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VOLUME 132, NO. 32

THURSDAY, JUNE 9, 2022

35 CENTS



Alyssa Johnson, Armando Rivera, Em Rihl, Eliana Ulloa, and Maria Ordonez, of Treato Chelsea

7TH ANNUAL CHELSEA LGBTQ PRIDE CELEBRATION

Story & Photos by Marianne Salza

Friends celebrated diversity, acceptance, and love during the 7th Annual Chelsea LGBTQ Pride Celebration, hosted by Chelsea Prospers and the Chelsea LGBTQ Coalition, on June 3, in Chelsea Square. The colorful festivity included a flag raising ceremony and drag show entertainment, performed by Veronica

Vandersnatch and Regina Jackson, who taught attendees how to “vogue,” imitating Vogue Magazine poses through dance and movement.

“The rainbow is a symbol of our affirmation and response to feeling pushed aside, silenced, and minimized. I see you. I hear you. I love you,” said Cheryl Katon, Vice President of Resource Development at Fenway Health,

who advocates for giving strength to each other. “Our bond as human beings – beyond the LGBTQ community – is not just our shared experiences; but our time together in common struggle: working together and building trust. Getting through struggles creates deep friendships.”

Guest speaker, Wendy Mancia, Youth Elemento Program Director of Chelsea Access Center (expected to open in July at 289 Broadway), also shared her story of growing up in Chelsea, and feeling different from little girls her age because she liked to play sports and remote control games, uninterested in wearing dresses and makeup.

“In elementary and middle school, I was picked on

See PRIDE Page 7

Council approves FY23 budget

By Adam Swift

Monday night, the City Council approved a \$212 million operating budget for the city that creates 13 new positions in the municipal government.

The budget funds city expenditures at \$94,108,013 and School Department expenditures at \$118,236,617, for a total budget of \$212,344,630. The School Department budget increased by 8.97%, most of it paid from new Chapter 70 funding generated by the Student Opportunity Act. The City expenditures increased by 5.62%.

The council voted 9-0 to approve the budget as presented by City Manager Thomas Ambrosino.

“I have heard clearly from the council that there are certain departments for which the council would like me to consider

even additional positions, including (inspectional services), the City Clerk, and DPW,” said Ambrosino. “I have committed to the council that I will look carefully at these departments over the course of FY23 and will take appropriate steps to address the concerns raised by the council.”

Ambrosino said the budget is fully supported by anticipated revenues in FY23.

“It is the first budget I’ve presented in my seven years that does not rely at all on the use of any reserves,” said Ambrosino. “This budget is balanced and fully funded with anticipated FY23 revenues.”

The full list of the new municipal positions includes a new floater position in the assessor’s office, a technical project

See BUDGET Page 2

Councilor wants to put a lid on rowdy park behavior

By Adam Swift

The cleanliness and orderliness of the city’s parks has been a concern of the City Council this year during budget season.

At Monday night’s meeting, District 6 Councilor Giovanni Recupero offered up two motions, co-sponsored by District 4 Councilor Enio Lopez, to help improve safety at city parks.

The first asked the city manager to impose fines on those who rent city parks and don’t clean up after themselves as well as having signs posted prohibiting the drinking of alcohol in city parks. The second motion requested increased police presence in the city’s larger parks.

“A couple of weeks ago, there was an incident at Highland Park where there was all kinds of drinking and maybe 90 to 100 cases of beer,” said Recupero. “DPW workers were surrounded by them and they were in fear for their lives; they were being attacked by the people there.”

Recupero said he hoped putting No Drinking signs at the parks would help stop that kind of event from happening again.

“I don’t think that anybody who goes there should have to worry about taking their children inside the park and someone has been drinking

might go up to them and want to do some harm to them,” said Recupero. “I believe this is a good thing to put the signs and at least let people know you can’t drink alcohol within the park.”

As for his second motion, Recupero said he’s spoken to City Manager Thomas Ambrosino and been informed that there have been increased police patrols in the city parks.

“If this can happen in one park, then it could happen in every other big park in the city,” said Recupero. “So it is in the best interest of the city to send a message out to these people that you cannot do this in a park. Parks are there for the enjoyment and the pleasure of the people who live there, and they should feel safe going inside of a park.”

In other business, Councilor-At-Large Damali Vidot asked Ambrosino to look into the possibility of the city creating a memorial to victims of violence in Chelsea.

“I just want the city manager to get back to the council to see if it is possible,” said Vidot. “I was talking to our administrative assistant Fatima and another young person who was in the building and I was talking about my niece, who everybody

See BAD BEHAVIOR Page 3



Chelsea High School Class of 2022 President Asma Bana addressing her classmates during Senior Night at Chelsea High School.



Chelsea High School Salutatorian Jeffrey Ponce Lopez with Superintendent Dr. Almi G. Abeyta.



Chelsea High School Valedictorian Quan Vu with Superintendent Dr. Almi G. Abeyta.

Chelsea High will graduate 310 students at ceremonies Saturday

By Cary Shuman

Three-hundred-and-ten students from the Chelsea High School Class of 2022 will receive their diplomas at the commencement exercises Saturday at 10 a.m. at Chelsea Memorial Stadium.

The students faced the major hindrance of the COVID-19 pandemic during their careers, but they persevered and excelled in academics, athletics, and extracurricular activities.

Superintendent of Schools Dr. Almi Abeyta, State Sen. Sal DiDomenico, and School Committee Chair Kelly Garcia will deliver graduation day remarks at the ceremonies.

Chelsea High School Principal and Assistant Superintendent Michael Lovato, Chelsea Virtual Learning Academy Principal Margaret Maccini, and Chelsea Opportunity

Academy Principal Ron Schmidt will present the diplomas to the graduates.

Class Valedictorian Quan Vu and Class Salutatorian Jeffrey Ponce Lopez will deliver their respective addresses at the ceremonies. Vu will be attending Tufts University. Ponce Lopez will be attending Worcester Polytechnic Institute.

More than \$400,000 in scholarships will be presented to the graduates.

Senior Class President Asma Bana will deliver the presidential address. Bana will be attending Boston College where she will be studying at the Connell School of Nursing. Junior Class President Glendy Cortez will also have the honor of speaking at the ceremonies.

The Class of 2022 graduation exercises will be streamed live on the Chelsea Public Schools Facebook page.

For the latest news in Chelsea that you need to know, check chelsearecord.com

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Traffic Commission approves MBTA bus stop improvements

By Adam Swift

The MBTA will improve two bus stops this summer, making them ADA compliant and more accessible for people with mobility issues.

On Tuesday, the city’s Traffic and Parking Commission approved the plans for the upgrades to the bus stops at Washington Avenue at Annese and Garfield Avenue at Fenno. The work is scheduled to be done this summer, and will take about a week or two to complete, according to MBTA design consultant Katie Moulton.

At the Washington Avenue stop, there will be new bus stop markings along with a longer bus stop and the elimination of one parking spot. At Garfield Avenue, the work will include new curb ramps, sidewalks, and improved crosswalks. The stop will also be moved closer to the intersection, allowing for the creation of two new parking spaces.

“Currently, the (Washington Avenue) stop is 15 feet from the front bus stop sign to the rear bus stop sign,” said Moulton. “That is not enough space for a 40-foot bus to pull up

and safely pick up a passenger that’s waiting to board the bus.”

