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CHELSEA RECORD

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VOLUME 131, No. 45

THURSDAY, SEPTEMBER 28, 2023

35 CENTS

STATE OFFICIALS VISIT CHA, TOURS INNES APARTMENTS DEVELOPMENT SITE

Special to the Record

State Secretary of the Executive Office of Housing and Livable Communities Ed Augustus visited

the Chelsea Housing Authority Sept. 29.

CHA Executive Director Paul Nowicki welcomed the Common-

wealth's new housing secretary to the Authority's offices on Exeter Street.

Nowicki and Augustus then joined city official

for a tour of Innes Apartments redevelopment site on Central Avenue.

See VISIT Page 3



This project was made possible with the leadership of Paul Nowicki, Executive Director of the Chelsea Housing Authority, and Al Ewing, Former Executive Director of the Chelsea Housing Authority, along with the Innes Residents, City of Chelsea, Commonwealth of Massachusetts and private capital, secured through Joseph J. Corcoran Company and John M. Corcoran & Co, and Marcus Partners.



Al Ewing, Former Executive Director of the Chelsea Housing Authority, Secretary Ed Augustus, Joe Corcoran, CEO of Joseph J. Corcoran Company, and Peter Mahoney, Executive Vice President of John M. Corcoran & Company, overlook the construction of the brand new fully integrated mixed-use community for all residents of Chelsea.



Joe Corcoran, CEO of Joseph J. Corcoran Company, and Secretary Ed Augustus discuss the \$155 million public/private partnership investment in the Innes Apartments public housing community. This innovative partnership model allows for the full reservation and long-term sustainability of public housing units and creates new opportunities for all people to live, work, and grow by fostering upward economic mobility within the same community.



Melissa Booth, President of the Innes Residents Association, joined Secretary Ed Augustus, Peter Mahoney, Executive Vice President of John M. Corcoran & Company, and others, for a walk-through on the redevelopment of the Innes Apartments.

MassDOT to develop and evaluate options for eventual replacement of the Tobin Bridge

Special to the Record

The Massachusetts Department of Transportation (MassDOT) announced that it has released a Request for Proposals (RFP) to procure a transportation planning and engineering consultant team to develop and evaluate options for the eventual replacement of the Maurice J. Tobin Bridge.

The Tobin Bridge carries Route 1 over the Mystic River, directly connects Boston and Chelsea, and provides connectivity to the regional transportation network. With Annual Average Daily Traffic across the bridge at approximate-



PHOTO COURTESY OF MATT FRANK

The Tobin Bridge as seen from Admiral's Hill in Chelsea during the July 4th celebration in Boston.

ly 87,000 vehicles, (as of September 2023), the Route 1 corridor is regularly congested in the peak hours and operates at or near capacity. The RFP will procure a team to assist MassDOT's Office of Transportation Planning with a study to best position MassDOT in the project development process once the determination is made for the Tobin Bridge to be replaced.

"The time is now to start taking the steps needed with planning and

engineering decisions about the future of the Tobin Bridge," said Acting Transportation Secretary and CEO Monica Tibbitts-Nutt. "Before the Tobin Bridge reaches the end of its useful life, we're initiating a long-term strategic planning study to guide us on what type of facility should be built to replace it. This will also allow us to address any other deficiencies, and to think about opportunities we may have to improve future transit priority and

multimodal travel over the Mystic River."

"This study is an investment in our future as it will not only prepare us to replace the Tobin Bridge but to also modernize the connection with a deep focus on climate resiliency and how to incorporate multimodal transportation options," said Highway Administrator Jonathan Gulliver.

Environmental review within the study's scope of work, will encompass, but will not be limited to, impacts on ecosystems/habitats, overall environment, including air quality and greenhouse gas impacts, environmental justice areas, navigable waterways, and designated Port Areas and Chapter 91 boundaries. In accordance with evaluating these impacts, this study will examine greenhouse gas emissions, flooding, urban heat islands, and climate change mitigation measures and metrics.

See TOBIN Page 4

Manager search down to four candidates

By Adam Swift

The City Council is set to conduct public interviews for four finalists for the City Manager position on Saturday morning at City Hall beginning at 10 a.m.

Last week, the City Manager Screening Committee presented its four finalists for the position during a special City Council meeting. Those finalists are James Duggan, Cheryl Watson Fisher, Fidel Maltez, and Michael McGovern.

Duggan is currently an undersecretary for the Massachusetts Office of Consumer Affairs and Business Regulation. He is the former town man-

ager in Dracut and chief administrative officer for Gloucester.

Duggan has a master's degree in public administration from Suffolk University and a B.A. in political science from Westfield State University.

Watson Fisher has been the city solicitor in Chelsea for the past 20 years, and has been a partner in the law firm of Galluccio and Watson since 2010. She previously served as the assistant city solicitor in Cambridge and assistant regional counsel for the Massachusetts Department of Social Services. She has a juris doctor degree from Boston College

See CITY MANAGER Page 3

Garcia, MacAlpine top District 4 Council preliminary election

By Adam Swift

The city saw exceedingly low turnout for Tuesday's preliminary election for District 4 City Councilor and District 7 School Committee member.

Overall, only 144 ballots were cast between the two races.

In the District 4 Council race, current District 7 Councilor Tanairi Garcia topped the ballot with 55 votes. Current Licensing Commission Chair Marnee MacAlpine came in second with 25 votes and will join Garcia on the Nov. 7 general election ballot. Adriel Adonis Rodriguez finished out of the running with nine votes.

Garcia is the current councilor for District 7, but due to redistricting,

much of what was District 7 is now in District 4.

The District 7 School Committee race saw Lucia Henriquez coming out on top with 26 votes and Loren Sokol earning a spot on the Nov. 7 ballot with 16 votes. Celeste Williams finished out of the running with 12 votes.

Turnout for the preliminary election hovered between 2.24 percent and 5 percent depending upon the precinct.

In addition to the District 4 City Council and District 7 School Committee seats, the general election also looks to have contested elections for Councilor-at-Large, District 2 Councilor, and the School Committee seats in Districts 3 and 4.

ON THE CAMPAIGN TRAIL

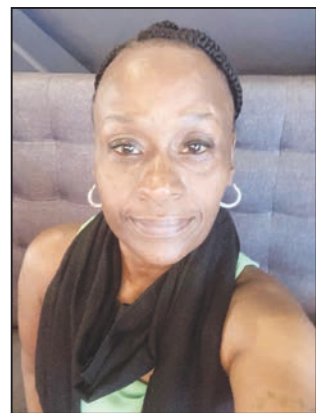
Celeste Williams announces candidacy for School Committee District 7

Special to the Record

Celeste Williams has announced that she is a candidate for School Committee District 7. The following is her statement:

"I'm running for School Committee District 7. I am a longtime resident of Chelsea and parent of former students and present. I know what we need, and I will do my best to promote strong partnerships with students and Teachers' Alliances.

I have studied at Cambridge College Family Community systems., Gibbs College major Business Administration and have experience



Celeste Williams.

and volunteer service for Chelsea Public Schools.. My objective is to bring a different perspective to the Chelsea School Committee.

I ask for your support."

