:00 p.m. Chelsea City Hall - 500

Broadway – City Council Conference Room, 3rd Floor With reference to the application of:

Jonah Jacob For Special Permit seek ing approval for bulk storage of raw materials (granite) at the premises known as: 5 Winnisimmet Street

A copy of the application and petition is available for review at: The City Clerk's Office

during normal business

hours: Monday, Wednes-

day and Thursday 8 a.m. to 4 p.m. - Tuesday, 8 a.m. - 7 p.m. - Friday, 8 a.m. to noon 9/16/21, 9/23/21

<u>LEGAL NOTICE</u>



Case No. 2021-23 Notice is hereby given in accordance with the Massachusetts Zoning Act, Chapter 40A that a Regular Meeting of the Chelsea Zoning Board of Appeals will be held on: Tuesday, October 12, 6:00 p.m.

Chelsea City Hall - 500 Broadway - City Council Conference Room, 3rd With reference to the application of: Scott Moschella

For Special Permit to establish a driveway which does not meet

current minimum zoning

requirements for front

yard setback, within five (5) feet of a side lot line, or five (5) feet of any wall containing ground floor or basement windows at the premises known as: 21 Englewood Avenue

A copy of the application and petition is available for review at: The City Clerk's Office during normal business hours: Monday, Wednesday and Thursday 8 a.m. to 4 p.m. - Tuesday, 8 a.m. - 7 p.m. - Friday, 8 a.m. to noon

9/16/21, 9/23/21

LEGAL NOTICE



Case No. 2021-24 Notice is hereby given in accordance with the Massachusetts Zoning Act, Chapter 40A that a Regular Meeting of the Chelsea Zoning Board of Appeals will be held on: Tuesday, October 12,

6:00 p.m. Chelsea City Hall - 500 Broadway - City Council Conference Room, 3rd With reference to the

application of: Gilberto Ayala For Special Permit to establish a driveway which does not meet current minimum zoning requirements for front yard setback and parking within five (5) feet from a property line at the premises known as: 174 Webster Avenue A copy of the application and petition is available

for review at: The City Clerk's Office during normal business hours: Monday, Wednesday and Thursday 8 a.m. to 4 p.m. - Tuesday, 8 a.m. - 7 p.m. - Friday, 8 a.m. to noon 9/16/21, 9/23/21

OF MASSACHUSETTS

THE TRIAL COURT

LEGAL NOTICE COMMONWEALTH

FAMILY COURT Suffolk Probate **And Family Court** 24 New Chardon St. Boston, MA 02114 (617)788-8300 NOTICE OF PETITION FOR CHANGE OF NAME Docket No. SU21C0326CA In the matter of: Holly Jane Azzara A Petition to Change Name of Adult has been filed by Holly Jane Azzara of Chelsea, MA requesting that the court enter a Decree changing their name to: Holly Jane Any person may appear for purposes of objecting to the petition by filing an appearance at:Suffolk Probate and Family Court before 10:00 a.m. on the return day of 09/30/2021. This is NOT a hearing date, but a deadline by which you must file a written

appearance if you object

WITNESS, Hon. Brian J.

Dunn, First Justice of this

to this proceeding.

Register of Probate 9/16/21 <u>LEGAL NOTICE</u> METRO CREDIT UNION

Date: September 08,

Felix D. Arroyo,

SPECIAL MEETING OF THE **MEMBERSHIP**

Notice is hereby given that a Special Meeting of the Membership of Metro Credit Union will be held virtually via WebEx on Wednesday, October 6, 2021 at 11 a.m. to transact the following: 1. To vote the merger of Metro Credit Union of Chelsea, Massachusetts and Gloucester Fire **Department Credit Union** of Gloucester, Massachusetts as a balance sheet consolidation into Metro Credit Union. To request to join the Special Meeting, please submit an email to specialmeeting@metrocu. org with your name, address, email address,

and phone number no

later than Friday, October

and attendees must be members of Metro Credit Respectfully submitted, Arthur Cohan Clerk

1, 2021. All nominees

<u>LEGAL NOTICE</u> OF MASSACHUSETTS THE TRIAL COURT PROBATE AND **FAMILY COURT** Suffolk Probate and Family Court 24 New Chardon St. Boston, MA 02114 (617)788-8300 CITATION ON PETITION FOR **FORMAL** ADJUDICATION Docket No. SU21P1607EA Estate of: Stella Lorraine Botta Date of Death 07/04/2012 A Petition for Late and **Limited Formal Testacy** and/or Appointment

and Order and for such other relief as requested in the Petition. The Petitioner requests that: Diane Mazin of Chelsea, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration IMPORTANT NOTICE You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 09/27/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an

has been filed by Diane

requesting that the Court

Mazin of Chelsea, MA

enter a formal Decree

affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you. **UNSUPERVISED AD-**MINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC) A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration. WITNESS, Hon. Brian J. Dunn, First Justice of this Date: August 23, 2021 Felix D. Arroyo Register of Probate

Recupero wants answers on rat problem

By Adam Swift

For the sake of propriety Monday night, District 6 Councilor Giovanni Recupero referred to the city's rodent problem.

But when talking about rodents, Recupero made it clear that he was referring to the city's longtime rat problem with a motion asking the City Manager for more information about where and how often parts of Chelsea are baited with rat poison.

In addition, Recupero pointed out a program he helped put in place in the City for residents who want their properties baited for rodents at no charge.

"This was put in place many years ago," he said. "If you have problems in your yard, and you are the owner of a house, this city, I think it is the only city, that gives you money to bait. They come and they bait it for free."

Recupero said the rodent baiting forms are available at City Hall in the Inspectional Services Department.

"The other thing is that right now there is a big rat, rodent, let's put it in a good way, a rodent problem in our city," said Recupero. "That's with every city in the surrounding area, they have a rodent problem. So, how are we combatting it?"

With the public works department baiting for rodents in the sewers, Recupero said he would like to see a report with more information about the program.

"How many times do they actually bait these sewers, and where are the places in our city that have the most rodent population?" the councilor asked. "They can tell the infestation of rodents in sections of our city, so if certain parts of our city are more concentrated with these rodents, maybe we should find a way to put more resources to that area. There's nobody on this council who knows how many times they actually bait for rats, I don't know."

But he said he wants the residents to know that the City Council is working very hard to fix the problem with the rodents.

"You can't eliminate it, because they have been around for millions of years, but you can control it," Recupero said. "What I really want to know is how many times do they bait, how many rodents do we actually have, and how do we go about trying to fix it."

Recupero said he hopes to have more information about the rodent problem by the Council's next meeting.

"This has been a problem every time we have construction going on in our city it gets worse and worse, but Councilor Recupero does bring some valid questions and some valid statements regarding we need to work not only with the city and (inspectional services) but we also need the residents ... to follow up if they have issues with rodents," said District 8 Councilor Calvin Brown.

PEOPLE OF CHELSEA

Bob Boulrice - Former Chelsea treasurer. Chelsea Art Walk • 2016

(The following is one in a series of sneak peeks at the upcoming People of Chelsea additions by Photographer Darlene DeVita. The new work will ultimately appear on the fence of the Chelsea Public Library (CPL) this fall in a collaboration between the People of Chelsea project and the CPL.)

By Darlene DeVita

I have been a lucky fellow my entire life and without doubt the luckiest day of my life was the day in July, 2000 when Margaret Carsley invited me to live with her in her home on Orange Street.

I never really aspired to be well rounded; I rather thought of myself as somewhat oblong. Benefiting from a very strong public education and [I had] a stern dose of structure administered by the Jesuits during my college days, I did internalize a good bit of liberal arts type knowledge. The oblong part of my skill set included the things I was particularly proficient in and those

things, I am happy to say, are the things that I continue to enjoy.

The wonderful people of Chelsea helped me craft an abundant life. I learned how to grow tomatoes in the community garden. Co-workers at Centro Latino de Chelsea were patient with me as I struggled trying to learn Spanish. I served on the Economic Development Board, the Affordable Housing Trust Fund board and the founding board

of GreenRoots, Inc. I had the extraordinary good fortune of hearing words I had written spoken by very talented actors from the stage of the Apollinaire Theatre during Chelsea's Art Walk. Most significantly, I am proud to say I spent the last ten years of my career as city treasurer, working with a very dedicated staff in performing an important civic function in the city where I lived.

things, I am happy to say, of GreenRoots, Inc. I ha

Karp/ Continued from page 1

her sister-in-law! It was love at first sight. Eleanor and Henry married on June 26, 1938.