By extending the stop to 50 feet, Moulton said it will allow the bus to safely pull in and have riders board and disembark the bus.

Other safety improvements near the bus stop would include new crosswalk markings and a ramp on the opposite side of Annese and a new ADA compliant sidewalk.

The bus stop at Garfield and Fenno will be shifted closer to the intersection, creating two new parking spaces. Other improvements at that stop include

two new wheelchair ramps and a new crosswalk.

Alex Train, the city’s housing and community development director, said that while the MBTA and other agencies often focus on larger infrastructure projects, the smaller work like the improved accessibility at the bus stops

should not be overlooked.

“We’re fully supportive of this effort to improve accessibility to the MBTA bus stops,” he said. “It will be consequential for residents with mobility impairments as well as disabled residents, and we would encourage the MBTA to continue invest-

ing in this area, particularly in Chelsea, given the needs of its residents.”

Moulton noted that the MBTA got approval for improvements to bus stops at Park and Hawthorne last year, and said that work will also take place this summer.

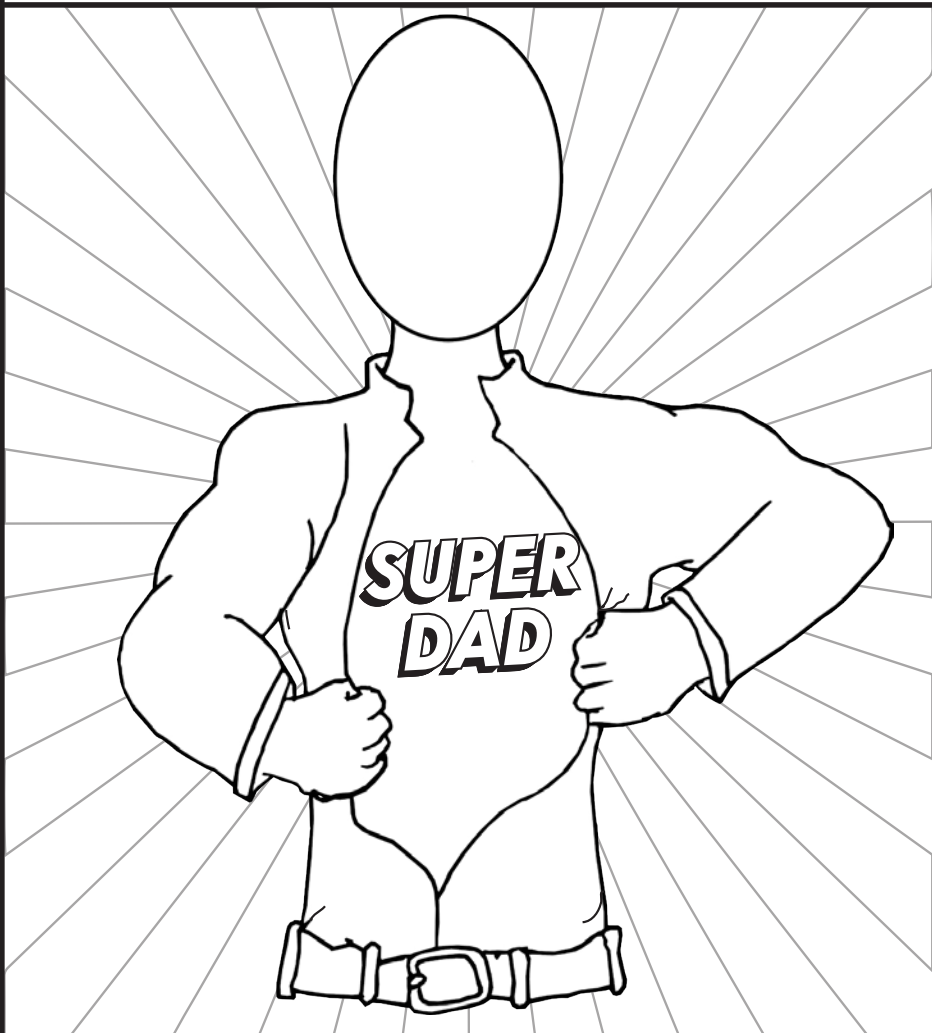
Bad behavior / Continued from page 1

knows was murdered last year, and they were talking about people and losses they have experienced while there were in school.”

Vidot pointed to the Peace Park in Charlestown that memorialized people who have died due to substance abuse, and said it would be nice

if Chelsea had a location where residents could go to collectively mourn the people they have lost in the city.

NOT ALL HEROES WEAR CAPES FATHER’S DAY COLORING PAGE



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Deadline for entries will be Friday, June 10th.

Entries will be published in the June 15th, & 16th issues of the Revere Journal, Chelsea Record, Everett Independent, East Boston Times, Winthrop Sun Transcript, and The Lynn Journal

Budget / Continued from page 1

lead in the IT department, the full-time elections commissioner, four new full-time police officers, a new housing inspector in the inspectional services department, a junior business manager for the DPW, two water and sewer junior operators for the DPW, a Health and Human Services Director, and a part-time assistant in veteran’s services.

District 7 Councilor Tannairi Garcia presented a motion to reduce the budget by nearly \$100,000 in the public works struc-

tures and grounds department, eliminating a new superintendent position in the DPW division. However, following the vote and brief recess, Garcia withdrew the motion and several others she had planned to make amending the budget.

Garcia raised concerns about the salary for the position in comparison to other public works salaries.

Ambrosino noted that while the position is new under the structures and grounds division, it is ac-

tually an existing position that was funded as the Capital Projects Manager in the FY 22 budget that had previously been vacant.

“The focus of that position was on external capital projects,” said Ambrosino. “We didn’t have a need for that, our need was for internal building capital projects. With ARPA (American Rescue Plan Act) money, we are funding a \$3 million renovation of the E911 building, and we’re about to design and start funding a probably \$3 million renovation to this attic in City Hall.”

Ambrosino also noted that there is currently a Chelsea resident in the union position, and that the union contract dictates the pay scale.

“I don’t want to interfere with anyone’s job, or obviously the work that is to be done,” said Garcia. “There are a ton of projects, the city is growing and we definitely need this. I just didn’t understand the morale of it and didn’t understand the huge amount of money for this position when others in the DPW deserve as much.”

Garcia said she also believed that beautifying and cleaning the parks and providing programs for the city’s youth needs to be a top priority in the city.

The council voted 9-0 to approve the operating budget, with Council President Roy Avellaneda and District 4 Councilor Enio Lopez absent.

Monday, June 20th

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THE CITY OF CHELSEA HONORS FIRE FIGHTERS IN ANNUAL MEMORIAL SERVICE AT NEWLY ERECTED MEMORIAL SITE ON BROADWAY



The CFD Honor Guard.