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15th Annual ALS & MS Walk for Living to be held on October 15

Steve Saling and Patrick O'Brien were given 2-5 years to live after each was diagnosed with ALS. Defying all odds, they have been living at the Leonard Florence Center for Living for the past 13 years since the Center opened its doors. Both are living full, productive lives; Steve has traveled throughout the country speaking about ALS and Patrick produced Transfatty Lives, a documentary about ALS which won the Tribeca Film Festival Audience Award. The Leonard Florence Center for Living takes care of more individuals living with ALS than any place else in the world.

In support of these in-

spiring residents at the Center, Former Governor Charlie Baker and his wife Lauren Baker will act as walk ambassadors at the 15th Annual ALS & MS Walk for Living on Sunday, October 15. The short two-mile walk enables the ALS (amyotrophic lateral sclerosis) and MS (multiple sclerosis) residents as well as other attendees to participate in wheelchairs, ventilators or by foot.

"We are thrilled to have Governor Baker and Mrs. Baker on board as our ambassadors for this year's Walk for Living," said Barry Berman, CEO of Chelsea Jewish Lifecare, the nonprofit that operates the award-winning Center. "Mrs. Baker visited the

Center and met the residents. It was obvious how moved she was by the experience. We are grateful for the Baker's support and participation in our major fundraising initiative of the year."

"I am in awe of the spirit, determination, and passion of these residents," said Lauren Baker. "Charlie and I are proud to act as the ambassadors for the ALS & MS Walk for Living. The residents are truly an inspiration to us all."

As the country's first urban model Green House® skilled nursing facility, the Leonard Florence Center provides a level of independence not typically found in other skilled nursing facilities. Resi-

dents, many who are completely immobilized, control lights, turn on the TV, call for the elevator, and open doors with help of a computer and sensor that tracks head and eye movements. The Stein Family Center for Well-Being, the only Green House® ventilator program in the country, opened within the Center in 2020.

The 2023 Walk for Living will take place at 10am on Sunday, October 15 at 165 Captains Row on Admiral's Hill in Chelsea. Every single dollar raised goes directly back to patient care and programs for ALS and MS residents. To register, go to the Walk for Living website and click on register. To join

Governor Baker and Lauren Baker's team, please go Team Baker and make a donation to their team.

Following the dog friendly walk, there will be a BBQ hosted by Chili's, face painting, live dance performances, a petting zoo and more. The \$20 donation fee includes a Walk for Living tee shirt as well as all food and activities.

Platinum level sponsors include M&T Banks and Wilmington Trust; Gold Level A.H.O.H.; Independent Newspaper Group is the media sponsor. For more information or to make a much-appreciated donation, please visit www.walkforliving.org or contact Walk Director

Maura Graham at mgraham@chelseajewish.org or 617-409-8973. All donations are tax deductible.

Chelsea Jewish Lifecare is redefining senior care and re-envisioning what life should be like for those living with disabling conditions. The elder-care community includes a wide array of skilled and short-term rehab residences, ALS, MS and ventilator dependent specialized care residences traditional and specialized assisted living options memory care, independent living, adult day health, and homecare and hospice agencies that deliver customized and compassionate care.

United Way and The Boston Foundation award \$570,000 from the Migrant Families Relief Fund

United Way of Massachusetts Bay and The Boston Foundation announced the first of two rapid distributions of \$570,000 to 12 community-based organizations from The Massachusetts Migrant Families Relief Fund. The fund was created last month in partnership to address the growing humanitarian crisis faced by migrants seeking asylum in Massachusetts and to support the local, trusted community-based organizations that have deployed an all-hands-on-deck effort to meet the essential needs of new arrivals in our region. The organizations receiving the first round of funding are focused in communities including Attleboro, Boston, Cambridge, Chelsea, Everett, Malden, Marlborough, Medford, Lynn, Lowell, Somerville, Waltham, Quincy, and Worcester, as well as state-wide organizations.

"The Massachusetts

Migrant Families Relief Fund is playing a critical role in ensuring that families arriving in Massachusetts have their basic needs met," said Governor Maura Healey. We're grateful to The Boston Foundation and United Way of Massachusetts Bay for their leadership, and we thank the people and businesses of Massachusetts who stepped up to support this fund."

Funding will support services such as English as a Second Language classes, legal services, assistance with health care needs, housing assistance, programming for youth, school enrollment assistance, assistance with filing for asylum or other immigration support, access to medical appointments, connecting refugee families with advocates and social supports at shelter sites and providing essential needs like food, diapers, clothing, and hygiene items.

Six organizations will receive grants of \$75,000 each to sustain this work: Brazilian Workers Center, Everett Haitian Community Center, Immigrant Family Service Institute, La Colaborativa, MIRA Coalition and RIAN Immigrant Center. An additional six organizations will receive grants of \$20,000: Agencia ALPHA, ARISE, Association of Haitian Women of Boston, English for New Bostonians, New American Center and The Literacy Center.

"For an immigrant in a foreign country, access to basic goods like food, diapers, clothing, or a ride to a medical appointment, can be of great concern," said Dr. Gerald V. Gabeau, Executive Director of Immigrant Family Services Institute (IFSI-USA). "Through this fund, service providers like IFSI are able to provide newcomers with vital support that many of us

take for granted. We are so grateful to everyone who contributed to the MA Migrant Families Relief Fund."

The outpouring of community support has quickly mobilized more than \$1.1 million for the Massachusetts Migrant Families Relief Fund, from corporate partners and foundations to individual donors. Lead partners include Barr Foundation, Klarman Family Foundation, Eastern Bank, Barbara and Amos Hostetter, Amazon, Blue Cross Blue Shield of Massachusetts, Cornerstone Charitable Foundation, Bank of America, N.A., Trustee, John Hancock, Santander, The Boston Foundation and United Way of Central Massachusetts. WCVB-TV is also partnering to help raise awareness of the fund.

"Massachusetts has once again demonstrated a thoughtful and compassionate response to the dual crisis we have been experiencing impacting our housing and shelter systems as well as our trusted community-based organizations that have been giving everything they've got to help ensure everyone arriving in Massachusetts has their essential needs met," said Bob Giannino, President and Chief Executive Officer at United Way of Massachusetts Bay. "Partners across government, nonprofit, corporate and philanthropic sectors have joined together to address this still-growing humanitarian crisis in a way that makes me proud to be a member of our Commonwealth."

"The response from across Massachusetts to meet the needs of the thousands of families seeking safe haven and housing in our state is an inspiring and important element of our overall response to what is a tremendous ongoing need," said M. Lee Pelton, President and CEO

of the Boston Foundation. "This important partnership highlights the caring humanity of individuals, businesses, nonprofits and civic leaders here and can provide a blueprint for a continuing response."

United Way and The Boston Foundation convened an implementation team to support trust-based, equitable grantmaking, align with emerging needs and opportunities, and center the voices of people most proximate to migrant families in Massachusetts. Working in partnership with community-based organizations and existing networks such as the Massachusetts Immigrant and Refugees Advocacy (MIRA) Coalition's New Arrivals Working Group, the statewide network of community foundations and United Ways, this team is reviewing current data, needs, opportunities, and conditions to inform grant allocations.