Before starting a family, Eleanor worked at Schrafft's, the renowned company Charlestown. After her sons, Michael and Harvey, were born, Eleanor devoted her time to running the household. Celebrations played a huge role in their lives. "The Jewish holidays were legendary in our house," said son Harvey Karp. "We had at least 30 people, with the tables extending into three rooms." Added Harvey, "My mom is an amazing cook. Her brisket, matzah ball soup, gefilte fish and stuffed knadles were the best I have ever eaten. She even made her own horseradish!"

Eleanor and Henry lived in Everett and Malden for most of their married life. They led a highly active social life, frequently entertaining friends, and family. Henry was one of eight siblings – four boys and four girls –and Eleanor was extremely close to all of them. She organized huge family outings every summer. Eleanor and Henry were married

for 46 wonderful years. Sadly, Henry passed away in 1984 at 74 years of age. In 2010, Eleanor

In 2010, Eleanor moved from the Jack Satter House in Revere to the Cohen Florence Levine Estates Assisted Living in Chelsea. Both staff and residents adored her! She loved the bus trips and visits to area restaurants, especially Jimmy's Steakhouse, The Continental and Kowloon. Meals in the dining room at Cohen Florence Levine Estates were the highlight of her

Adored by her children, son Harvey and wife Jeanne, and son Michael and wife Charlene, Eleanor cherishes her four grandchildren and seven great grandchildren. She presides over the family with love, warmth, and humor. "Eleanor is a truly remarkable woman," said daughter-in-law Jeanne Karp. "She is generous, loving, sharp and fun to be around. Actually, I can't imagine having a better

"Eleanor brings a sense of warmth to everyone she comes into contact with," said Jimy Aguilar, Recreation Program Director of the Leonard Florence

> BRIGHAM AND WOMEN'S HOSPITAL

MASSACHUSETTS GENERAL HOSPITAL

> BOSTON MEDICAL

mother-in-law."

Center for Living. Aguilar described Eleanor as always smiling and full of life. As he puts it, "She certainly is opinionated and well-informed, but so very respectful to everyone. Truthfully, it is a pleasure to be around her."

When asked the secret to living such a long life, Eleanor was quick to respond. "Whoever would have expected me to live to 107?" she asked. "But yet here I am!"

Harvey and Jeanne Karp are thrilled Eleanor is a resident at the Leonard Florence Center for Living. "We feel extremely fortunate she is living in such a beautiful building with a private room and bath, but even more importantly, we are deeply grateful to the incredible staff at the Center," said Jeanne Karp. "They genuinely care about her."

Notably the Leonard Florence Center for Living will celebrate another milestone birthday on September 18, when resident Rose Pugliese turns 105. "It's heartwarming to see these centenarians living life to the fullest," commented Aguilar. "Longevity is in the air!"

CPS free breakfast and lunch program underway

Chelsea Public Schools are participating in a Free Breakfast and Lunch program for the current school year 2021-2022. This alternative is referred to as the Community Eligibility Provision. All students enrolled in Chelsea Public Schools may participate in the School Breakfast Program and the National School Lunch Program at no charge.

For additional information please contact: Amanda Muniz, Food and Nutrition Director, muniz-amanda@chelseapublicschools.com

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from dis-

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Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW

Washington, D. 20250-9410;

20250-9410; (2) fax: (202) 690-

7442; or
(3) email: program.in-take@usda.gov.

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give consent, agree to share their electronic health records, answer health surveys, and have their measurements taken (height,

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weight, blood pressure, etc.), and give blood and urine samples, if asked.

MERCURY RECOVERY PROGRAM

Mercury is an element that can be harmful to human health and the environment if not disposed of properly.

Mercury is found in products such as:









Mercury Switches

Fluorescent Lamps

Please contact your local Board of Health or Department of Public Works for information on where to safely dispose of these items.

VIN WASTE INNOVATIONS

keepmercuryfromrising.org

Chelsea

Record PRESIDENT: Stephen Quigley

EDITOR IN CHIEF: Cary Shuman

AMERICA SINCE 9/11: ONE STEP FORWARD, MANY STEPS BACK

Amidst the solemn ceremonies and remembrances this past weekend of the terrorist attack 20 years ago on 9/11, one thing is clear: America is far better protected from a similar act of terrorism than we were on 9/10/01.

To be sure, our higher level of protection has come at great cost, but we have had nothing close to a similar incident since that terrible day, unlike in other countries, especially France, where high-profile, coordinated attacks by known terrorist groups have killed dozens of innocent civilians.

But if we are to assess our country today vs. where we were 20 years ago, by almost every other measure our nation is worse off.

The 9/11 attack rightly spurred us to invade Afghanistan, from where Osama bin Laden was directing his terrorist organization. Our military took care of business in short order, destroying bin Laden's network. But our rapid and easy success led us to continue with our military occupation of Afghanistan for 20 years and undertake an invasion of Iraq, even though there was no connection between that country and 9/11.

Those two foolhardy, deceitful, and hubristic endeavors have had disastrous consequences that reverberate

In addition, newly-released documents have revealed that both wars essentially were nothing more than a money-grab both by special interest groups in this country and by corrupt government officials in those countries. The vast majority of the trillions of dollars we spent lined the pockets of corrupt individuals and groups both here and abroad.

If we examine our domestic situation since 9/11, drug overdose deaths in the U.S, which reached an all-time high of almost 90,000 in 2020, are six times greater today than they were in 2001. The simple arithmetic tells us that we presently are losing as many Americans to drug overdoses every 12 days as we lost on 9/11.

The average life-span of many American sub-groups, especially white males who are victims of the so-called deaths of despair, has decreased for the first time in more than a century, even without factoring in the COVID-19

Income inequality and the accumulation of obscene wealth by a small group of individuals already was a problem in 2001, but 20 years later, the unequal distribution of our national wealth into the hands of a few has accelerated many times over and continues unabated. Combined with the Supreme Court's 2010 decision in the Citizens United case, we are realizing that a democracy exists in name only when we have a stratification of wealth in our society that is the equivalent of a real-life Hunger Games.

Natural disasters were few and far between prior to 2001, but nine of the 10 costliest hurricanes in our history have occurred since 2005. Thanks to our refusal to acknowledge climate change and to take the necessary steps both to reduce its impact and prepare for its consequences, our nation (and the world) routinely has been ravaged by an ever-accelerating number of natural disasters that have far exceeded the cost of what we might have spent to reduce greenhouse emissions, the source of atmospheric warming.

Facebook, Twitter, and similar platforms did not exist in 2001, but today they dominate our informational and political landscape and chiefly are responsible for the spread of misinformation and disinformation, from both domestic and foreign sources, that have undermined both our democracy and our ability to fight COVID-19.

As for COVID-19, today we are losing 3000 of our fellow citizens -- the equivalent of those we lost on 9/11 -- every two days because of COVID-19, which in the past 18 months has claimed the lives of more than 660,000 Americans.

We have the ability to fight back against COVID-19 -- masks and vaccines are our readily-available weapons -- but with tens of millions of Americans failing to join in the battle, spurred on by disinformation on social media and dishonest politicians such as Gov. Ron DeSantis of Florida, our tragic and horrific daily death toll is the best evidence that we are losing the war vs. COVID.

Lastly, if someone had predicted in 2001 that within 20 years, a right-wing mob, spurred on by social media, would have stormed the Capitol building in an attempt to stop the counting of the Electoral College -- in support of President Donald Trump -- the entire scenario would have been the stuff of a fictional satire in a humor magazine. (And probably would have been rejected for being outlandishly ridiculous.)

To those of the younger generation for whom 9/11 is not even a memory, we sadly report that by almost every metric, America today is in far worse shape than when the twin towers tragically were attacked 20 years ago.

So the question is this: If things have gotten this bad over the past 20 years, is there any hope that things will be better 20 years from now?

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Forum

GUEST OP-ED

Cardinal O'Malley statement on 20th anniversary of Sept. 11 attacks

By Sean P. O'Malley

"Throughout the history of the United States, events have occurred that profoundly changed who we are as a country.

Breakthrough developments in medicine and science, and technology that allows for instantacommunication, have provided us opportunities to improve our lives and be connected to one another in ways not previously possible. Sadly, war, socio-economic disparities, systemic racism and political divisions have made life more difficult for generations of Americans and deeply divided our society.