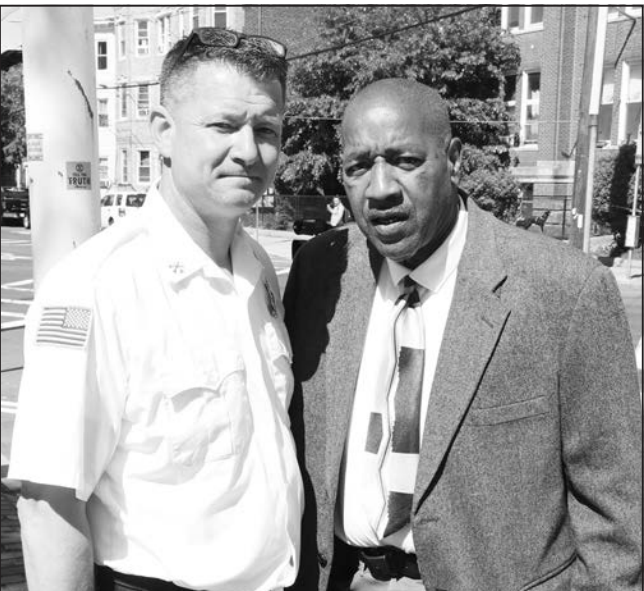
FF Euclides Barahona with his family, Ana, Maya and Nathalie.



Raising of the colors to start the CFD Memorial Services last Sunday morning.



FF Mike Cross and his daughter Lucianna.



Dep. Fire Chief Mike Masucci and Councillor and candidate for State Representative Leo Robinson.



CFD Lt's. Carter Glass and Gary Poulin.



Lt. David Bishop and Cameron.



Fr. Diery of St. Steven's Church in Boston delivered the Benediction.



Chelsea Fire Chief Leonard Albanese addresses the rank in file, their families and friends in attendance at the services on Sunday morning.



City Manager Tom Ambrosino with a few words about his admiration for the members and their families of the Chelsea Fire Dept.



State Representative Dan Ryan addressed the gathering at the memorial services about his long history of support to Chelsea Fire Department.



Lt. John Coyne with his family, Kim and Delilah.



State Representative Jessica Giannino addressed her strong ties with the fire fighters extended family and her own family of fire fighters.



Placing of the Memorial Wreath, Lt. Carlos Carrasquillo and Lt. James Ruiz.



The program concluded with a selection on the bagpipes by Kevin O'Keefe.



Chelsea FF Victor Ortiz with his family, Litzy, Leticia, Victor and Victor.



In memory of FF Rich Collett, his daughter Tracy places a rose on the memorial with Lt. David Bishop.



Lt. Mike Frazier and his family, Alicia, Alana and Cameron.

Last Sunday morning the City of Chelsea and the Chelsea Fire Department (Local 937) honored their departed brothers in the annual memorial ceremony. This year however the services were held in the newly constructed memorial site dedicated to Chelsea Fire Fighters lost in the line of duty and in remembrance of all fire fighters for their dedication and service to the City of Chelsea. The Chelsea Fire Department has lost 11 of their own in the line of duty, and in the fall of 2022, these names will be inscribed on the memorial with an unveiling ceremony scheduled for that time. This service was in memory of the three fire fighters that passed away over the past year, Lt. George Ostler-5/8/2022, FF George Mastrangelo – 1/14.2022 and FF Rich Collett – 2/6/2022. The City of Chelsea thanks them and their families for their dedication and service to the community.

Chelsea

RECORD

PRESIDENT: Stephen Quigley
EDITOR IN CHIEF: Cary Shuman

EXASPERATED BY HIGH ENERGY COSTS? WAIT UNTIL THIS WINTER

Barely a day goes by without a news story about the high cost of gasoline and energy prices in general. Economists and energy market experts point to a host of reasons as to why the market prices for oil and natural gas have skyrocketed in the past three months. The war in Ukraine only exacerbated what in any event would have been a world-wide energy crisis thanks to the decision by the OPEC+ nations and U.S. oil companies to limit output -- in order to reap huge profits for their shareholders -- despite increased world-wide demand in the aftermath of the pandemic.

However, whatever the reasons may be, they are of little consolation to Americans who must drive a car every day and who face record-high prices of more than \$5.00 per gallon for regular gasoline.

It often is said by economists that higher energy prices effectively are a tax on consumers. But higher energy costs are even worse than a tax. We're paying higher gasoline prices for the exact same product, but with higher taxes, at least in theory we'd be getting more services for our tax dollars.

The only ones directly benefiting from higher energy prices are the shareholders of the major oil companies and the dictators in places like Saudi Arabia and Russia.

But as painful as higher energy costs are right now, the real crunch will come this winter, when Americans in the northern half of the country will face costs for heating oil and natural gas that never have been seen. We paid \$3.00 for a gallon of heating oil this past winter -- but the price right now from our heating oil dealer is nearly \$6.00. At that price, a delivery of heating oil of 175 gallons -- about 2/3 of a tank -- will be more than \$1000, a figure that truly will be a hardship for many of us.

So let's start praying now for a mild winter -- and get used to the idea of taking shorter hot showers, dropping the thermostats in our homes, wearing sweaters during the day, using extra blankets at night, and sealing up the drafts through our doors and windows.



GUEST OP-ED

Protecting our children from the shooters

Dr. Glenn Mollette

Most federal career politicians end up very wealthy. They make good salaries. They have great health insurance and very nice retirement packages. They typically develop political action committees that cover expenses the government doesn't pay. When they retire, they can donate campaign funds they have accumulated throughout the years to their own non-profits and administer the funds.

Most Americans know how lucrative a lifetime of "public service" can become and few really care. Most of us have more to worry about than the jet setting life styles of our rich and famous U.S. Senators and Representatives. What torches many of us is their inability and often refusal to do anything. Too many of them are spineless wimps who are terrified of casting a vote that might hinder their re-

election.

You've probably noticed that most and often all of the Republicans vote the "party line" and all the Democrats do the same. How does this help us?

I'm tired of the red vs the blue and vice-versa. Doesn't anybody have an opinion that differs from their grand ol' party?

It's obvious that Americans are torn into shreds over the gun issue. There is no perfect answer. However, doing nothing isn't working to save the next group of children begging for help in 911 calls.

The least our leaders can do is raise the age to 21 to own any kind of labeled assault weapon. Personally, I would push for 25 but honestly there is no golden number. Old people can go crazy with assault style weapons as easy as eighteen-year-olds. We've seen more school shootings from those under 21 which makes it a reasonable place to start. Establishing a six-month waiting period to buy an assault style weapon will not hurt anyone. Background checks are vital but again will not be a cure-all because often the shooters have unblemished backgrounds.

All schools must pay for a couple of armed guards to patrol and protect their students. Even then a surprise attack by two or three people with assault style weapons and body armor could easily overpower guards carrying semi-automatic weapons. Yet, the presence of armed security is better than leaving our children defenseless.

One local county I know fairly well has several schools spread out over the county. They have one sheriff and he has two underpaid deputies. By the time he and the deputies could ever possibly even show up,

dozens if not a multitude of children would be dead. This sheriff's department is very underfunded and would have to wait for state police to arrive. The local state police post is one hour away. It is unimaginable how many children could be killed. Such school systems have no choice but to come up with armed security guards to protect the children.

Who ever dreamed you would read something like this in your local paper? I never dreamed of a country where it would need to be written.

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.

Northeast Metro Tech seeks legislative support in prioritizing ARPA Funding

With the State Legislature considering allocating the \$5 billion that remains of federal funds delivered to the Commonwealth under the American Rescue Plan Act (ARPA), Northeast Metro Tech is renewing its request that \$100 million be allocated to ease the financial burden on member communities related its recently-approved building project.

Northeast Superintendent David DiBarri and School Board Chair Deb Davis reached out to state legislators to garner their support for using federal funding to limit the fiscal impact of Northeast's building project on its sending communities. Their letter also advocated for the provision of ARPA funding for similar projects being undertaken by Bristol-Plymouth Technical School in Taunton and Greater Fall River Technical School District in Fall River.