The Fund, hosted at unitedwaymassbay.org/migranrelief, is continuing to accept donations from the public that will be used to provide grants to Massachusetts-based nonprofit organizations actively assisting migrant families, with a focus on supporting those with a demonstrated capacity for cultural and linguistic competency. To complement and enhance public funding, grants are focused on building organizational capacity to meet current demand for services and to coordinate with existing shelter sites providing temporary shelter to migrant families. Funding is intended to increase capacity for the following services:

- Provide general operating funds to local community-based organizations providing direct services on already-stretched budgets and staff resources and support their capacity to coordinate with shelter

sites to meet demand for services.

- Increase capacity to ensure individuals, children, and families have access to essential needs, such as temporary accommodations, food, clothing, diapers, hygiene items, and transportation.

- Support livelihood opportunities and assistance such as health screenings, translation services, legal assistance, work authorizations, ESOL classes, and other socio-economic and cultural integration supports with priority for communities with underserved shelter sites.

- Enhance community connectedness by supporting outreach that connects migrant families with opportunities for community integration, such as faith communities, schools, and mutual aid groups.

United Way of Massachusetts Bay and the Boston Foundation both have extensive experience managing emergency relief efforts, including the distribution of tens of millions of dollars collectively during the COVID-19 pandemic. During that crisis, United Way partnered with more than a dozen cities and towns, including Chelsea, Haverhill and Lynn, to provide local response efforts, as well as with the Department of Early Education and Care to distribute more than \$20 million for school-community Summer Step Up programming, while the Boston Foundation distributed more than \$18 million through its COVID-19 Response Fund. The Boston Foundation has also managed emergency funds in response to the Haiti earthquake in 2011, and after Hurricane Maria devastated Puerto Rico in 2017, as well as a fund providing targeted support for the city of Chelsea, Mass., during and after COVID.



Shown (L-R): Boeing Chief Sustainability Officer Chris Raymond; Delta Air Lines Chief Sustainability Officer Amelia DeLuca; Massport CEO Lisa Wieland; ZIAA Faculty Director Steven Barrett; Pratt & Whitney Chief Sustainability Officer Graham Webb; World Energy CEO Gene Gebolys

MIT convenes industry leaders to address challenges, opportunities across the value chain

On September 25, Boeing, Delta Air Lines, Massport, Pratt & Whitney, and World Energy came together with experts from the Massachusetts Institute of Technology (MIT) to discuss paths towards achieving a future where aviation can connect the world with drastically reduced environmental impacts.

The industry leaders and MIT researchers gathered at Gate 19 in Boston Logan's Terminal A. With a backdrop of departing planes, they discussed the environmental challenges of the sector. "Aviation connects people, cultures, and economies – yet there

is scientific consensus around its environmental impacts. Addressing the environmental challenge is a tough problem and a defining moment for the industry," Florian Allroggen, MIT's Executive Director for Aerospace Climate & Sustainability, summarized.

In a collaborative discussion, the industry and science leaders agreed to work collaboratively, guided by the latest science, to address the environmental footprint of flights. They established that aviation's environmental footprint must be tackled holistically; this includes addressing the

CO2 emissions of air-planes and improving our understanding of impacts and mitigation measures for non-CO2 impacts such as contrails, the white line-shaped clouds that form behind aircraft.

The attendees affirmed that this event was the start of a shared journey. Spearheaded by MIT, the companies will continue to provide thought leadership in the MIT Zero-Impact Aviation Alliance.

For further information, please contact:

Florian Allroggen
Executive Director,
ZIAA

fallrogg@mit.edu

Chelsea man held without bail on first-degree murder charges

Staff Report

Angel Alvarez, 65, of Chelsea was arraigned in Suffolk Superior Court on Tuesday and ordered held without bail on charges of first-degree murder and assault and battery with a dangerous weapon in violation of a restraining order.

Prosecutors allege that Alvarez stabbed his estranged girlfriend to death in her home on May 8.

Alvarez dated the victim, 59-year-old Margarita Morehead, for several years and lived off and on in her Chelsea apartment, according to the Suffolk County District Attorney's office. The office added that throughout their relationship, he exhibited jealousy and hostility toward Morehead and frequently accused her of infidelity.

In October 2022, More-

head obtained a G.L. c. 209A order against the defendant that prohibited him from contacting her; the order remained in effect at the time of her murder.

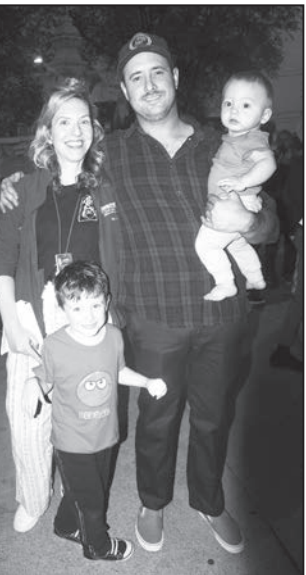
Alvarez is due back in court on Nov. 9.

In the wake of Morehead's murder, several vigils were held in the city in her memory and in support of victims of domestic violence.

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EIGHTH ANNUAL CHELSEA OVERDOSE VIGIL

The Eighth Annual Chelsea Overdose Vigil was held Sept. 21 in Chelsea Square. The event was “dedicated to the many loved ones we have lost due to substance use.” Chelsea Police Community Engagement Specialist Dan Cortez and CAPIC Director of Substance Use Disorders Gladys Valentin-Agneta delivered the welcoming and closing remarks respectively.



Walker Brawner, who provided an excellent performance of music at the vigil, pictured with his wife, Raina McMahon, and their children, Miles and Weston.



CAPIC Executive Director Richelle Cromwell and CBC President Joan Cromwell.



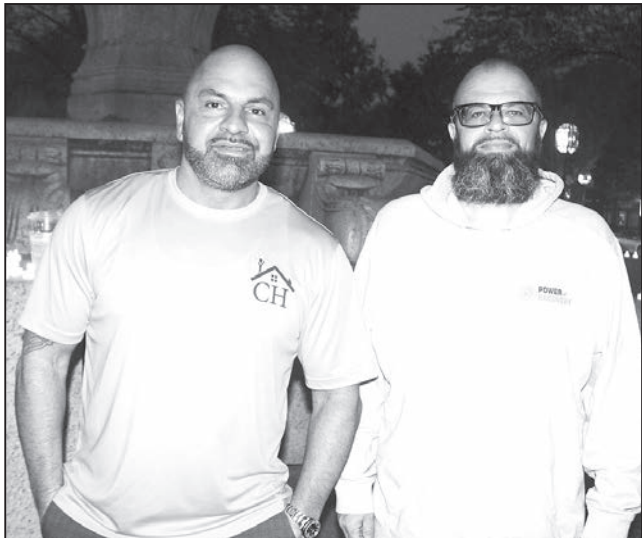
The Chelsea High School Cantare Choir, under the leadership of Director Michael Bednarsky (right) sang “You Do Not Walk Alone” during the program.



Roy Valentin, Gladys Valentin-Agneta, Chelsea Chamber of Commerce Executive Director Jennifer Hassell.



Dominic DiPetro holds a candle in remembrance of his uncle, Michael Leonard, at the Chelsea Overdose Vigil.



Matt Powers and Damon Weinberg of Power of Recovery.