In the twenty years since the tragic day when America was attacked on September 11, 2001, we have witnessed great courage and bravery by our countless men and women who came to the aid and support of their brothers and sisters in the midst of crisis. First responders, many of whom ran towards danger never to return, exemplify the American spirit, and we honor them always. Flight crews facing unimaginable horror that day focused on caring for their passengers who turned to them for help in moments of fearful desperation. And the men and women of the military courageously stepped forward to defend our freedom. A shining tower of architectural beauty now

calls us to the place where the World Trade Center towers once stood. The 9/11 Memorial honors the lives lost and helps us to heal from the trauma of that day while holding up America's resolve to never forget. Memorials have also been erected at the Pentagon and in Shanksville, Pennsylvania where, in those attacks, the extraordinary heroism of citizens and those who serve to protect us saved many

In the years since September 11, 2001, we have also experienced two deep and long-term economic downturns, a global pandemic that has led to more than 600,000 Americans losing their lives. And we have seen far too many people fall into poverty through no fault of their own, continuing an inequity that has for too long unfairly burdened those whose goal is to realize the dream of a better life for their families. A lack of civility and a too-quick readiness to denigrate and assign blame to others, amplified through social media, is fracturing communities and making us less trusting of our neighbors. Our brothers and sisters within the interfaith community have experienced an unprecedented amount of hate; we stand in solidarity with men and women of all faiths to combat this evil.

Almost 3,000 peo9/11. Many have since died from the health impacts directly attributed to the collapse of the towers. Two wars have cost thousands of American lives and also the lives of our allies and citizens in Afghanistan and Iraq. Many men and women who answered the call to defend us suffered life-altering injuries. We are now called to support them as they return to our communities.

September changed all of us and our society. We owe the families of those lost on 9/11 the honor of finding ways to overcome our differences and building communities of compassion and love that unites us. We should be motivated to take meaningful action by looking past our differences and embracing a culture of mutual respect and dialogue. The Church has a role in this and endeavors to be a beacon of hope for the distressed, friend to the forgotten and helping

hand to the less fortunate. Many of us remember where we were and what we were feeling on that tragic day twenty years ago. I was in Washington, D.C., for meetings at the United States Conference of Catholic Bishops. Shortly after the attacks, we canceled our meeting and made our way to the nearby Shrine of the Immaculate Conception for Mass on the campus ple lost their lives on of Catholic University,

where a crowd had already gathered to pray. With the help of the University's president, who made his car available, I was able to return to New England with my fellow bishops to be with the people of the Diocese of Fall River where I was bishop.

All across the world, there was a strong sense of community and solidarity. Our need to share the profound sorrow of that time that brought people together in a profound way. The events of September 11th demonstrated the fragility of human life and also our resilience and recognition of our common bond of humanity.

Remembering events of September 11th twenty years later, we pray for the victims, the families and the survivors who may still be traumatized and whose health has been compromised by the effects of the attacks.

We pray for peace in our world. We pray for wisdom to overcome our differences. We pray for a future free of terrorism and hate. We pray for the healing that comes from communities of love for another, mutual respect and caring. And we commit to never forget those whose lives were lost that

Sean P. O'Malley is an American cardinal of the Catholic Church serving as the Archbishop of the Archdiocese of Boston.

GUEST OP-ED

Much more than meets the eye. The power of flowers.

By Khalil Saddiq

As the pandemic continues to shape our lives in uncertainty, it's easy to lose sight of the beauty and power in small things, like flowers and planting.

2020 was a transformational year that forced us to reform how we navigate the world. Through personal experiences with trauma we learned about the importance of gratitude, mindfulness and self care. I fell in love with the art of cooking and it raised my curiosity about growing herbs and vegetables. My curiosity has now become a journey of a lifetime in wellness and

sustainability. As a community organizer and racial equity consultant, I am all about tapping into resources that fuel healing, clarity, and sustainability. Chelsea has great community resources. One I am excited about is the Downtown Flower Takeover project that was launched by the city's DPW office in July 2020 (the Fall planting event will take place on Saturday, Sept. 25, at 9:00am, Luther Place). The resident driven program started with the team of David Therrien, Celeste Wiland led by Devra Zabot of Chelsea City Creative and most recently, Chelsea based Galdamez Land-

scaping. I had the privi-

lege of having lunch with

Devra to learn more about

the project and discov-

ered that there is more to the flowers than meets the eye. The flower program is about beautification, but it is also about our green space and trash challenges and wanting to bring everyone into the conversation.

The large 49" X 50" planters do a wonderful job of beautifying the city's sidewalks down Broadway but that's only part of the picture. On a greater level there is also an opportunity to enrich your self care through volunteering. Yes, self care. Self care refers to the process of taking care of oneself by establishing a consistent routine of behavior to improve well-being, preserve health, or to maintain physical and emotional stability.

After our meeting, I decided to get involved in the project and bring some bold beautification ideas to my residence at North Bellingham Veterans Housing. NBVH was established in 2015 after the American Legion building was renovated by TND. NBVH is a small veterans community that houses and supports veterans who had housing challenges.

There is great alignment with the flower project veteran community. We currently have a small garden at our location and a resident who is an active member of the TND

beautification team. I'm

looking forward to partic-

ipating in the Downtown

Flower event on Septem-

ber 25, as a team leader and I'm excited to meet like-minded residents. In addition to Chelsea City Creative and DPW the project is being produced by GreenRoots and community partners include Chelsea Black Community, La Colaborativa, Beacon Properties, CET and Healthy Chelsea.

In other cities they may just be flower planters, in Chelsea they are much more.

Saddiq Khalil a proud Marine Corps veteran, community activist, trauma informed peer support group facilitator and trainer, racial equity consultant and systems designer. He is the CEO/ founder of 901 Consulting, a racial equity consulting group that represents the introduction to the highest level of disciplines needed to achieve sustainability in racial equity. Khalil has been living in Chelsea since 2016.

stephen.quigley@reverejournal.com

Advertising and Marketing

Legal Advertising Ellen Bertino

Director of Marketing Debra DiGregorio

deb@reverejournal.com

Assistant Marketing

Editorial Reporters, Regular Contributors

Cary Shuman (Cary@lynnjournal.com)

Copy Editing, Layout

Scott Yates

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CHELSEA GREEN ROOTS HOST FUNDRAISER BY THE WATERFRONT ON MARGINAL STREET

Last Friday evening Chelsea's Green Roots hosted a gala fundraising event. It was a beautiful summer's evening, and many local supporters of the organization were in attendance. Cultural music and food were on tap for the guests, all geared to raise much needed funds for the organization to continue to do their job maintaining, improving and enhancing Chelsea's environment and public

health.



Jordan LLanas and Bianca Bowman check in some of the local visitors to the party last Friday evening on Marginal Street.



Rosanne Bongiovanni Executive Director of Green Roots, Prsident of Conservation Law Foundation, Brad Campbell and Cindy Luppi, Nee England Director of the Clean Water Action Group.



Clave and Blues were the entertainment for the evening.



Green Roots supporters, Lisa Santagate, Rosa Mana, Stacy Amarel, Rima Mazzoni and Cara Cogliano.



Valatina Alarcon and Ester Atarola.



Chairman of the Board for Green Roots Marcos Luna and Vice Chairperson Grace Murina welcome everyone to the gala last Friday night.

GUEST OP-ED

Worry rarely changes anything

By Dr. Glenn Mollette

Life presents challenges to us all and most of us understand worry. There are enough ordeals along the way of life to cause each of us to worry our heads off. However, worry will never add another day to our lives. Worry will not smooth a wrinkle, dry a tear or eliminate disease, poverty. It will not keep someone from harm. Worry has never prevented bad news or bad things from happening.

Worry rarely changes anything except to make us tense. This usually results in sleep loss, nausea, ulcers and chest pain. Who needs any of these? Worry often leads to stress and too much stress is never reported as being good for us. Of course, just daily living creates some stress for us all. We have appointments, jobs, deadlines, life goals and commitments. Within these there are expectations that bring about daily stress.

Deep down gnawing worry, fretting and fear doesn't do us much good. When we are filled with worry and fear all the time it only makes our situation

worse.

Jesus said in Matthew

5:25 to not worry about

the needs of this life. "For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing?" Yet, if we are honest, we've all worried about all the above and much more at different times in our lives.

Let's try to think more

about caution and prevention and doing what we know to do.

For example, take

the Covid-19 vaccination. It's free, and it might save your life and the lives of people you love. Why wouldn't you do it? This is called prevention. You still might get sick but it might save your life. Your family loves you and needs you. Surely, you care enough about them to get this vaccination.

I know people who ha-

I know people who haven't gotten the vaccination and I'm concerned. However, I'm encouraging them to go and get the shot. This is something I can do. I can talk to them, fuss and gripe. Lying awake all night worrying

fuss and gripe. Lying awake all night worrying about it will not change anything.