"In round one of the ARPA allocations, state officials failed to provide any funds to limit project costs," DiBarri said. "We strongly believe that easing the financial impact of these facilities on our communities and taxpayers -- especially those that stand to bear the majority of the cost -- should be a top priority for legislators

in this round of funding, especially after this key need was not addressed in the first round of ARPA funding."

In round one of ARPA funding, the State Legislature supported over 2,700 earmarks including the following to affluent suburbs: \$75,000 to maintain and expand membership in a chamber of commerce, \$150,000 for heating and ventilation repairs for a church, and over \$250,000 to design a skating rink.

"These federal outlays are supposed to be prioritized for our most fiscally challenged communities and residents," School Committee Chair Deb Davis said. "We have joined with two of our sister regional vocational and technical school districts located in Fall River and Taunton in seeking a fair share of resources to minimize significant projected property tax impacts in Gateway Cities, which their mayors and city managers also support."

In the case of Northeast, the ARPA funding would ease the burden placed on Chelsea, Malden and Revere, which combine to send approximately half of all Northeast students. As a result, those three communities would bear almost half of the \$176

million of the local share of the cost for the project, with the remaining local cost being shared by the nine other sending communities. A grant from the Massachusetts School Building Authority of \$141 million will lessen the \$317 million in total project costs to \$176 million to member communities.

The new Northeast Metropolitan school building will pave the way for the next 50-plus years of high-quality career and technical education for the students in the 12 cities and towns Northeast serves.

"We are committed to advocating for our partner communities to ensure they are supported through this one-time federal program, which would better enable them to fulfill their fiscal responsibilities to this project without making sacrifices to any other crucial services they provide," Superintendent DiBarri said. "This funding is essential for our Gateway Cities, for our students, and for the future economic wellbeing of not only our communities but the Commonwealth as a whole."

The economic impact of well-trained technicians, craft persons, and licensed tradesmen and women pays dividends to ensure economic wellbeing for students, residents and communities. As a one-time revenue source from the federal government, it makes wise use of these dollars for a one-time investment that will enable our fiscally challenged communities from dismantling critical local services from local budgets on projects under construction, reducing significant future debt service costs to communities.

Northeast is advocating for Bristol-Plymouth Technical School in Taunton and the Greater Fall River Technical School District in Fall River, to collectively receive \$300 million in ARPA funding for their respective projects.

"This project and others like it will have a transformative impact on the lives of students in our communities and others throughout the commonwealth in the decades to come," Davis said. "ARPA presents a rare opportunity to achieve that positive impact while limiting the burden on our communities and I'm hopeful our legislative partners will take advantage of the chance."

To learn more about the building project, visit [NortheastBuildingProject.com](#).

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stephen.quigley@reverejournal.com

Advertising and Marketing

Legal Advertising
Ellen Bertino

Director of Marketing
Debra DiGregorio
deb@reverejournal.com

Editorial Reporters, Regular Contributors
Cary Shuman
(Cary@lynnjournal.com)

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CHELSEA HIGH CLASS OF 1976 CELEBRATES 45TH REUNION

The Chelsea High School Class of 1976 celebrated its 45th Reunion at the Kowloon Restaurant, Saugus.

The classmates spent a great evening reminiscing about their years at Chelsea High School.

Reunion Committee members Diane Frangiamone Butera, Cyndi Hines Mann, and Sharon Faletra did a superb job organizing the event. Class

President Cary Shuman presented gifts of appreciation to the three reunion coordinators.

Barbara Cameron, a standout on the Chelsea High basketball team shortly after Title IX became law, and Mike Lush, the greatest baseball player in school history who led Chelsea High to the Eastern Mass. title in 1975, were recognized for their athletic excellence.

More photos on Page 6



Moir Sugarman and Joann King Zebniak.



David Lambright and Jacqueline Chapnik.



Dr. William Eaves and Diane Frangiamone Butera.



Jacqueline Chapnik and Ellen Chapman.



Sharon Faletra and Matt Hale.



Ronald Waxman and Cyndi Mann Hines.



Ronald Sanford and his wife, Deborah Iantosca Sanford.



Robert Charette and wife.



DJ George Athas, Mark Williams, and Joseph White.



Nancy Sorkin, Ronald Sanford, Richard Zullo, and Karen Padulsky Poverman.



Mark Williams, Steven Benton, and Mike Lush.



Moir Sugarman, Karen Padulsky Poverman, and Chris Farina.



Joseph White, Thomas Arsenault, and Patti Thomson.



Sharon Faletra, Richard Pedi, and Diane Frangiamone Butera.



Tommy Bullock, Cyndi Mann Hines, and June Walker.



Dr. William Eaves, who was a star defenseman for Chelsea High's greatest hockey team under Coach Joe Yannetti, Mike Lush, who was an All-Scholastic for the 1975 Eastern Mass. champion baseball team under Coach Joe Bever, and John Richard, who was a top runner during the CHS cross country dynasty under Coach J. Barry Dwyer.



Gerard Gallant, Marc Kagan, and Larry Epstein.



Richard Zullo, June Mugford, and George Creighton.

Phoenix Charter Academy teen arrested for bringing gun to school

By Adam Swift

A 16-year-old student was arrested for bringing a loaded gun to school at the Phoenix Charter Academy on Thursday, June 2.

“School officials implemented all safety proce-

dures effectively, quickly confiscating the weapon, placing the school on lockdown, and calling the Chelsea Police,” stated Beth Anderson, the founder and CEO of the Phoenix Charter Academy.

“The student was arrested by Chelsea police and removed from the school.”

Anderson stated that police are investigating the incident and the school is cooperating with the investigation.

“No threats were made to any students, no one was hurt, and the police have assured us that there is no current threat,” added Anderson. “Given recent national events, the school had recently re-

viewed its safety policies and procedures, ensuring that we have strong security measures in place to create a safe environment for our students.”

The Phoenix Charter Academy in Chelsea is

located at 175 Hawthorne St. and was founded in 2006. The school currently serves about 200 students from ages 14-22, and held its graduation on June 2.

CHELSEA HIGH CLASS OF 1976 CELEBRATES 45TH REUNION



Seated, Patti Thomson, Thomas Arsenault, George Ford, and guest. Standing, Moira Sugarman, Charlene Tilley and her husband, Eric.



Chelsea High football teammates, Michael Breau, Richard Pedi, Carmen Gallo, and Mike Lush.



Seated, Richard Zullo, Maureen Zullo, Deb Bernard, June Mugford, Michael Breau, George Creighton, and Barbara Cameron. Standing, Beth Chapman, Joseph White, and Michael Perry.



Reunion Committee members Diane Frangiamone Butera, Sharon Faletta, and Cyndi Mann Hines are pictured as they set up the cupcake dessert table for the guests at the reunion.



The members of the Chelsea High School Class of 1976 are pictured at their 45th Reunion Saturday at the Kowloon Restaurant.



David Cohen, Cyndi Mann Hines, June Walker, and guest.



Cyndi Mann Hines, Lucy Pasquariello Gucciardi, Joann King Zebniak, and Marie Lojko.