A delegation from the Hanton House in Chelsea attended the vigil.



Representing CAPIC at the Chelsea Overdose Vigil are Roy Valentin, Keisha Brown, Gladys Valentin-Agneta, and Cary Havey.



Dennis Smith was one of the featured speakers at the Chelsea Overdose Vigil. Theresa DiPietro also delivered remarks during the program.



CPD Community Engagement Specialist Dan Cortez, Police Officer Nicole McLaughlin, Police Chief Keith Houghton, and Officer David Delaney, with Community Resource Dog Brutt.

City Manager / CONTINUED FROM PAGE 1

Law School and a B.A. in sociology from Wheaton College. Maltez is currently the town manager in Reading and previously worked as the public works commissioner in Chelsea. In the private sector, Maltez has worked as an engineering manager and field engineer. He has a senior executive in state and local government certificate from Harvard University’s School of Government, a master’s degree in public policy from Tufts University, and a bachelor’s degree in civil and environmental engineering from Lafayette College. McGovern is currently the town administrator in Shirley and was previously the assistant city manager in Lowell, the coordinator of school information and director of the school foundation for the Greater Lowell Technical High School, and director of the Northern Middlesex Tobacco Free Network for UMass-Low-

ell. He has a B.A. in history from UMass-Lowell and continuing educational credits from the UMass-Boston Public Administration program. Screening Committee Chair Eugene O’Flaherty said the committee received about 30 applications for the city manager position. He said the committee used a consensus approach when selecting the candidates to move forward to the council for final interviews. “The screening committee collectively believes

that any one of these candidates will serve the city well,” said O’Flaherty. “It is now the (city) council’s job ... to interview and evaluate these candidates on their qualifications and you will determine who the next city manager of Chelsea will be.” The interviews on Saturday will be open to the public, and there will be an opportunity for public feedback both at the meeting and prior to a council meeting on Monday, Oct. 2, when the council could make a final selection.

At the end of 2022, former City Manager Thomas Ambrosino was selected as the next Court Administrator of the Trial Court in Massachusetts by the justices of the Supreme Judicial Court. The council appointed Deputy City Manager Ned Keefe as the interim city manager soon after. In June, the council took the interim tag off of Keefe’s position, with the understanding that he would serve until a new city manager is appointed by the council.

Visit / CONTINUED FROM PAGE 1

Former CHA Executive Director Al Ewing City Council President Leo Robinson, Community Development Director Alex Train, joined Nowicki in welcoming Secretary Augustus to the city. “We were very excited to welcome Secretary Augustus to the City to view a state-of-the-art de-

velopment that will set the standard for other housing authorities in the Commonwealth,” said Robinson. “Our CHA executive director, Paul Nowicki, has shown great progress in picking up the mantle from Al Ewing, and the CHA has not missed a beat.”

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RECORD

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ANARCHY IN CONGRESS

Imagine if a foreign government or some terrorist group were to hack into the U.S. government’s computers and bring all of its operations to a halt. Everyone in the country would be outraged.

That is the scenario we are facing this week -- except that the “hack” that is threatening to shut down our government is not originating from some outside source, but rather is coming from an anarchist group of about 15 Republican members of Congress who are refusing to approve a budget by the October 1 deadline.

There have been government shutdowns in the past, most memorably those engineered by Republican Speakers of the House (Newt Gingrich and John Boehner), but those had clear lines of demarcation about competing visions of federal spending between the Republicans and the Democratic presidents (Clinton and Obama) at the time.

But the small group of Republicans who want to shut down the government today not only lack the support of the Republican leadership and their colleagues, but they also do not have any identifiable objectives.

A lot of the blame for this debacle lies with Republican House Speaker Kevin McCarthy, who had worked out a deal with President Biden and the Democrats in June regarding the debt ceiling that also encompassed the budget for the coming fiscal year.

However, McCarthy is being held hostage by these renegade members of his own party because of their threat to remove him from the speakership if he brings the budget to the floor for a vote -- and thus far, McCarthy has placed his political survival over keeping the government open.

About the only defense for McCarthy’s fecklessness is that he himself recognizes that trying to reach an agreement with this group is a fruitless task: “This is a whole new concept of individuals that just want to burn the whole place down,” McCarthy said last week.

The bottom line is that every American, thanks to the inept Republican leadership, is subject to the whims of a group of about 15 Republican members of Congress whose only real goal can best be described as a desire to bring about total chaos and anarchy to every corner of our country.

CAN NUCLEAR POWER SAVE THE PLANET?

As it becomes increasingly clear that renewable sources of energy -- wind, solar, hydropower, and hydrogen fuel cells -- are not going to become available on a large scale anytime soon, the only real hope for the U.S. both to reduce its use of fossil fuels and to provide a dependable source of power for the nation’s electrical grid is nuclear energy.

Nuclear energy has had a bad rap for almost 50 years in this country thanks to the infamous Three Mile Island debacle in the late 1970s and then the Chernobyl disaster a decade later. But today’s nuclear power ain’t your grandparents’.

Future nuclear power generation would be provided by what are known as advanced Small Modular Reactors (SMRs). The U.S. government is providing incentives (through the Inflation Reduction Act) to develop these SMRs as safe and affordable nuclear power options for our grid.

We would note that almost 20 percent of our nation’s power supply today comes from nuclear plants (in France, 68 percent of its power comes from nuclear plants). With energy demands increasing across the country for the foreseeable future -- electric vehicles for example, still need to use the grid to “fill up” -- the new nuclear power looms as the most obvious choice to remove fossil-burning fuels from our energy supply.

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Forum

LETTER TO THE EDITOR



Executive Director Gladys Vega, (left) alongside Governor Maura Healy and CEO of ASG Josiane Martinez at the Governor’s advisory council on Latino Empowerment Hispanic Heritage Month kick off at the State House.

inspections, eviction prevention, landlord mediation and informing our population of Made: up to code, which teaches tenants how to perform self inspections of their homes. 78% of housing clients report continued housing stability 6 months after receiving our services.

Economic Mobility: La Colaborativa’s Adult Jobs program supported 950 residents in the last year with job search (resume building, job application support, interview prep, job placement services). We developed a rapid re-employment model to address widespread unemployment and underemployment in our community. We have provided our community members with over \$300,000 in cash assistance. We helped launch seven new childcare businesses with our childcare cooperative and an additional 13 women women have completed our childcare

program, earned their credentials, secured jobs at existing childcare centers, family childcare businesses, and public schools. Recently, La Colaborativa has embarked on a new partnership with Chelsea Public Schools, Teacher Pathways Program. This program will provide a pathway for Chelsea residents to become involved with the public school system and eventually become certified teachers.

Youth Development: We supported 300 youth with career exploration, offering diverse work placement for career exploration. Our school year employment program supported 80 youth in intensive work readiness training along with leadership development opportunities and case to support our most at risk youth.

Immigrant Support: La Colaborativa has helped over 300 latinx immigrants in the area apply for a drivers license. As well as provided immigration

support for newly arrived migrants to the State of Massachusetts.