Eat right, exercise, take

your vitamins, go to the

doctor regularly and do what your doctor says to do. Worrying about your health, will not make you healthy.

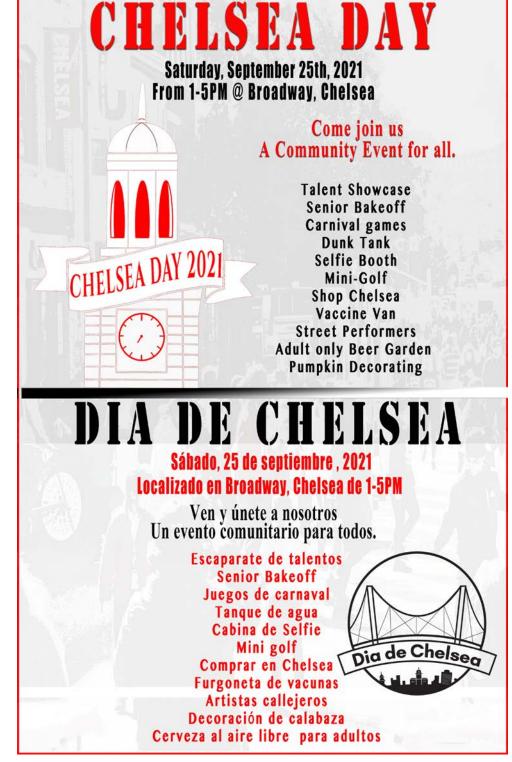
Stop worrying about money. Worrying about money will not make you richer. Go to work. Figure out some way to make a little if you are physically able. Don't throw your money away. Look for ways to save some. After this, don't sit around and worry, just be busy doing something and you won't have time to worry.

Eliminating worry is

easier said than done. Pray, meditate, be physically and mentally active. Be creative and on the offense about whatever might be troubling you. Don't take life sitting down. Tackle what you can and trust everything to God.

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.



CHS ROUNDUP

CHS FOOTBALL TEAM TOPS SALEM, 24-19: HOSTS REVERE FRIDAY

The Chelsea High football team opened its season on a winning note, defeating Salem, 24-19, this past Friday evening under the lights at Salem's newly-refurbished Bertram Field, to give new head coach Michael Jackson a "W" in his CHS debut.

The contest was a seesaw battle that was up for grabs until the final minute. The Red Devils took a 6-0 lead at the end of the first quarter, but Salem responded with a TD before the half to bring the contest back to level, 6-6, at the intermission.

Chelsea scored the next two touchdowns, both coming in the third period, to move out to an 18-6 advantage, but the home

RELEASE:

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team Witches narrowed the gap to 18-13 early in the fourth quarter.

The Red Devils responded with a TD midway through the final period, but Salem rallied to score another TD with 1:10 to play to slice the margin to 24-19.

However, Salem failed to recover the ensuing onsides kick-off attempt and Chelsea ran out the clock to preserve the victory.

The dynamic CHS offense was led by quarterback Erick Galeano Flores, who connected on 7-for-14 pass attempts for 126 yards and two touchdowns. Erick also rushed for 84 yards on 11 carries.

Maykin Funez was on the receiving end of five of those completions, including a 50-yard TD pass in the fourth quarter that sealed the victory.

> Herman Esquivel

Mendes also was a major contributor on offense, running for 92 yards on nine carries and scoring a TD, and William Romero snared a 12-yard pass for a TD.

The Red Devils next will face a big challenge when they will host ancient Greater Boston League rival Revere for a Friday Night Lights contest. The opening kick-off at Chelsea Stadium is set for 6:00.

CHS BOYS SOCCE DEFEATS ENGLISH, 3-0

A hat trick by Jefferson Ruiz and an airtight defense proved to be the winning combination for the Chelsea High boys soccer team in a 3-0 victory over Greater Boston League rival Lynn English this past Monday on the pitch at Chelsea Stadium.

Ruiz's first goal was a highlight-reel worthy play. After taking a throughpass from teammate Kevin Garcia, Jefferson dribbled past the English keeper and calmly placed the ball into the back of the empty net. The Red Devils' second

goal came about when Chelsea caught the visiting Bulldogs on a counter-attack. Henry Vasquez passed the ball to Ruiz inside the box. Although Jefferson's initial volley was blocked by an English defender, he got his own rebound and delivered a perfect, low shot that cleanly beat the Bulldog keeper.

Ruiz's goal for the hat trick was assisted by Brian Ortiz. Ortiz had passed the ball to Jefferson, who delivered a shot from 25 yards out that caught the flatfooted English keeper off his line.

"This was a really good performance for all the squad," said CHS assistant coach and former Red Devil star player Luis Cruz. "Everyone got in some minutes and we saw some very positive things from players who came off the bench."

The victory over English was preceded last week when the Red Devils dropped a 4-1 decision at GBL rival Lynn Classical in their season-opener.

Jonathan Arevalo scored the lone Red Devil goal. Jonathan dribbled past two Classical defenders at the edge of the 18yard box, from where he delivered a perfect shot to the bottom right corner to

beat the Ram goalkeeper. "We struggled to move the ball around and the boys looked a little bit nervous for the season-opener," noted Cruz. "We struggled all game long keeping the ball and eventually we conceded a goal from a free kick. Right after that we conceded another goal from a PK."

The Red Devils then lost key player Juan Carlos Suarez to an injury. Classical added two goals in the final 10 minutes for the 4-1 finale.

"This was a very challenging game, but it helped us to see what we needed to work on for the upcoming games," said Cruz. "We played a lot better against English and looked a lot more comfortable on the ball. There still are a lot of things that we have to work on, but we are definitely improv-

"Our back line had a very good performance against Lynn English," Cruz continued. "English has some very good players, but our defense held it together all game long. Espero Olvan Mendez was all over the field, not only defending, but attacking as well.

Milutinovic and his crew are scheduled to play at arch-rival Everett today (Thursday) and then will trek into Boston on Monday to take on Jeremiah Burke High School in a non-league encounter.

The Red Devils will host Malden on Tuesday and Revere next Thursday.

PADILLA, RODRIGUEZ SHINE FOR CHS CROSS-**COUNTRY**

Giselle Rodriguez turned in the top performance of the day for the Chelsea High girls and boys cross-country teams in their meet last week at Somerville, taking first place in the race against the Lady Highlanders.

On the boys' side, Ian Padilla was the top performer for the Red Devils, coming across the line in third place.

Coach Sam Fogel and his crew were scheduled to host Everett yesterday (Wednesday) on the Admiral's Hill course. They will trek to Lynn Classical next Wednesday.

CHS girls soccer seeks first win

soccer team will be seeking its first win of the season when coach Randy Grajal and his crew meet Greater Boston League rival Everett today (Thursday) on the turf at Chelsea Stadium. The Lady Red Devils will host Burke High School on Monday and then will trek to Malden on Tuesday and to Revere next Friday.

The Chelsea High girls

Although Chelsea dropped its season-opener last week to Lynn Classical, 7-0, Grajal saw some positive signs from his

"It was a rainy day and the players worked hard," said Grajal. "The team is getting used to playing together in this new season and we will continue working to improve. We had a great performance by our junior goalie and captain Katie Arias, who made huge saves throughout the game."

CHS VOLLEYBALL **TEAM TOPS** CAMBRIDGE, 3-1

The Chelsea High volleyball team earned its first win of the season with a 3-1 victory at Cambridge Rindge and Latin last Thursday.

Coach Gabriel Morales's squad was led by the trio of outside hitter and captain Jasmine Varela, setter and captain Bryan Vicente, and libero Brandon Rodriguez.

The triumph was sandwiched between hardfought losses to Lynn Classical (3-1) last Wednesday and Somerville (3-2) this past Monday.

Morales and his crew have a busy week ahead with five matches in nine days: They were scheduled to play at Everett yesterday (Wednesday) and to entertain Malden tomorrow (Friday). Next week, the Red Devils will host Revere on Monday, trek to Medford on Wednesday, and entertain Cambridge Rindge and Latin in a rematch next Thursday.

CITY OF CHELSEA, MA

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Public Water Supply #3057000

DATE: September 16, 2021

> **Immediate** Chelsea WSD to Perform Hydrant Flushing

Chelsea Water & Sewer will begin its annual hydrant flushing program on Sunday, September 20, 2021 and continuing for approximately four weeks. Flushing will be performed approximately between the hours 8:00 p.m. and 6:00 a.m. Flushing will be performed in the southern half of the City (south of the railroad tracks); plus, the area north of the tracks bounded by Orange Street, Washington Avenue, the Everett city line, and the railroad tracks. Please see attached figure (where appropri-The procedure will include opening fire hydrants to flush

accumulated sediments from the water mains and testing the operation of each hydrant.