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LOST AND FOUND PETS NETWORK:

CHELSEA, EVERETT, MALDEN, REVERE

Pride/ Continued from page 1

for being a tomboy. I used to force myself to be more feminine. It felt wrong. I felt out of place because I didn't fit in to society's depiction of what girls were supposed to look like, and began to criticize myself for it," explained Mancia, who remembered the liberating feeling of being confident in who she was. "When I began my sophomore year in high school, I was tired of fighting with myself. One day, I was staring at myself in the mirror, and began repeating, 'Wendy, you are gay,' until it felt right."

Mancia felt surrounded by hatred and mis-



Wendy Mancia, youth Elemento Program Director, Chelsea Access Center.

understanding from her parents and peers. Her



Danielle, Ethan, and Rowan, 5-months-old.

life worsened as Mancia became angry, depressed, and eventually homeless before graduating from Chelsea High School in 2009, sleeping on the couches of friends, who became her family and support system.

"I eventually graduated high school and was surrounded by amazing people who helped me realize that being gay didn't make me unworthy. My parents realized that changing my sexual orientation wasn't an option. I can be successful despite my sexual orientation. I developed a passion and drive to help people like me," shared Mancia. "Our lived experiences are key to raising mental health awareness and hope. Whatever struggles we face, with the proper support, we can accomplish anything."

Mancia's journey of self-discovery and ac-

ceptance inspired her to pursue a career in education and psychology in the mental health field. As the director of Youth Elemento, Macia hopes to help youth, ages 16-21, in aspects such as housing, employment, leadership opportunities, training courses, and support groups, including an LGBTQ community.

"I think it's more important than ever for us as a community to collectively stand strongly and loudly in ensuring that there is no room for bigotry or intolerance; especially against a community that has historically been the subject of hurtful discrimination," declared Tom Ambrosino, Town Manager. "We will ensure this flag flies publically and proudly as a message that this is a community where everyone is treated with dignity and respect."



Co-Organizer, Matt Frank, believes that nobody should feel alone.

Excel Academy ranked top public high school

East Boston and Chelsea, MA -- Earlier this year, Excel Academy High School was ranked in the top 3% of public high schools nationwide by the U.S. News and World Report. The U.S. News Best High Schools rankings include data on nearly 24,000 public high schools in 50 states and the District of Columbia. Nearly 18,000 schools were ranked on six factors based on their performance on state assessments and how well they prepare students for college.

"Excel Academy prepared me for my future in so many aspects. I believe I got a great education here. I was able to choose classes I was interested in. For me, it was computer science, which was offered all four years," said graduating senior Kevin Caballero, who is headed to Dartmouth College in the fall. "Excel Academy prepared me emotionally and mentally. It taught me how to connect with others and how to ask for resources when I need them. They taught me how to get a great education and have fun."

"Receiving national recognition for our students' accomplishments

validates the hard work invested every day by our students, teachers, counselors, and administrators," said Head of School, Sarah Stuntz. "Our collaborative efforts to ensure our students succeed in their post-secondary goals are paying off in big ways."

Excel Academy High School was ranked the 16th top public high school in Massachusetts, outperforming many nearby suburban districts. Moreover, Excel Academy was rated the top open enrollment, nonselective public high school in Boston and ranked #4 in Massachusetts for college readiness.

Excel Academy has an eight-person College Access and Postsecondary Success team that supports all students to develop and attain their postsecondary goals beginning in fifth grade all the way through their sixth year as an alum of our schools.

Founded in 2003, Excel Academy Charter Schools is a network of four charter public schools -- three middle schools and one high school -- serving approximately 1,400 students from East Boston and Chelsea. For more information, visit www.excelacademy.org/impact.



Maria Belen Power, of Green Roots, and her daughter, Maya G. Power-Maltez.



Naomi Zabot, and her sister, Devra Sari Zabot, Chelsea LGBTQ Co-Organizer, and her dog, Foxy.



Litzzy, Arya, 3-years-old, and Chris.



Town Manager Tom Ambrosino and Councilor Leo Robinson.



Jackie Ramos, Pepper Fee, Chelsea LGBTQ Co-Organizer, and Sandy Calixte, candidate for Suffolk County Sheriff.



Drag queens: Veronica Vandersnatch and Regina Jackson.

US POSTAL SERVICE INCOMING MAIL CENTER HAS A SPARKLING, NEW LOOK



The United States Postal Service Incoming Mail Center in Chelsea has beautifully maintained and landscaped grounds with radiant flowers rising in front of the facility on Beacham Street. Pictured above at the facility are two of the dedicated postal workers responsible for the exquisite look, Luigi Gisetto (left) and Brian Dobbryn (right).

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OLYMPIC GOLD MEDALIST ANGELA RUGGIERO SPEAKS AT JBGC BREAKFAST

Angela Ruggiero, the most highly decorated American women’s hockey player of all time, was the guest speaker at the Jordan Boys and Girls Club Breakfast Series Tuesday at the clubhouse on Willow Street. Ruggiero was the youngest member of the

gold-medal-winning USA women’s hockey team in the 1998 Winter Olympics. Her USA hockey teams won three additional medals (two silver, one bronze) in the 2002, 2006, and 2010 Winter Olympics. During her senior year at Harvard, Ruggiero re-

ceived the Patty Kazmaier Award as the most outstanding women’s hockey player in the country. Breakfast Chair Mark Robinson altered the format of the breakfast and engaged in a one-on-one dialogue with Ruggiero. The four-time Olympian spoke about her remark-

able career that began in California playing on boys’ youth hockey teams and idolizing Wayne Gretzky - to representing the United States on a national team at the age of 15, to her decision to attend Choate Rosemary Hall prep school in Connecticut where she

played three sports – to her All-American and Academic All-American career at Harvard. She also holds a Master’s in Education from the University of Minnesota and a Master’s in Business Administration from Harvard University. Ruggiero is the chief

executive officer and founder of Sports Innovation Lab. Guests at the breakfast agreed that it was a wonderful, inspiring presentation by Ms. Ruggiero, who was a pioneer for women’s hockey and continues to advance the sport internationally.



Proud Harvard graduates, City Manager Thomas Ambrosino and Olympic gold medalist Angela Ruggiero.



JBGC Club Executive Director Gina Centrella, Breakfast Series Chair Mark Robinson, and guest speaker, Angela Ruggiero, an Olympic gold medalist for Team USA and All-American hockey player during her career at Harvard.



Breakfast Series Chair Mark Robinson, guest speaker, Angela Ruggiero, and Josh Kraft, president of Kraft Family Philanthropies.



Councillor-at-Large Leo Robinson welcomes guest speaker Angela Ruggiero to the City of Chelsea.



Chelsea High School Director of Athletics Amanda Alpert, Angela Ruggiero, and Chelsea Chamber of Commerce Executive Director Jennifer Hassell.