Feeding our Neighbors Campaign: This year La Colaborativa alongside Senator Sal DiDomenico and Massachusetts Law Reform Institute launched the the Feeding our Neighbors Campaign. This is an initiative that would help immigrant households access both regular food assistance (state funded SNAP) and cash assistance for families with minor children to meet basic needs.

It is an honor to celebrate the rich, diverse, and eclectic Latinx nations and ethnicities this month, both here in Chelsea and across the nation. Over the next month, we look forward to sharing with you the immense pride we hold for our roots, backgrounds, and culture. We thank you for being a part of the change needed to ensure stability, growth, and justice for Latinx people. As American labor leader and civil rights activist Dolores Huerta once said, “We must use our lives to make the world a better place to live, not just to acquire things. That is what we are put on the earth for.” Let us all continue the essential work for the betterment of our communities and extend our hands, ears, and hearts to all of our neighbors both near and far, to create the future we all desire and need.

Many regards,
Gladys Vega
Executive Director
La Colaborativa
Dinanyili Paulino
Chief Operating Officer
La Colaborativa

CELEBRATING LATINO HERITAGE MONTH!

To the Editor,

It is with great pleasure that we welcome you all to Hispanic Heritage Month. As Latinx women and migrants, it is essential for us to recognize the significant role that the Latinx community plays not only in Chelsea but within the United States. With 62.1 million Latinx individuals living in the United States, this community stands as the largest ethnic population in the country. Chelsea, the home of our operations center, is comprised of 80% immigrants, primarily from Latinx countries. At La Colaborativa, 92% of our staff identifies as Latinx. Latinx individuals are not only leading our organization but also shaping the future generation of leaders in the United States. These impressive numbers were not easily achieved but represent a hard-fought battle of endurance, resilience, strength, and unwavering hope.

Bright spots of 2023

Survival Center: La Colaborativa has been able to successfully build permanent infrastructure to offer Latinx immigrant families unprecedented ease of access to a hub of community programs and services in the heart of Chelsea.

Made up to code: La Colaborativa has helped 2,200 households stabilize through free legal aid, emergency housing placements, housing assistance application support like RAFT, utility assistance, cash assistance, housing

Tobin / CONTINUED FROM PAGE 1

Given the number and variety of stakeholders in the Tobin Bridge area, the study’s scope of work proposes a robust public engagement process. This will include, but not be limited to, the formation of a Working Group that will invite key stakeholders to participate, such as the City of Chelsea, the City of Boston, Massport, U.S. Army Corps of Engineers, U.S. Coast Guard, advocacy groups and community organizations. Public engagement will include in-person public meetings, stakeholder meetings, briefings, a study website, and outreach workshops. The Working Group will work with the selected consultant team at the outset of the study process to develop an appropriate public involvement plan with a focus on equity, multi-modal travel, community impacts, and socioeconomic factors.

The Tobin Bridge is currently maintained in a “State of Good Repair,” with preventative measures and maintenance projects programmed annually to ensure safe operating conditions. On Wednesday, September 20, members of the MassDOT Board of Directors approved a contract for approximately \$128 million for Tobin Bridge re-

pairs while the bridge’s replacement is being evaluated. The scope of work includes:

- Cleaning existing steel and removing old paint on the Chelsea approach lower level mainline (northbound), Beacon Street ramp, upper level mainline (southbound) and Everett Avenue ramp.
- Performing repairs to the existing Chelsea approach steel superstructure elements, and safety walk elements at the lower level mainline, Beacon Street ramp, upper level mainline and Everett Avenue ramp.
- Upon completion of steel repairs, painting the existing steel.
- Performing repairs to substructure elements.
- Repairs to concrete substructure elements.

Construction for the Tobin Bridge’s immediate maintenance repairs will be conducted in ways that minimize impacts on the local neighborhoods and to the traveling public. No permanent lane closures on the bridge are anticipated during construction and no impacts are expected to adjacent roadways.

Previously, in 2019, MassDOT launched the Tobin Bridge/Chelsea Curves Rehabilitation Project.

Your opinions, please

The Chelsea Record welcomes letters to the editor. Our mailing address is 385 Broadway, Revere, MA 02151.

Letters may also be e-mailed to editor@chelsearecord.com. Letters must be signed.

We reserve the right to edit for length and content.

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CAROL (MACDONALD) COLE HONORED AT 70TH SURPRISE BIRTHDAY PARTY

Family and friends packed the Knights of Columbus Hall in Saugus for a surprise birthday party for Carol (MacDonald) Cole, a popular Chelsea High School Class of 1971 graduate.

Carol's husband, Thomas "Bucky" Cole, helped organize the celebration. Bucky, a talented vocalist, kicked off the festivities by serenading his wife with the song, "Why Don't You Believe Me" by the Duprees.

Carol is the daughter of the late Donald and Evangeline (Robichaud) MacDonald.

Carol attended the Our Lady of Assumption School, Carter Junior High (for ninth grade) and Chelsea High School.

Carol and Bucky have three sons, Tommy Jr., who served 12 years in the U.S. Marine Corps, former Junior PGA star golfer Michael Cole, and Craig Cole, who led the

Saugus American Little League All-Stars to the 2003 Little League World Series; and a daughter, Julie Cole, who attended Pope John XXIII High School, Suffolk University, and Boston University, and is a schoolteacher in Kansas. Carol and Bucky also have ten grandchildren.

It was a wonderful celebration for a wonderful person.



Bucky Cole and Carol Cole enjoy a dance at her 70th birthday celebration.



Bobby Breau and John Cronin.



Frank Iacoviello, with his sister, Margaret Iacoviello Fay.



Tommy Cole Jr. and Jimmy Cole Jr.



Carol Cole, with her friend and former professional work colleague, Rosemarie Carlisle.



Carol Cole and Bucky Cole, with members of their family at Carol's 70th birthday celebration.



Bucky Cole (right) welcomes Bobby Breau, Linda Breau, and Fred Arnold to the surprise birthday party in honor of his wife, Carol Cole.



Grandchildren of Bucky and Carol Cole, Ryder Cole (front) and Craig Cole Jr., Michael Cole, Tavian Cole, Jaiden Cole, and Drew Cole.



"Happy 70th, Carol," read the birthday cake at the celebration in her honor.



Guest of honor Carol Cole, and her husband, Thomas "Bucky" Cole, with their proud children, Craig Cole, Michael Cole, Julie Cole, and Tommy Cole Jr., at the 70th birthday party.



Front row, from left, are Susan Francis Cameron, Christine Bond Eaves, and Jane Zaremba Szarythe. Back row, from left, are Bob Cameron, Carol Cole, Dr. William Eaves, Bucky Cole, Joseph Ippolito, and Richard Szarythe.



Talented vocalist Bucky Cole serenades his wife, Carol, with a song at her 70th birthday party at the Knights of Columbus in Saugus.



Front row, from left, Debbie Lush Kasabuski, Rick Kasabuski, Yano Petruzzelli, and Judy Doucette. Back row, from left, are Corinne DiSciscio, Billy Bateman, Kathy Bateman, guest of honor Carol Cole, Bucky Cole, Mark Sacco, and Rosa Sacco.



Front row, from left, Frank Zecha and guest, Linda Breau, Denise Doyle, and Jane Ippolito. Among those in the back row are Paula Callelo, Bobby Spinney, Brian Doyle, Bucky Cole, Kenny Lava, Jimmy Ippolito, Bobby Breau, and Frank Iacoviello.