The Department requests that during this period customers check their water for clarity before washing clothes. Customers may also get accumulated sediments in their house laterals the next morning. This will clear after a brief run of water at the tap. DISTRIBUTION:

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TEMA: El Departamento de Agua de Chelsea

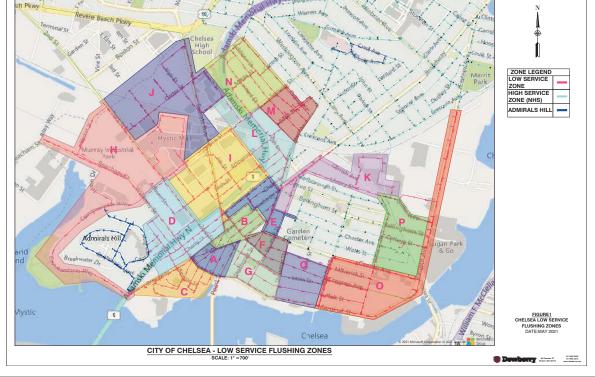
realizará el lavado de hidrantes Chelsea Water & Sewer comenzará su programa anual de

lavado de hidrantes el domingo 20 de septiembre de 2021 y continuará durante aproximadamente cuatro semanas. El lavado se realizará aproximadamente entre las 8:00 p.m. y 6:00 a.m. El enjuague se realizará en la mitad sur de la ciudad (al sur de las vías del ferrocarril); Además, el área al norte de las pistas delimitadas por Orange Street, Washington Avenue, la línea de la ciudad de Everett y las vías del ferrocarril. Por favor, vea la figura adjunta (cuando corresponda).

El procedimiento incluirá la apertura de bocas de incendio para limpiar los sedimentos acumulados de las tuberías de agua y probar el funcionamiento de cada boca de riego.

El Departamento solicita que durante este período los clientes comprueben su agua para mayor claridad antes de lavar la ropa. Los clientes también pueden obtener sedimentos acumulados en su casa laterales a la mañana siguiente. Esto se borrará después de un breve recorrido de agua en el grifo. DISTRIBUCIÓN:

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Sports

CHELSEA BOYS IN SOCCER ACTION AGAINST LYNN CLASSICAL

Lynn Classical scored three second-half goals, including one a penalty kick, and relied on stingy defense to top Chelsea 4-1 in boys soccer Thursday, September 9 at Chelsea Stadium.



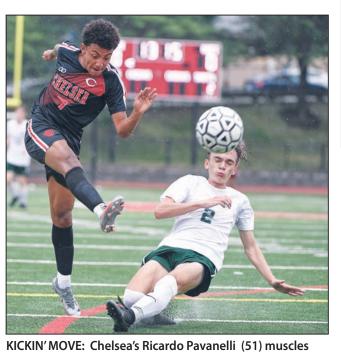
ON HIS WAY: Ricardo Pavanelli (51) gets past a defender and makes a charge toward the net that resulted in the Red Devils only goal in a 4-1 loss to Lynn Classical September 9 at Chelsea Stadium



WHO, ME?: Chelsea's Christian Palacios Sanchez (23) looks on with disbelief as an official explains a call against him.



MAKING A MOVE: Chelsea's Ricardo Pavanelli (51) gets a leg up over Lynn Classical defender Roberto Gomez.



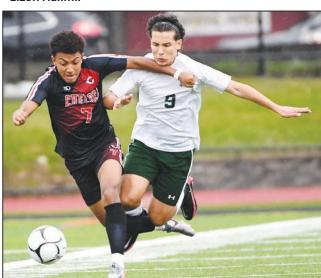
his way to the ball over Lynn Classical's Ryan Dunn.



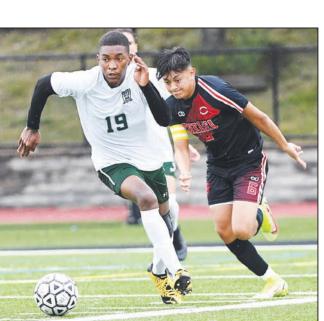
TWO TO TANGO: Chelsea's Henry Vasquez (11) and Lynn Classical's Brayan Giovanny Rivas Lazo struggle for possession.



OVER THE OBSTACLE: Chelsea's Angel Rosales Rosales(7) gets his kick away over the defensive effort of Lynn Classical's Elzon Halimi.



DETERMINED EFFORT: Chelsea's Angel Rosales Rosales (7) holds off Lynn Classical's Gabriel Sarmento.



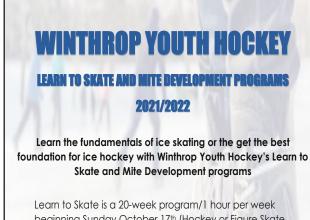
MIDFIELD CHASE: Lynn Classical's Ryan Doll and Chelsea's Justin Ramirez (6) have their eyes on the same thing—the hall



IN THE HUNT: Chelsea's Angel Rosales Rosales (7) and Lynn Classical's Imer Payes chase a bouncing ball.



STRIDE FOR STRIDE: Lynn Classical's Ryan Doll and Chelsea's Ricardo Pavanelli (51) are step for step in pursuit of a ball.

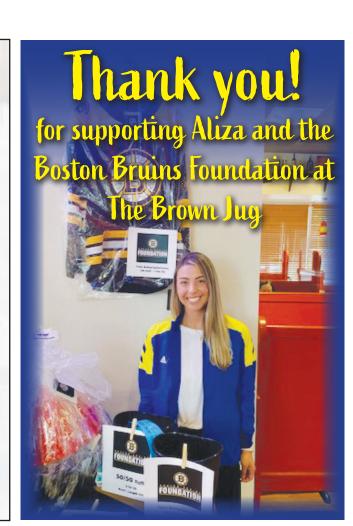


beginning Sunday October 17th (Hockey or Figure Skate and helmet with cage required - **\$200 tuition**)

The Mite Development Program is a 20-week program/1 game and 1 practice per week (Saturday and Sunday) beginning Saturday October 16th. (Full hockey gear required - **\$415 tuition**)

Register online at: Registration (winthropyouthhockey.com)

For questions, please contact any member of the Winthrop Youth Hockey Board of Directors. Contact information can be found at <u>Board of Directors (Winthropyouthhockey.com)</u>





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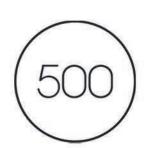










































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Lillian Borgosano Of East Boston

Lillian C. Borgosano of East Boston passed away on September 8 at the age of 80.

Born in Boston on April 8, 1941 to the late Gaetano and Mary (O'Leary) Borgosano, she was the cherished mother of John Borgosano Sr. of Woburn, dear sister of Mary M. Borgosano of Revere and the late Anthony Borgosano and his late wife, Diana, cherished grandmother of John Borgosano Jr., Danielle Borgosano and Frankie Borgosano and adored great grandmother of Lianna Borgosano. She is also survived by her loving nieces Brenda and Diana Borgosano.

A visitation at the Paul Buonfiglio & Sons-Bruno



September 13, was followed by a Funeral Mass at St. Anthony's Church and interment in Woodlawn Cemetery. For guest book, please visit www. buonfiglio.com.

Ann Marie Raffaele

Of Revere, formerly of East Boston

Ann Marie (Toscano) Raffaele of Revere, formerly of East Boston, passed away on September 11 at the age of 60.

Born in Boston on July

22, 1961 to Maryann (Barone) and the late Vincent Toscano, she was the wife of the late Carmen Raffaele, cherished mother of Christopher Raffaele and his wife, Rachel of Lynn and the late John Paul Raffaele; loving wife of 25 years to Alphonse Marano of Revere, adored grandmother of Christopher and Vincent Raffaele, dear sister of Karen Toscano of Pepperell and the late Vincent Toscano and beloved aunt to Kristina Pereira, James Toomey and the late Anthony Toomey. She is also survived by many loving nieces, nephews and countless friends.



A visitation will be held at the Paul Buonfiglio & Sons-Bruno Funeral Home, 128 Revere St, Revere on Wednesday, September 22 from 10 to 11:30 a.m. followed by a 12 Noon Mass at St. Anthony's Church in Revere. Interment will be held privately for the immediate family. For guest book, please visit www.buonfi-

Lucy McGrath

Of Revere, formerly of Chelsea

Lucy J. (Curcio) Mc-Grath of Revere, formerly of Chelsea, passed away peacefully on September 12 at the age of 87.