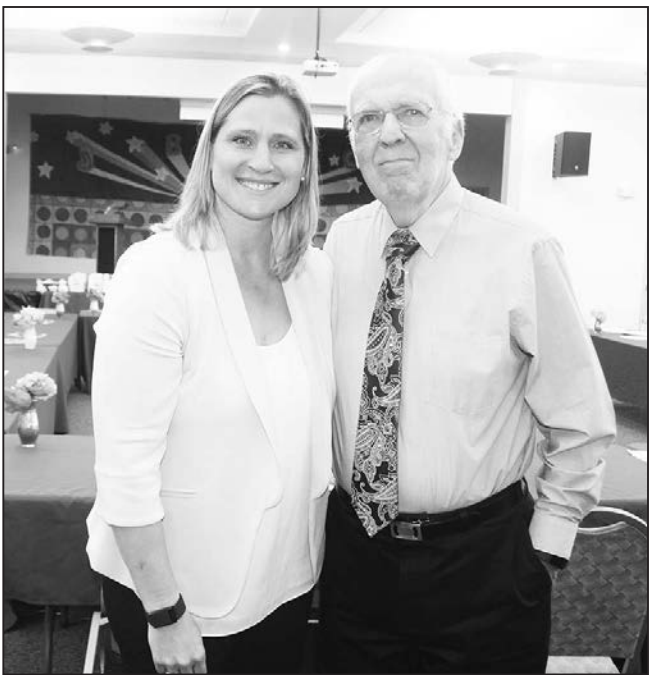
Rising youth hockey goaltender Giana Rizzuto had the thrill of meeting women’s hockey superstar Angela Ruggiero at the breakfast. Also pictured is Giana’s mother, Saritin Rizzuto, vice president at Metro Credit Union.



Judy Mastrocola and guest speaker Angela Ruggiero.



James Mahoney greets guest speaker Angela Ruggiero at the breakfast.



Angela Ruggiero and past Chamber of Commerce President Joseph Mahoney.

ABCD’s 24th Field of Dreams charity event set for Fenway Park

Thanks to the generosity of the Boston Red Sox, ABCD (Action for Boston Community Development) will once again host its iconic summertime fundraiser, Field of Dreams, at Fenway Park to benefit Greater Boston’s underserved, low-income youth through the ABCD SummerWorks program. NESN’s Tom Caron will co-chair and serve as emcee. The event will take place on Monday, June 27, starting at 7 am. And with only a couple of spots remaining, corporate and other teams are encouraged to sign up immediately to secure a place on the roster and play at the legendary home of the Boston Red Sox: Fenway Park. ABCD is planning for up to 12 teams to play at Field of Dreams; the event has raised more than \$5 million since its inception in 1997. Joining Tom Caron as

co-chairs are longtime coach and ally Lew Eisenberg, partner at Cosgrove, Eisenberg & Kiley, P.C., and Peter Damato, CEO, the Merchant Resource Group. Eisenberg has served in this role every year, and Damato is back for a crack at America’s pastime after co-chairing ABCD’s Hoop Dreams event at TD Garden last fall. This year’s event will also be momentous as ABCD says goodbye to retiring President/CEO John J. Drew. Drew is leaving after a successful and fulfilling 51-year tenure with the organization, 13 of them as president/CEO. “SummerWorks can make a life-changing difference for these young participants. Not only are they placed in a paying job with a mission-driven organization where they learn to give back, but they also gain skills they will use throughout their lives and

future careers,” Drew said. He continued: “SummerWorks benefits from the support of our corporate partners who take the field at Fenway each year. Many youngsters in the communities we serve have been isolated or struggled during the pandemic; SummerWorks offers access and opportunity to a fun and stimulating summer. Of course, the more funding we have, the more youth we can help. This is why the money raised from Field of Dreams is critical.” Tom Caron has lent his talent at the microphone and played in past Field of Dreams events. “This ABCD event is like no other. It’s amazing to see these men and women from the region’s powerhouse companies and organizations emerge from the dugouts like they’re kids again, swinging the bat, rounding the bases, and snagging a fly ball at Amer-

ica’s most beloved ballpark. I am very happy to be part of this worthwhile event that benefits so many young people in Greater Boston,” said Caron. Teams pay an entrance fee to participate, and players are permitted to invite guests to watch the games at Fenway. Mass General Brigham, which has participated in the event every year since it started more than 20 years ago, is back again this summer. We’re also happy to see returning teams from Ropes & Gray, TJX Companies, DMB Financial, Boston Children’s Hospital, Shields Health Care Group, and Slalom—which will field two teams of colleagues who will go head to head. (That’s a first for Field of Dreams!) Time and space are running out! A variety of off-field activities including free baseball pictures and a photo booth are all part of the

day’s events. Also, the Boston Red Sox mascot, Wally, will be there to cheer on these generous teams and take pics with plays and fans alike. ABCD SummerWorks provides six weeks of full-time employment and a broad range of job readiness skills for under-resourced youth ages 14 to 21 in Boston and Medford. Participants spend 120 hours working at local nonprofit organizations, and are provided 20 hours of individualized job readiness education. Youth also receive the supportive mentorship and guidance of a youth services specialist to navigate the ins and outs of their first supervisory work relationship. To learn more about ABCD Field of Dreams and how you or your organization can sign up, call Liz McCarthy, ABCD Events Manager, at elizabeth.mccarthy@bostonabcd.org,

call 617.620.6949 or visit abcdfieldofdreams.org. ABCD (Action for Boston Community Development) is a nonprofit community action agency that provides low-income residents in the Boston and Mystic Valley areas with the tools, support, and resources they need to transition from poverty to stability and from stability to success. Each year, we serve more than 100,000 individuals through a broad range of innovative initiatives as well as long-established, proven programs and services. For 60 years, ABCD has been deeply rooted in each neighborhood we serve, empowering individuals and families and supporting them in their quest to live with dignity and achieve their highest potential. For more, please visit bostonabcd.org.

CHS ROUNDUP

SIMON WINS MEDAL AT D-2 STATE MEET; RODRIGUEZ SETS CHS MARK

Chelsea High track star Emmanuel Simon brought home a fourth-place medal at the recent Division 2 State Meet with a triple jump of 42’-1.5”.

Emmanuel’s stellar performance qualified him for the All-State Meet, in which he finished in 14th place with a final landing of 41’-11.5”.

Simon also competed in

the 100 meter dash at the D-2 Meet, coming across the line in 28th place with a sprint of 11.91 seconds.

A number of other Red Devils also competed in the D-2 Meet, which requires achieving a qualifying performance during the regular season.

Teammate Jeffrey Ponce finished in 15th place in the shot-put with a toss of 41’-7.75”.

Ali Warsame placed 23rd in the 200 meter event with a dash of 23.78.

The Red Devil 4 x 100 relay quartet of Simon,

Warsame, Nasir Adams, and Gary Giron placed 14th in the field with a clocking of 46.32.

On the girls side, Gizelle Rodriguez capped an outstanding outdoor season by competing in three events at the D-2 Meet.

Gizelle set a new CHS school record in the javelin with a throw of 89’-11”, which was good for 15th place in the D-2 field.

Gizelle placed 14th in the 400 dash with a time of 1:02.83 and 30th in the 800 with a clocking of (2:30.55).

BRUINS Beat by Bob Morello

Bruins move confusing?



Okay, I will admit it, after reporting on the Boston Bruins since 1975, I find myself a bit confused as to what went down on Causeway Street this week. The Bruins decided that the problems following a season in which the locals won 51 games and racked up an impressive 107 points, was head coach Bruce Cassidy. With that, they terminated the guy who in his six seasons with Boston, led them to the playoffs six times, including the 7th game of the 2019 Stanley Cup Finals.