“RAISE THE ROOF” FUNDRAISER CELEBRATES 45 YEARS OF COMMUNITY TRANSFORMATION

The Neighborhood Developers (TND), a local non-profit organization dedicated to community revitalization, celebrated 45 years of transformative impact at their “Raise the Roof” fundraiser. The event, held on Thursday, September 14th, was a resounding success, raising a remarkable \$260,000 to support the construction of affordable homes, elevate the voices of community leaders, and connect people with vital resources.



Metro Credit Union Vice President and community leader Saritin Rizzuto and State Sen. Sal DiDomenico.



Eduardo Moreno, Chief of Staff, Office of Sen. Lydia Edwards, and State Rep. Judith Garcia.



At the TND welcoming table, Mike Ring, Lucia Henriquez, Alina Gardner, and Zulhay Garcia.



MGH Chelsea Administrative Director Jeannette McWilliams and CAPIC Substance Use Disorder Services Director Gladys Valentin-Agnetta.



Lizette Pajuelo and Rachel Van Voorhis of TND.



Johnny Lentofanti and Emily Duval Cataquet.



Representing Winn Companies, Vanessa Viele, John Kuppens, Garfield Blake, and Silvia Bonilla.



Edily Vasquez, TND Executive Director Rafael Mares, and Ruby Savino.



CAPIC Executive Director Richelle Cromwell and Larry Elgart arrive for the TND Raise The Roof fundraiser at 99 Marginal St.



The Phunk Performance Dance Team, who performed at the TND Raise the Roof party, pictured with Kendra Sanon Williams (right) and Rick Connor (back row).



Sean Mock of TND, Alexa Shabecoff of TND, Kathy McGilvray of Opportunity Communities, and Steve Laferriere of TND.

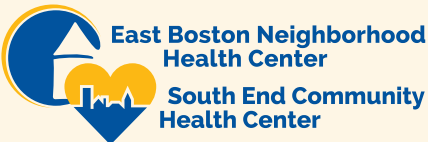


Bill Gordon of OPPCO, Tommy McNeil, Caassandra Williams, Kavish Gandhi, of TND, and Gail Berlinger of Opportunity Communities.



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CHELSEA BOYS IN SOCCER ACTION AGAINST REVERE

Revere’s four-game winning streak came to an end Thursday September 21 as the Chelsea Red Devils took a 2-1 victory at Revere High.

BOB MARRA PHOTOS



Revere’s Kenan Batic (4) and Chelsea’s Edwin Mendoza react after a collision.



Chelsea’s Cristian Lopez (11) and Revere’s JV Cunha (11) in a stride-for-stride race for a loose ball.



Chelsea’s Leonardo Saravia Castaneda (13) redirects a shot by Revere’s Nicolas Morgira (30)

CHS SPORTS ROUNDUP

CHS FOOTBALL TEAM TOPS ROXBURY PREP

The Chelsea High foot- ball team put it all togeth- er on both sides of the ball to earn their first victory of the season, defeating Roxbury Prep, 20-0, last Thursday evening under the lights at Chelsea Sta- dium. The triumph also marked the first win for new CHS head coach Da- vid Roque.

Sophomore quar- ter- back Angel Lino tossed a pair of touchdown passes to Jaiven Diaz and Justin Reyes. Reyes also ran in the ball for a two point conversion.Tommy Santa- na accounted for the other Red Devil TD on a five- yard run.

On the defensive side of the ball, Chelsea forced a pair of turnovers. Jaiven Diaz made an interception

and Wilson Villalta made a nice hit to force a fum- ble that was recovered by Cristian Mejia.

“The game was a step in the right direction,” said Roque. “The team is really starting to come to- gether with this win. Now we shift our focus to East Boston, who always has a good team and is tough year after year.”

The Red Devils will take on the Jets at the Lo- gan Airport Stadium (150 Porter St.) tomorrow eve- ning for a Friday Night Lights encounter. The opening kickoff is set for 6:00.

**BOYS SOCCER
KNOCKS OFF
UNBEATEN
REVERE;
TOPS MALDEN, 3-1**

The Chelsea High boys

soccer team enjoyed a suc- cessful week with a pair of victories over Greater Boston League (GBL) ri- vals Revere and Malden.

The Red Devils’ come- from-behind triumph at Revere last Thursday was particularly sweet because the Patriots had entered the contest undefeated and were in first place in the GBL after defeating defending GBL champ Everett just two days pre- viously.

Despite conceding the first goal to Revere, coach Mick Milutinovic’s crew remained undaunted and soon brought the contest back to level when junior Steven Gamez stepped up for a free kick from 35 yards out and delivered a Messi-worthy strike that went over the Everett wall

See ROUNDUP Page 8

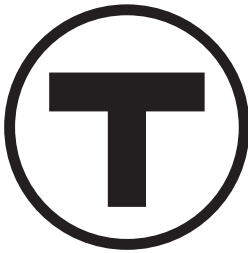


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Roundup / CONTINUED FROM PAGE 7

and Crimson Tide keeper and just under the crossbar into the back of the net.

The rivals battled evenly through the remainder of the first half and into the second until CHS captain Christian Palacios scored from a well-timed strike after a corner kick to seal the 2-1 victory.

This past Tuesday on the pitch at Malden's home field, Red Devil Kevin Garcia reached the back of the Golden Tornado net with a long shot from outside the box within the first two minutes.

Although the 1-0 lead proved short-lived when Malden scored on a free kick that was awarded for a Chelsea hand-ball, the Red Devils battled back to retake the lead before the end of the first half when Edwin Mendoza sent a nice through-ball to Jorge Arnold Sanabria, who went one-on-one with the Malden keeper and deposited the ball into the bottom left corner. Coincidentally, the Mendoza-Sanabria connection occurred shortly after they were subbed onto the field by Milutinovic.

After the intermission, Palacios duplicated his effort from the Revere game when he again scored on a corner kick to provide an extra insurance goal for the 3-1 finale.

Milutinovic and his crew, who now stand at 2-2-1 on the season, are scheduled to play at Medford today (Thursday). They will entertain non-league foe Excel Academy on Monday and GBL rival Lynn Classical on Tuesday, both of which will be played under the lights at Chelsea Stadium starting at 5:30. They will trek to Somerville next Thursday.

CHS GIRLS SOCCER BREAKS INTO WIN COLUMN

The Chelsea High girls soccer team put it all to-

gether to earn their first victory of the season, a 5-0 triumph over Greater Boston League rival Lynn English last Tuesday.

The Lady Red Devils' scoring attack was led by freshman Yahira Jovel Rivas, who delivered three balls into the back of the English net for the hat trick. Senior Alessandra Campos scored a goal and had two assists and Andrea Mendez added a goal and an assist.

Sophomore goalkeeper Natalie Alvarenga kept a clean sheet and had some crucial saves to keep Lynn English scoreless.

"Overall, the team played very well," said CHS head coach Randy Grajal. "We converted the chances we had and controlled the passing throughout the game."