The beloved wife of the late John McGrath, she was the dear sister of Henrietta Iebba of Chelsea and the late Angelina Antczak, Edward Curcio, Enrico Curcio, Anthony Curcio, Mary Testa and Robert Curcio and is also survived by many loving nieces and nephews as well as her two cherished canines, Muggsy Mikey.

Family and friends will honor Lucy's life by

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> Amy C-Almas William R. Carafa -Funeral Directors carafafuneralhome.com



gathering at the Ruggiero Family Memorial Home, 971 Saratoga St., East Boston today, Thursday, September 16 from 4 to 8 p.m. and again on Friday morning at 8:30 a.m. before leaving in procession to St. Mary's Church, 670 Washington Ave., Revere for a Funeral Mass at 10 a.m. honoring Lucy's life. Services will conclude with Mrs. McGrath being laid to rest with her beloved husband at Holy Cross Cemetery in Mal-

In accordance with the City of Boston Five-Point Plan for the Delta Variant of COVID-19, face masks are required at all times when indoors.

To leave an online condolence please visit www. ruggieromh.com.

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OBITUARIES

Lorna Hoover Painter

May 9, 1934 – July 9, 2021

Lorna Hoover died at half-past midnight on July 9 at her home in Chelsea.

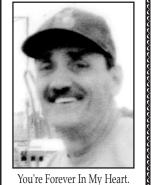
Born in Newton, Lorna was the youngest daughter of Walter Boyd and Lorna Lelly Hoover. She attended Brimmer and May School until the age of 16 when she ran away to New York City. After winning a chess game with the headmaster, she was granted admission to the Art Students League where she studied with George Grosz and Max Ernst, and lived with the late Betty Dodson. Lorna returned to Bos-

ton, earned her GED and then her BFA from the School of the Museum of Fine Arts at Tufts University. She was awarded the Boit Prize for her painting which was exhibited at the Museum of Fine Arts in Boston, 1955. Occasionally Lorna was commissioned to paint portraits, including of the Late Henry Hornblower, founder of Plimouth Plantation. She also designed and constructed the set for a Bertolt Brecht play performed at the Wilbur Theater. While painting was her passion, with her work in numerous exhibitions from Boston to La-Galleria in Torremolinos, Spain, Lorna started a ceramics and tile business in the 1960s, working from home, listening to classical music and raising two daughters. She made and sold hand-sculpted mirrors, pie plates and tiles at galleries and markets, including from her cart at Faneuil Hall Marketplace. She also designed, constructed and installed kitchen and fireplace surrounds across New England, often featuring morning glories, butterflies, birds and fish. Her gold-plated representation of Noah's Arc was exhibited and sold at the Hyatt

Regency in Boston. In addition to art, Lorna also made beautiful homes, rehabbing houses in Allston, Brookline, Wellesley and finally Chelsea where she moved in 1984. In the early 90's Lorna sold her tile business, rented her home, and moved to Oaxaca, Mexico, where she painted for two years. In 1994 Lorna was joined by her daughters and dear family friend, Juan Gallego. Together they spent three months driving a jeep from Oaxaca through Guatemala, Belize and Honduras.

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Michael Francis Nugent

November 8, 1945 – September 9, 2021

Michael Francis Nugent passed away on Thursday, September 9 after a series of illnesses. He was 72 years of age.



Although she was ex-

uberant about life and a

fierce advocate for the

people and causes she

cared about, Lorna was

extremely humble when it

came to her own work and

Lorna was married

from 1956-1981 to the late

Henry Scammell. She was

adamant that she would

never marry again, until

she met and fell in love

with Warren Perry whom

she married after a long

courtship in 2005. Lorna

and Warren lived in New

Bedford for several years

and were active with Gal-

lery X before returning to

Lorna was an extraor-

dinarily hard worker with

an infectious laugh and a

witty sense of humor. She

loved life, was endless-

ly fascinated by people's

faces and stories, and

was a voracious reader

of non-fiction. She and

Warren traveled to many

places including Camer-

oon where they spent sev-

eral months with extended

Lorna was predeceased

by her brothers, Bob and

Jack Hoover of Palm

Beach Gardens, FL and

Duxbury, MA respectively

and her sister, Patricia Pe-

tot of Pikesville, KY. She

is survived by her beloved

husband, Warren Perry of

Chelsea; her daughters,

Helen Grimm of N. Tru-

ro, MA, and Madeleine

Scammell, also of Chel-

sea; two grandchildren,

Anders and Ella Grimm

of N. Truro and nieces and

nephews who loved her

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memory can be made to

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family.

dearly.

Chelsea in 2008.

accomplishments.

Born raised in Chelsea, he was a beloved son of the late Francis

Wm. "Fran" and Jane R. (Jones) Nugent. Mike attended local

schools and graduated from Chelsea High School with the Class of 1966. A year later he enlisted in the US Navy and served during the Vietnam Era aboard the USS Halfbeak Submarine. Together with his crewmates, he was awarded as one of a few submariners to cross the Arctic Circle.

He was discharged in 1971 and returned to Chelsea. That same year he married his beloved Joanne and has the couple shared the past 50 years with love and devotion raising their family in Chelsea.

He received his Associate's Degree in business management from Fisher Jr. College and worked as a maintenance engineer throughout his career with various companies: Winn Companies, Charlestown, Chelsea Housing and Lombardo's, East Boston. And, for the past five years, Mike was a bridge operator at the Chelsea St. Bridge.

In his lifetime, he enjoyed time with family especially his grandchildren. He was an allaround Boston sports fan, enjoyed traveling with his wife to Hawaii, the American Southwest, Nova Scotia, New Zealand and, his most loved, Ireland. He attended many of the USS Halfbeak reunions held across the country and would often regale his family about his experi-

Mike was a longtime member of the Cary



Square Assoc.

In addition to his parents, he was also predeceased by his brother, Francis Wm. "Barney" Nugent, Jr.

He is lovingly survived by his beloved wife of 50 years, Joanne M. Evans. He was the devoted father of Jody Nugent and her husband, Frank Medbery of Chelsea, David Nugent of East Boston and Michael Nugent and his wife, Lyn of Christ Church New Zealand; cherished grandfather "Pop" of Mason Medbery, Max Medbery and Harper Nugent; dear brother and brother-inlaw of Jane Roblee-Smith and her husband, Rod of Wakefield and Denise Nugent of Peabody. He is also survived by several nieces, nephews, extended family and friends.

Relatives and friends are most kindly invited to visit with Mike's family today, Thursday, September 16 from 10 a.m. to 1 p.m. at the Welsh Funeral Home, 718 Broadway, Chelsea. A life celebration and remembrance service will immediately follow the visitation at 1 p.m. Services will conclude at

the Funeral Home. Should friends desire, contributions in Michael's name may be made to a

charity of their choice. Arrangements given to the care and direction of the Welsh Fu-

For online guest book or to send expressions of sympathy, please visit: www.WelshFH.com.

neral Home, Chelsea.

Loraine B. Hanegan

September 21, 1942 – September 13, 2021

Loraine B. Hanegan, 78, passed away on Monday, September 13 at the Eastpointe Nursing Care Center in Chelsea. She had been receiving supportive care at Eastpointe during a time of declining health.

Born, raised and a life-A celebration of her life long Chelsea resident, she will take place on Saturwas the beloved daughter day, October 23 at 4 p.m. of the late Charles J. and in Chelsea. Please RSVP Olga (Novak) Strychalfor details and location Loraine attended local schools and graduto helengrimmart@gmail. ated from Chelsea High School.

She raised a son and supported her home working for the Chelsea School Department, beginning in the cafeteria and later as a school custodian, retiring after 30 years with the department. As a young lady, she enjoyed candle pin bowling in the Chelsea Lanes and was a lifelong book lover. Loraine was a member and past president of AFSCME Council In addition to her par-

ents, Loraine was also predeceased by her beloved companion of many years, John Plona. She was the

forever devoted mother of Chuck Hanegan and his wife, Darleen of North Easton; cherished grandmother of Katelyn, Sarah and, Christopher Hanegan and dear sister of Donald Strychalski and his wife Shirley of Saugus. She is also survived by three nieces, one nephew, many cousins, extended family

members and friends.

Relatives and friends are most kindly invited to attend Loraine's visitation at the Welsh Funeral Home, 718 Broadway, Chelsea on Friday, September 17 from 10:30 a.m to 12 p.m. Services will follow the visitation in the Funeral Home at 12 noon and will conclude with interment at Glenwood Cemetery in Everett.