Bruins General Manager Don Sweeney is aware of the tough task ahead of him for the upcoming season. Consider that the Bruins lineup will be without several key players to begin the 2022-23 season, and includes the names of Brad Marchand, Charlie McAvoy, Matt Grzelcyk and Mike Reilly (three defensemen), not to mention the possibility of Patrice Bergeron not returning. Another thought could be the reunion with former Bruin David Krejci, not a move that necessarily would be the answer to all of the above, but still a consideration. Sweeney’s emotional opening statement at the Tuesday press conference included, “I’ll start briefly by stating that it was a very, very difficult decision yesterday. I met with Bruce in the afternoon, both professionally and personally. I want to thank him and his family, Julie, Cole and Shannon, for what they’ve really done, both on and

off the ice for the Boston Bruins organization. A really tough day overall, but I had to make a decision that I felt was in the best interest of where our team was at now and moving forward.”

In regards to why this happened at this time, Sweeney responded, “The timing after taking a few weeks to unpack, a lot of things happened over the course of the year and where I thought the direction of our team was currently and equally with some of the surgeries and some of the things coming out where our team was going to be going forward and impacting our club, I just felt that the messaging and voice that was going to be required, I felt we needed a new direction.” Okay, this same team as mentioned above, managed to win 51 games – impacting our club? Reason enough to dismiss Cassidy? Sweeney added, “I felt that both the message and how it was being delivered and more importantly maybe how it was being received, you know, young and old and that’s where I reference both younger and older players and taking ownership of it as I would, and I do with where our roster’s at and the changes that I ultimately have to

make. I think the players you know felt they were very well prepared but at times, young and old, they struggle, and sometimes that’s the voice that’s in their head and I think ultimately I had to make a decision that takes us in a different path.”

Bottom line, in three months, when the new season will begin, we may have answers to why this talented coach was shown the door, or if a rebuild was in fact the reason for his dismissal. Perhaps the best answer as to why 14 years of loyalty was exposed to this questionable treatment, would have been, a clear answer to be given by the front office... rebuild or some other reason?

Bergeron Wins Selke Award - On the plus side of hockey news, Patrice Bergeron won the 2022 Frank J. Selke Trophy for the fifth time, given annually to the forward who best excels in the defensive aspects of the game. Win number five was the most ever won by a player in NHL history, making Bergeron the NHL’s all-time leader, surpassing Montreal Canadiens Hall of Fame forward Bob Gainey who was selected four times. Bergeron previously won the award in 2012, 2014, 2015 and 2017, also an NHL record was Bergeron being named finalist for this award for the 11th consecutive season. It is the most consecutive seasons a player has been named a finalist for an award in NHL history, surpassing Wayne Gretzky’s 10-straight seasons as a Hart Trophy finalist. Therein lies the importance for this future Hall of Famer to return next season and don his familiar #37 jersey.

Goldberg urges legislature to include gun divestment in supplemental budget

In the aftermath of the horrific shooting in Uvalde, Texas at Robb Elementary School that killed 19 students and two teachers, State Treasurer Deborah B. Goldberg calls for the Massachusetts Legislature to pass legislation requiring the state’s \$101.5 billion pension fund to divest approximately \$2 million from companies that manufacture and distribute guns and ammunition for civilian use.

The proposed legislation would require the Massachusetts Pension Reserves Investment Management (PRIM) Board, which oversees the pension fund, to sell, redeem, divest, or withdraw all publicly traded securities from any ammunition, firearm and firearm accessory manufacturing companies that derive 15% or more of their revenues from the sale or manufacture of ammunition, firearms, or firearm accessories for civilian purposes. The companies impacted would be Ammo Inc, Smith & Wesson, Sturm Ruger, and Vista Outdoors, Inc.

The PRIM Board can only divest as a directive from the Massachusetts Legislature. Similar to the recent bill passed by legislators in support of divesting from Russian companies in the wake of the war with Ukraine, the Legislature has the opportunity to pass the proposed divestment language. This action will send the strong message that Massachusetts will not continue to finance preventable gun violence.

“It is unacceptable that we as a country continue to live in a seemingly endless cycle of gun violence,” said Treasurer Deborah B. Goldberg, Chair of PRIM. “Traditional approaches are not working, and we must do what we can to potentially save lives. I implore the Legislature to support the divestment of our public pension funds from gun and ammunition manufacturers and distributors in support of the American people who are victims and survivors of

preventable gun violence, just as we did recently by divesting from companies in Russia following their invasion of Ukraine.”

In 2018, Treasurer Goldberg issued the same recommendation to the legislature following the mass shooting in Parkland, Florida at Stoneman Douglas High School that killed 17 people and injured 17 more, but the bill did not receive enough legislative support to require PRIM to divest. However, since 2018, PRIM independently sold \$4 million in shareholdings from gun and ammunition manufacturers and distributors.

In the past, PRIM has been directed to divest from companies that derived much of its revenue from tobacco and companies doing business with Sudan, Northern Ireland, and Iran due to regional conflicts.

John Rosenthal, President of Meredith Management Corporation and renowned advocate for gun violence prevention as co-founder of Stop Handgun Violence, is currently supporting legislation in alignment with Treasurer Goldberg’s gun divestment initiative that prohibits the manufacturing of assault weapons in Massachusetts. The sale and ownership of the same weapons is currently banned in the Commonwealth. However, assault weapons continue to be manufactured in Massachusetts and sold in other states making mass shootings more prevalent across the country.

“I applaud Treasurer Goldberg for her strong and courageous leadership in proposing divestiture from the uniquely unregulated gun industry,” said John Rosenthal. “Last year alone over 45,000 Americans died from firearms and today and every day over 100 more Americans will die and there will be a mass shooting of four or more people. Urban Massachusetts has enacted the most effective gun laws and regulations, has reduced the rate of gun

deaths by 40% since 1994, and along with Hawaii, has the lowest gun death rate in the nation. Divestiture from the gun industry combined with our strong bipartisan leadership in the Commonwealth will absolutely help save lives from preventable gun injuries and death here and around the country.”

Since the tragedy in Uvalde, Rosenthal says that there have been seventeen mass shootings killing at least fifteen and wounding over seventy people. Additionally, there have been at least 215 mass shootings of four or more people so far this year. According to Everytown Research and Policy, in an average year, gun violence in America kills nearly 40,000 people, injures more than twice as many, and costs our nation \$280 billion.

Several events and rallies to advocate for legislation to prevent gun violence are planned in Massachusetts this month. Additionally, the first Friday in June is recognized annually in the United States as National Gun Violence Awareness Day, with the days following acknowledged as Wear Orange Weekend.

Under the leadership of Treasurer Deborah B. Goldberg, the Massachusetts State Treasury is comprised of 13 departments and agencies that serve the public through the Office of the State Treasurer and Receiver General. The Treasury is committed to embracing cutting-edge technology, implementing practical business strategies, and developing public-private partnerships to ensure economic stability, security, and opportunity for every Massachusetts resident. Treasurer Goldberg is the former President of the National Association of State Treasurers and is the Co-Chair of the National Institute of Public Finance. Visit MassTreasury.org to learn more and follow along on Facebook, Instagram, LinkedIn and Twitter.

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Chelsea resident reminiscences on playing with the Boston Symphony Orchestra

Gaye Bennes comes from a family of gifted musicians and actors. Her mom was a musician, her father and brother were both actors. Born in 1936 in NYC, Gaye moved to LA when she was two years old. “That’s Hollywood,” she quipped. Growing up, Gaye was often on set at MGM Studios, singing and playing the piano while attending school with other child actors. Gaye maintains her parents were enthralled with the entertainment industry, but that didn’t necessarily translate into economic security. Still, the family persevered and Gaye thrived as a child prodigy. From an early age, music played a pivotal role in her life.