Last Thursday Chelsea came up on the short end of a 5-0 decision to undefeated Revere. "Their defense was really strong and they stopped every chance we had," said Grajal. "However, the team kept on working really hard throughout the whole game. Our junior captains, Isabela De Matos Lemos and Lauren Nadow, both played a great game on defense."

This past Friday the Lady Red Devils dropped a 5-0 decision to Lynn Classical. "Lynn Classical attacked us the whole game," noted Grajal. "Our sophomore keeper, Natalie Alvarenga, had many saves and played her best game of the season. We had a few shots on goal that went wide or were stopped by their goalie."

"But we'll continue working to improve as we move on to the next week," Grajal added.

The Lady Red Devils are scheduled to host Medford today (Thursday) and will travel to Excel Academy on Monday and to Lynn Classical on Wednesday before return-

ing home to host Somerville next Thursday.

BOYS CROSS COUNTRY TEAM EARNS FIRST WIN; GIRLS IMPROVE TO 3-0

The Chelsea High girls and boys cross country teams both earned victories this past week, defeating Greater Boston League rival Everett last Thursday on the Crimson Tide's home course at 7-Acre Park.

The Lady Red Devils were led by Rosalinda Rojas, who finished in first place. Rosalinda was followed by teammates Hazel Hatleberg (2nd), Jada Amezcuita (3rd), Iyssis Henderson (5th), and Mar caylla Louis-Jean (6th), and Ashley Mejia (7th), who was just one second behind Louis-Jean.

"I loved how the girls worked together and pushed through some tough moments," said CHS head coach Reegan von Wildenratt. "The girls are now 3-0 in the GBL and I'm really excited for and impressed with this hard-working group."

On the boys' side, the Red Devils triumphed by a score of 22-33. Jose Amaya led the charge for Chelsea with a first-place finish. Teammate Kyle Leong (3rd), Jason Rodrigues (4th), Sherwin Kim (6th), and Ivan Irias-Padilla (8th) rounded out the Chelsea scoring.

"This was a great race for the boys," said von Wildenratt. "They picked up their first GBL win this season."

"We're looking forward to back-to-back home meets this and next week," added the coach, whose squad was scheduled to host Lynn Classical yesterday (Wednesday) and Lynn English next Wednesday on their course at Admiral's Hill.



Latrell Ashby (9) and Chelsea's Oscar Erazo Beltrand look skyward as they wait for the ball to drop.



Chelsea's Arquimedes Felix Barrero (30) goes up and over Revere's Francisco Navarette (14) as Navarette makes a sliding attempt to steal the ball.



Chelsea goaltender Daylin Yanes Casco makes a save on a shot by Revere's Latrell Ashby (9) in the final moments of the Red Devils 2-1 win at Revere Thursday September 21.



Christian Palacios Sanchez (27) keeps his eye on the ball as he heads for a landing after leaping to break up a pass intended for Revere's (30).



Steven Gamez Gonzalez (29) gets a step ahead of a Revere defender in the chase for a loose ball.



Revere's Brayan Medina (10) and Chelsea's Jorge Perez Jr. fight for control.

DiDomenico advocates for his wage theft bill alongside Governor and Attorney General

Special to the Record

Last week, Senator Sal DiDomenico testified alongside labor unions, advocates, and workers in support of his wage theft legislation which would protect workers’ rights and hold companies that steal from their employees accountable for their actions. DiDomenico’s proposal would allow Attorney General Andrea Campbell to file a civil action seeking relief for damages, lost wages, and other benefits for workers. Campbell would also have the authority to investigate wage theft complaints and issue stop-work orders against

employers who are violating wage theft laws. Governor Maura Healey and Attorney General Andrea Campbell testified in support of this bill which would provide the Attorney General and workers with additional tools for holding violators accountable. Companies are stealing almost \$1 billion in wages each year from workers across Massachusetts and this bill will go a long way towards preventing wage theft and helping employees reclaim their hard-earned money. “It is indefensible that we allow businesses and contractors to prey on hard working residents

year after year, and it is past time that we pass this bill to hold law breaking employers accountable and protect workers’ rights and wages,” said Sen. Sal DiDomenico, lead sponsor of the Senate bill. “When I first filed this bill in 2015, Massachusetts workers were losing \$300 million per year in stolen wages and now that number has skyrocketed to almost \$1 billion. We cannot wait another session to pass this commonsense proposal. I want to thank Governor Maura Healey, Attorney General Andrea Campbell, the Massachusetts AFL-CIO, my cosponsor, State Rep. Daniel Donahue, and all the advocates who are supporting my bill and standing up for workers in our state.”



Senator DiDomenico testifying in favor of his bill.

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OBITUARIES

Narciso Flores Pineda
April 23, 1962 - September 20, 2023

Relatives and friends attended visiting hours on Tuesday, September 26, in the Welsh Funeral Home, 718 Broadway, Chelsea for Narciso Flores Pineda, who passed away on Wednesday, September 20th after a Long illness. He was 61 years of age. His funeral was conducted from the funeral home on Wednesday, September 27, immediately followed by a Funeral Mass in The Immaculate Conception Church, 133 Beach St., Revere. d with Narciso being placed to

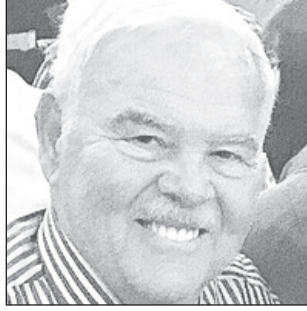


rest in Pine Grove Cemetery, Lynn.
For online guest book or to send expressions of sympathy, please visit: www.WelshFH.com.



Nunzio “Buddy” A. Cataldo
December 15, 1938 – September 19, 2023

Relatives and friends attended visiting hours on Monday, September 25, in the Welsh Funeral Home, 718 Broadway, Chelsea, for Nunzio A. “Buddy” Cataldo, who passed away on Tuesday, September 19, after a recent decline of health, He was 84 years of age. His funeral will be conducted from the funeral home on Tuesday, September 26th at 8:30 A.M. Immediately followed by a Funeral Mass in St Mary’s Church, 8 S. Common St., Lynn at 10:00 A.M. Services will conclude with interment in Woodlawn Cemetery, Everett. On September 19, 2023, the Cataldo family lost their hero and patriarch, Nunzio A. “Cataldo. Surrounded by family, Buddy passed away peacefully. Buddy was born December 15, 1938, the only child and shining light of Louis and Caroline Cataldo, lifelong residents of Chelsea and Revere. Buddy earned a full scholarship and played football for the Kansas State Wildcats, where he graduated with a B.S. in Science. Buddy earned a master as well. First and foremost, Buddy was a family man. , Alice M. Cataldo; his children: Mark Cataldo and his wife, Barbara of Naperville, IL, Beth Hynes and her husband, Kevin of Manhattan Beach, CA, Kim Williams and her husband, Walter of Revere and Carol Bernardini and her husband, Jay. He was the cherished grandfather of A.J. Williams, Kathryn Cataldo-Liles and her husband, Ben Liles, Michael



Cataldo and his wife, Meghan, Alexandra Mantini and her wife, Amanda, Kyle Bernardini and Justin and Killian Hynes and adoring great-grandfather of Olivia and Molly Cataldo, Madeline Lisle and Santino Nunzio Mantini (who made a timely arrival to join the family on September 19, 2023).