Should friends desire. contributions in Loraine's name may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN, 38501 or visit www.StJude.org/donate For online guest book

or to send expressions of sympathy, please www.WelshFH.com.

To place a memoriam in the Chelsea Record,

please call 781-485-0588

For Advertising Rates, Call 617-884-2416

USPS now hiring seasonal employees nationwide in preparation for 2021 holiday season

The U.S. Postal Service is currently hiring for more than 40,000 seasonal positions as preparations continue for the 2021 winter holidays, the agency's peak season for mail and package deliveries. Seasonal opportunities include but are not limited to city and rural mail carriers, mail handlers and drivers.

Job seekers can find and

apply for open positions in their local community by visiting usps.com/hiring.

"Our entire organization is focused on delivering a successful holiday season. To make this happen, we need great people to join us to deliver for our local communities and our nation," said CEO and Postmaster General Louis De-Joy. "The Postal Service

offers many opportunities for seasonal employment. For many, a seasonal role can be the start of an exciting career with the Postal Service."

In support of its holiday hiring effort, the Postal Service is hosting 58 hiring fairs in select cities across the country where potential employees for seasonal roles can immediately apply for opportunities. Pre-registration, social distancing and face masks are required to attend a USPS Job Fair. To find or register to attend an upcoming job fair, visit usps.com/hiring.

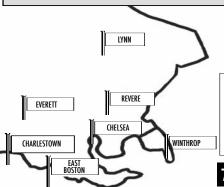
The Postal Service is an equal opportunity employer offering a fast-paced,

rewarding work environment with competitive compensation packages, on-the-job training and opportunities for advancement.

In addition to hiring, the Postal Service is preparing for the higher delivery demands of the 2021 holiday peak season by leasing millions of additional square feet of mail and package sortation facilities and installing new processing equipment to accommodate higher mail and package volumes.

The Postal Service generally receives no tax dollars for operating expenses and relies on the sale of postage, products, and services to fund its oper-

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estate that is in violation of the law. Our readers are hereby informed that all dwellings advertising in this newspaper are available on an equal opportunity " HUD" toll-free at 1-800-669-

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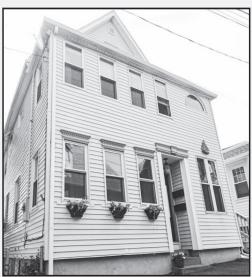
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NORTHEAST METRO TECH DISMISSED DUE TO PROPANE LEAK

Superintendent David DiBarri and Fire Chief Michael Sullivan report that Northeast Metropolitan Regional Vocational High School was evacuated shortly before the start of the school day on Thursday due to a propane leak.

No injuries or illnesses have been reported. No fire or damage to the building has occurred. Classes have been canceled for the day.

The Wakefield Fire Department received a call at 7:09 a.m. that an odor of propane had been detected in the building; the school operates with propane gas. First responders determined upon arrival that the odor was emanating from the area where metal fabrication classes are taught.

First responders removed staff from building, and held arriving students outside. Propane connections have been shut off, and the building has been vented. Students were moved

to nearby Wakefield High School, where school officials are arranging transportation. The source of the leak is

still under investigation by the Wakefield Fire Depart-This release will be up-

dated as more information becomes available.

NOMINATIONS BEING ACCEPTED FOR PEOPLE'S **MEMORIAL** PROJECT

Chelsea Prospers, the city's initiative for neighborhood vitality, is still accepting nominations for the People's Memorial Project.

The top nominations will be featured in a temporary public art project on Thursday, Sept. 30 from 7 p.m. to 10 p.m. Images of the selected individuals will be projected, hologram-like, standing atop the plinth that formerly held the statue of Christopher Columbus in Chelsea Square.

The intent of the project, and the nominations, is to generate a conversation about how memorials present one view of history and leave other stories untold, according to the Chelsea Prospers website.

The artist behind the project is Cedric "Vise 1" Douglas, the founder of the Street Memorials Project and Up Truck, a mobile creative art lab. Douglas has a back-

ground in graffiti art, and has given talks about how he learned to use his background productively. He went to college at the Mass College of Art to study graphic art where he met a professor who taught him that design can be about creating a message to share with the world.

"The intent of this project is to create a glimpse into the future, by replacing an antiquated view of history with a vision of tomorrow where all people who have contributed to the growth and prosperity of the local community and the broader nation, are recognized and honored," Douglas said.

From his first art project in college, Douglas's art and projects have focused on raising social awareness in communities.

With the People's Memorial Project in Chelsea, some of the topics up for discussion include who decides who gets memorialized, why has Christopher Columbus celebrated in so many neighborhoods, including Chelsea, and how do the memorials influence and reinforce a vision of what it means to be an American.

In downtown Chelsea Square, the monument dedicated to Christopher taken Columbus was down after a request spearheaded by Chelsea High School students. These students came together to denounce the memorial, on the basis that Columbus does not represent the city's values and Latino community.

The People's Memorial Project poses the question: What does it look like to bring those who have been excluded back into the conversation? What would it mean for Black, Latino and other people of color, the poor and other marginalized people to be recognized in our public square? The project opens an accessible, community-based conversation about civic monuments and their role in the community of Chelsea.

Nominations can be made on Facebook at www.facebook.com/ The-Peoples-Memorial Project, by text message at (872) 713-6153, by voicemail at (617) 958-1760, or by email at peoplesmemorialproject@gmail.com.

VETERANS FOOD **DISTRIBUTION** TO CONTINUE AT CHELSEA SENIOR CENTER

The City of Chelsea will host in-person food pantries for veterans at the Chelsea Senior Center beginning on Wednesday, Oct. 6.

THE HOMEOWNER STABILIZATION PROGRAM (ROUND II) IS CURRENTLY **ACCEPTING NEW** APPLICATIONS

The Homeowner Stabilization Program (Round II) is currently accepting new applications, and will be doing so until all funds have been exhausted. This relief program can cover a variety of costs for homeowners including mortgage, tenant rent, utilities, property taxes, and homeowner insurance.

Applications can be submitted in-person at City Hall and online at https://www.chelseama. gov/homeowner-stabilization-program

CHELSEA DAY **RETURNS THIS SEPTEMBER**

On Saturday, September 25, Chelsea Downtown will transform into a city-wide celebration for Chelsea Day. Join your fellow residents at this community event that will feature music, entertainment, a Bake-Off, Beer Garden (21+), and much

Support Chelsea's local businesses by participating in Shop Chelsea, an exciting event that will culminate in a raffle for residents on Chelsea Day!

Until Sept. 25, shop at any store, restaurant or establishment that gives receipts in Chelsea, and bring your receipt to the Chelsea Chamber to enter. There is NO limit on entries. Submit any receipt that you have from shopping in Chelsea during the two-week period to increase your chances of winning. Support the City's local businesses, and bring the receipts to the Chelsea Chamber for your chance to win prizes at Chelsea Day! Winners will be announced on Saturday, Sept. 25th!

CHELSEA POETRY WALK

The first-ever Chelsea Poetry Walk is a showcase of expression in the downtown business district. Poetry written by Chelsea residents of all ages are out on display at numerous establishments for all to enjoy through Septem-

We hope you choose to take a walk!

GREAT NEWS ON COVID-19

At the end of August, 30,217 Chelsea residents have been fully vaccinated — that's 70.2% of all City residents. Given the contagious-

ness of the Delta variant of COVID-19, as a preventative measure to keep our community and employees safe, the City re-instituted a mask mandate for all the public areas in City Hall, the Senior Center, and the Library on August 9. No employees or members of the general public will be allowed access to these municipal buildings without a mask or face covering the nose and face. Masks must be worn in all public areas of these buildings.

It is encouraged anyone still unvaccinated to get vaccinated. The COVID-19 vaccines are free, safe, and the best way to protect yourself and your loved ones from COVID-19. Free vaccines are available every weekend at the Senior Center across from City Hall: Fri. 3-7; Sat/Sun 10-5; and Mon. 2-6.

Finally, given the infectious nature of the Delta variant for both vaccinated and unvaccinated individuals, anyone experiencing even mild symptoms, as well as anyone who has had close contact with an individual who has tested positive for COVID-19. should get tested. There is free testing on the City Hall lawn on Broadway 7 days per week: Mon-Fri 2-6, Sat/Sun 11-5.

COVID-19 vaccines will be offered at prominent events throughout Chelsea, including the Bosson Block Party (9/11), the Multicultural Festival & Parade (9/18) Chelsea Day (9/25), and more!