Gaye began playing the piano at the age of three, exhibiting a rare talent. After graduating from the prestigious Julliard School, Gaye decided to experience living in different parts of the country. She taught music in Minnesota, Kentucky, and Mississippi. As a Pianist in Residence, Gaye rel-



Pictured (left to right) Kristen Donnelly, Executive Director Cohen Florence Levine Estaes, Gaye Bennes, Jennifer Faze-kas, Director of Marketing Chelsea Jewish Lifecare.

ished the small town atmosphere. But she liked to mix things up and moved to Cambridge, MA in 1960.

Playing with the prestigious Boston Symphony Orchestra, Gaye reveled

in classical medleys and chamber music. Over the years, she taught music as well as performed with the symphony. Gaye firmly believes this balance greatly enriched her life.

In 2019, Gaye moved

into Cohen Florence Levine Estates., operated by Chelsea Jewish Lifecare. She is the first to admit she has “a captive audience” at the assisted living. “They have to listen to me!” she admitted. “I have talent and there’s nobody here who can compete on the piano,” she said with a laugh.

When asked the secret to her longevity, Gaye, who looks much younger than her 85 years, attributes her good health to a bit of luck and a zest for living. She’s adamant that she doesn’t diet. She even admitted that, “I eat lots of candy!” For Gaye, aging gives her a unique perspective. “In a sense , getting older is like a puzzle,” Gaye explains. “When you reach a certain age, the pieces suddenly all fit together.” A natural born shopper, Gaye confesses she loves to shop, especially for colorful clothing and bold jewelry. With her vibrant personality and sharp wit, Gaye’s wardrobe compliments her well.

Gaye enjoys life at the

assisted living. “I’m feel so lucky to live here,” exclaimed Gaye. “After a time, you need assistance with a few things in your life, but I truly treasure my independence. Living here enables me to have both.” Gaye participates in the daily activities offered at the residence and looks forward to the social mealtimes.

Kristen Donnelly, Executive Director of Cohen Florence Levine Estates, confirmed that the staff and residents clamor for Gaye to entertain them with her music. “Gaye is such a special member of our assisted living family,” said Donnelly. “In addition to being incredibly talented, she is personable, funny, warm, and friendly. Gaye Bennes is a true asset to our community.”

Today, Gaye plays the piano every day, either in her cozy Chelsea apartment or in the assisted living’s activities room. It’s not unusual for residents and staff gather round the piano and sing while Gaye performs an impromptu medley of songs. As Gaye

reflects upon her colorful life, she seems quite content. “The life I’ve led is exactly what I had hoped for,” she said with a smile. “How many people can say that?”

Chelsea Jewish Lifecare, a highly respected leader in senior living, employs over 1500 people and provides care to over 1200 individuals daily, with campuses in Chelsea, Peabody, West Roxbury and Longmeadow MA. Offering a full continuum of services, Chelsea Jewish Lifecare is redefining senior care and re-envisioning what life should be like for those living with disabling conditions. The eldercare community includes a wide array of short-term rehab and long-term care residences, ALS and MS specialized care residences, traditional and specialized assisted living options, memory care, independent living, adult day health, ventilator care, home care and hospice agencies that deliver customized and compassionate care.

FRESH AND LOCAL

Rice entrées

By Penny & Ed Cherubino

Asian Fried Rice, New Orleans Jambalaya, Spanish Paella, Korean Bibimbap, Thai Pad Kra Pao, Italian Risotto, and Cuban Arroz Con Pollo are a few of the many rice entrées from around the world. Some are reserved for special occasions, while others are quick meals that use up leftovers. A few are adaptable to any rice you have on hand. Today we’ll share our favorite rice entrées.

Fried Rice

Sam Sifton of the New York Times called fried rice, “... a brilliant and addictive way to use up leftovers that comes together in about 20 minutes. It can accommodate practically any vegetable languishing in your refrigerator, and adding leftover cooked chicken, pork, beef, shrimp, or tofu isn’t a bad idea either.”

Fried rice is made all over Asia. Today cooks from well-known chefs to students cooking in college quarters add their twist to this classic fast meal. When we have leftover rice, our approach is to pull out the wok or a skillet and a couple of eggs and clean out the vegetable bins.

Our best tip is to have everything: rice, protein, aromatics like ginger and garlic, and your favorite sauce mixture ready to

go into the pan as needed. Fried rice is a fast stir-fry and will be most successful when the cook keeps moving.

Risotto

Once you master making risotto, you can have dinner on the table in about half an hour. Put your broth on the stove to warm, chop an onion, sauté it, add the rice to toast, give it a dose of wine, and begin adding your broth. Stay nearby and stir every so often. When you’re not mixing or adding stock, grate the cheese and prepare your butter for the last step of enriching and adding creaminess to your risotto.

You can add pre-prepped vegetables, meat, or seafood. Think asparagus in spring and sautéed winter squash in fall. Mushrooms, shellfish, and lemon are other favorite risotto flavors around here.

Yes, you can make it with supermarket arborio rice. However, you can up the dish’s quality by finding a carnaroli or viadone nano rice at an Italian market. Carnaroli, our favorite, is starchier rice with grains that hold their shape well and makes it easier to create a successful risotto.

Spanish Paella

Paella is a complex dish that is easier with more



Stuffed vegetables are another great rice entrée. What’s more, you can make something like these stuffed Yummy Peppers from leftovers!

minds and hands to execute the steps. We have made it with friends on their outdoor grill. Cooking it over glowing coals adds a smoky flavor. Paella is a perfect summer gathering project. The non-cooks can bring the wine, cheese, and bread and do the cleanup!

We are fortunate in Boston to have delicious paella on the menu at area restaurants, including Atlantico Boston and Toro, both in the South End, and Taberna de Haro in Brookline.

Chicken and Rice Variations

Many cultures have a chicken and rice combo as an entrée. We made a successful Arroz Con Pollo for a Cuban friend who missed this dish when

she moved to Boston. All around the Caribbean, each island has its version of this meal. The Brazilian version is Galinhada.

We often order Chicken Biryani as Indian takeout and have recently discovered West African Jollof rice with chicken as a new favorite.

One more bonus for rice entrées is that some can accommodate dietary needs and choices from gluten-free to vegan. In the case of dishes like fried rice or risotto, you can serve a base dish with add-ins available for those with specific preferences or needs.

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

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APARTMENT FOR RENT

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FHAP AGENCIES & OTHER STATE/LOCAL REFERRAL AGENCIES

BOSTON FAIR HOUSING COMMISSION
One City Hall Plaza, Suite 966
Boston, MA 02201-1034
617-635-4408

CAMBRIDGE HUMAN RIGHTS COMMISSION
51 Inman Street
Cambridge, MA 02139-1732
617-349-4396

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

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

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

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

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

NEW HAMPSHIRE COMMISSION FOR HUMAN RIGHTS
2 Chenell Drive
Concord, NH 03301-9053
603-271-5767

NEW HAVEN COMMISSION ON EQUAL OPPORTUNITIES
200 Orange Street, Room 402
New Haven, CT 06510
203-946-8160/8165

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