Read more at https:// www.chelseama.gov/ home/news/several-covid-19-mobile-vaccine-clinics-are-available-month

COMMUNITY **PROJECTS**

City's ARPA Community Engagement Process

The City has received over 50 applications from residents and small business owners to join the Advisory Community Committee. The City will interview all the final candidates by mid-September

Following a competitive procurement process, the City awarded a contract to Health Resources in Action to serve as a professional facilitator and logistical coordinator and manage upcoming activities.

The first Community Advisory Committee Meeting will be held the last week of September. The process should be completed by early 2022 with a Report from the Committee identifying priorities for the use of ARPA funds.

BLO returns with Mascagni's one-act classic to open-air Leader Bank Pavilion

Boston Lyric Opera (BLO) opens its new season October 1 at 7:30 PM and October 3 at 3 PM with the company's first production of "Cavalleria Rusticana," composer Pietro Mascagni's oneact verismotale of love, betrayal and death in a small Sicilian village. In a change from its previously announced plans, and to ensure the safest possible performances for audience members, artists, staff and backstage workers, BLO's "Cavalleria" will open at the Leader Bank Pavilion in Boston's Seaport District. The Pavilion's open-air structure allows BLO to produce largescale live performances, with full live orchestra and chorus; the venue's larger capacity means BLO will have two performances instead of the previously announced four.

BLO Music Director and Conductor David Angus will lead BLO's Orchestra and Chorus.

Giselle Ty, who served as Assistant Director on BLO's 2016 production of "Werther," returns as stage director, replacing previously announced stage director Sarna Lapine.

In reflecting on BLO's return to full performances, Acting Stanford Calderwood General and Artistic Director Bradley Vernatter saluted not only the resilience of the company's artists, staff,



Michelle Johnson.

board and supporters, but also a shared belief in the power of music and storytelling.

"We're aiming to make 'Cavalleria' a thrilling return to live opera with full musical forces," Vernatter says. "The work required to pull off a production of this scale is monumental; it requires an accomplished team and a supportive community. I've been proud that BLO has kept artists employed through our digital projects and Street performances during the roughest days of the pandemic. But it's especially rewarding to provide so many opportunities for artists and production personnel to join us for our first full-length opera, with a complete orchestra and

also

and its own Health Task

Force for Opera Artists,

the high-profile panel of

an-

chorus for a live audience, since the pandemic began." Vernatter nounced the company will implement COVID safety protocols that align with other area performing arts organizations returning this fall



Adam Diegel.

health-care professionals formed last year to provide medical knowledge and protocol guidance. BLO patrons attending "Cavalleria" at the Leader Bank Pavilion are required to show either proof of full vaccination, a negative PCR test taken within 72 hours of the performance, or an antigen test taken within the previous 24 hours. Face masks are required for all patrons except when eating and drinking.

VENUE AND TICKETS Boston Lyric Opera's

"Cavalleria Rusticana" will be performed Fri., Oct. 1 at 7:30 pm and Sun., Oct. 3 at 3 pm at the Leader Bank Pavilion, 290 Northern Avenue in Boston's Seaport District. Individual tickets

range from \$10 to \$180 plus fees, and will be available Fri., Sep. 10 at blo.org/tickets.

Information about "Cavalleria Rusticana," next spring's "Champion: An Opera in Jazz," access to a new digital production of "Svadba" this winter, and all streaming content on BLO's operabox.tv, is



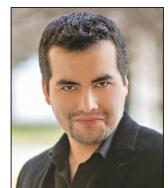
Nina Yoshia Nelsen.

available at blo.org.

HEALTH AND SAFETY PROTOCOL DETAILS

"Cavalleria Rusticana" will be presented in an intermission-free duction designed to en-

the safest possible artist and audience experience, which Vernatter says is BLO's top priority. The company uses



Javier Arrey.

its Health Task Force for Opera Artists alongside CDC, City of Boston and venue protocols, and artist union recommendations to develop plans for audience, staff and artists. Boston Lyric Opera COVID-19 Policies can be found here.

recommendations from

• BLO will continue to monitor public health conditions, refine protocols as situations change, and send updated details



Chelsea Basler.

to patrons in advance of their performance dates.

 BLO is committed to institutional flexibility this season and will provide accommodations for patrons who are feeling sick or need to pause their return to the theater.

• BLO will provide updated COVID and health protocol information on its website, blo.org.

Real Estate Transfers

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FRESH & LOCAL

Fermented Foods

By Penny & Ed Cherubino

When you think of food as medicine, fermented foods should go to the top of your shopping list. Anahad O'Connor, a New York Times health reporter, recently covered new Stanford University research in his article, "How Fermented Foods May Alter Your Microbiome and Improve Your Health."

He wrote, "Now scientists are discovering that fermented foods may have intriguing effects on our gut. Eating these foods may alter the makeup of the trillions of bacteria, viruses and fungi that inhabit our intestinal tracts, collectively known as the gut microbiome. They may also lead to lower levels of body-wide inflammation, which scientists increasingly link to a range of diseases tied to aging."

Learn the Language

The words used to describe the world of fermented food often sound less than appealing until you learn more about them. In reading about ferments health benefits, you'll see words like gut, microbiome, probiotics, prebiotics, mold, live cultures, starter cultures, wild ferments, spontaneous ferments, backslopping, microorganisms, lactic acid bacteria, biologically active metabolites, and fermentable carbohydrates.

For example, backslopping sounds nasty, but it is simply the process of adding a small portion of an existing fermented food into the start of a new batch of food to be fermented. It's a method commonly used to keep a sourdough starter going. If you want to make yogurt at home, you would add some yogurt to milk and let it gently ferment.

Build Your Fermented Pantry

We bet you already have a few fermented foods in your kitchen. There are thousands of them. Throughout history, people of many cultures have developed favorite ferments to preserve food, make it tastier, or in some cases, make it edible.

Cheese, yogurt, kefir, crème fraîche, buttermilk, and cultured butter are fermented foods that preserve milk. Fermenting cabbage into sauerkraut or kimchi, or vegetables into pickles, preserves the seasonal crop and makes the food more appealing. Fermenting olives makes them edible by removing bitter phenolic compounds. Even your favorite chocolate comes from a fermented cocoa

If you cook Asian food, you may use fermented beans, tempeh, fish, soy sauce, sriracha sauce, miso, fish sauce, or chili paste. Some salami, vinegars, and even good old Worcestershire sauce are fermented.

Beer and wine are both fermented. Today's craft brewers may tell you about the different strains of yeast used. Some biodynamic vintners allow



Your pantry may contain some of these fermented foods: cucumber pickles, yogurt, kimchi, sauerkraut, pickled beets, or apple cider vinegar. (photo: iStockphoto.com)

their yeast to continue to ferment after bottling. You'll find the residue at the bottom of the bottle.

Special Use of **Fermented Foods**

If illness or taking medications like antibiotics or acid reducers have destroyed the healthy bacteria in your microbiome, you can use fermented food to counteract the damage. Ask your doctor if there is some reason in your particular case for not doing so.

When we take antibiotics (or give them to our dog), we increase the fermented foods we consume. We already consume yogurt, cottage cheese, and many other foods listed above as a part of our daily diet. We simply pay more attention and add a few more doses of this food as medicine in recovery mode.

While we have focused on the fermented food part of this study, the researchers also looked at high fiber foods. These can act as prebiotic foods when they contain fibers that aren't digestible by your body but can help good bacteria grow in your gut. So be sure to have some oatmeal, whole grain bread, and lots of vegetables with your fermented foods to help maximize health ben-

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

Northeast Metro Tech investigating possible social media threat with WPD

Superintendent David DiBarri and Wakefield Police Chief Steven A. Skory report that police are currently investigating a possible social media threat against the school.

At approximately 8:30 p.m. Tuesday, district officials were notified by a student who reported that they heard a possible threat made by an anonymous person on Snapchat. It is unclear at this time if the threat was directed at the school.

Police have spoken to the student who reported their concern and are actively investigating the situation.

After conferring with the Wakefield Police. district officials have de-

termined that school will open at the normal time and schedule on Wednesday, Sept. 15.

Out of an abundance of caution, there will be an increased police presence at school tomorrow. The district will contin-

ue to assist and cooperate with the Wakefield Police as they continue their investigation into the matter.

"The safety well-being of our students, faculty, and staff is one of our top priorities and we thank the Wakefield Police Department for their assistance in this matter," said Superintendent DiBarri.

Notifications will be made if there are any updates or further information available.



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