Professionally, Buddy was an educator, serving 34 years as the Director of Physical Education for the City of Revere. Buddy loved football and enjoyed playing for the Boston Sweepers as well as the Lowell Giants from 1963-1967 following his graduation from Kansas State. A world traveler, Buddy and Alice enjoyed many trips abroad to Italy, France, England, Ireland, Egypt, Puerto Rico, Dominican Republic and his home-away-from-home in the winter, Puerto Vallarta MX. As well, Buddy enjoyed visiting his son Mark and his family in Chicago and daughter Beth and her family in Los Angeles.

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



Dorothy Ann Collins
October 16, 1936 - September 19, 2023

At 86 years of age, Dorothy Ann Collins passed away on Tuesday, September 19, at Ledgewood Skilled Nursing & Rehab in Beverly after a recent decline in health. She lived courageously with pulmonary disease for several years. Born and raised in Chelsea, a beloved daughter of the late Bronislaw and Anna (Zeskiewicz) Mickiewicz, , was a longtime resident of Chelsea and resided in Saugus for the past 33 years. She was married to Philip G. Collins for 50 years and together raised their daughter and son. She was a longtime member of the former PAV Ladies Aux. Post 13 Chelsea and worked as the Post Bookkeeper for several years. Her favorite pastime activities included playing cards with family and friends and playing Bingo. Dorothy was predeceased by her husband, Philip Collins, her siblings and their spouses: Edmund and Rose Mickiewicz, and Helen and James Gagliano. She was



the loving mother of her daughter and caregiver, Diane Sudanowicz and her husband, Richard, Sr. and her son, Gerry Collins and his wife, Debbie; the cherished grandmother of Richard Sudanowicz Jr. and Brittaney Sudanowicz, Jenna, Justine and Janelle Collins and adoring great-grandmother of Gia Sudanowicz. Graveside services were conducted on Saturday, September 23rd in Puritan Lawn Memorial Park, Peabody. Arrangements were by the Welsh Funeral Home, 718 Broadway, Chelsea. For online guest book or to send expressions of sympathy, please visit: www.WelshFH.com.



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FRESH AND LOCAL

Food in a flash

By Penny & Ed Cherubino

Whether you cook for one, two, or a household, you should master some infallible, pantry-based food-in-a-flash dishes. This suggestion even goes for those who rely on takeout, delivery, or dining out. Sometimes the weather, time constraints, energy levels, or budget may require you to assemble a quick, inexpensive meal.

Begin by thinking about meals you like, with foods you keep on hand that you can pull together at the last moment. Then, consider how these favorites could be flashier in speed and appearance using shortcuts and great quality ingredients.

Prepare Ahead

Those who do a lot of cooking already have a pantry full of options for preparing a fast meal. However, those who seldom cook can get away with adding just a few items to their meager

stores with a slow walk through grocery aisles.

Pay special attention to the frozen food section. Nutritionists and chefs agree that some frozen vegetables like peas, corn, spinach, and veggie mixes are great shortcuts. Penny has discovered frozen garlic and ginger packaged in one-teaspoon cubes. Those are perfect when she doesn't want to clean a cutting board and knife to use the fresh versions.

The canned goods aisle is another place where we buy pantry basics to make our favorite food-in-a-flash meals. We always have cans of fish, chicken, and beans on hand. Recently, we've relied more on cans of salmon and tuna with added flavors and vegetables, which make them perfect as toppings for a salad or grain bowl or as a filling for tacos or quesadillas.

While you've often heard that we should eat fewer processed foods, the reality is that experts are actually talking about

ultra-processed foods. Today, with more of us thinking this way and reading the lists of ingredients and nutritional information, we have more natural food options. For example, we buy frozen rice, which is just rice. You can purchase packages of grains, broths, beans, and other products with lower sodium and fat.

Fill the Freezer with Resources

We buy tortillas, naan, and multigrain bread, then freeze what we won't use in a few days. Frozen English muffins are easy to turn into toaster-oven pizzas. Save space for a stash of healthy meals you can microwave when you have no energy to cook.

We have a freezer drawer of individual servings of components for quick meals. Penny freezes single-portion cubes for later use when she makes fillings for tacos, shepherd's pies, or a pot of chicken soup or pasta sauce. She can turn pieces of ham,



A can of "Moroccan Tagine Salmon" with chickpeas, onions, roasted zucchini, quinoa, olives, lemon, carrots, and fennel tops a bowl of brown rice for a quick and healthy supper.

sausage, and bags of leftover meat into a frittata or torta.

Speedy Substitutes

You might have time to cook pasta or rice if you remember to boil a pot of water the moment you walk into the kitchen. However, there are great substitutes that have much shorter cooking times than traditional pasta. Some ramen noodles, rice noodles, and other Asian bowl

bases cook in as little as three minutes.

Fresh pasta takes less time in the pot than dried pasta. Jamie Oliver has created recipes using fresh pasta sheets cut into various widths and added to the pan where he has prepared the rest of the meal.

Critical factors in preparing fast, healthy food are shopping well and mastering a few quick favorites. You can reduce cooking time using a toast-

er oven, induction burner, or microwave. Finally, we consider less cleanup an essential part of food-in-a-flash decisions. You can also use pre-cut ingredients, foil, parchment paper, and nonstick pans to make your food-in-a-flash.

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

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12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates) (Check one): The purpose, function, and nonprofit status of this organization and the exempt status for federal income tax purposes: ☒ Has Not Changed During Preceding 12 Months ☐ Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement)

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13. Publication Title: The Chelsea Record

14. Issue Date for Circulation Data Below: 09/21/2023

15. Extent and Nature of Circulation

	Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Total Number of Copies (Net press run)	2200	2200
b. Paid Circulation (By Mail and Outside the Mail)		
(1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	100	91
(2) Mailed in-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	300	257
(3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS (e.g., First-Class Mail®)	1300	989
(4) Paid Distribution by Other Classes of Mail Through the USPS (e.g., First-Class Mail®)	0	0
c. Total Paid Distribution (Sum of 15b (1), (2), (3), and (4))	1700	1337
d. Free or Nominal Rate Distribution (By Mail and Outside the Mail)		
(1) Free or Nominal Rate Outside-County Copies Included on PS Form 3541	0	0
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(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g., First-Class Mail®)	300	500
(4) Free or Nominal Rate Distribution Outside the Mail (Carriers or other means)	0	0
e. Total Free or Nominal Rate Distribution (Sum of 15d (1), (2), (3) and (4))	300	500
f. Total Distribution (Sum of 15c and 15e)	2000	1837
g. Copies not Distributed (See Instructions to Publishers #4 (page #3))	200	363
h. Total (Sum of 15f and g)	2200	2200
i. Percent Paid (15c divided by 15f times 100)	85%	72%

* If you are claiming electronic copies, go to line 16 on page 3. If you are not claiming electronic copies, skip to line 17 on page 3.

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Statement of Ownership, Management, and Circulation

16. Electronic Copy Circulation

	Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Paid Electronic Copies	0	0
b. Total Paid Print Copies (Line 15c) + Paid Electronic Copies (Line 16a)	1700	1337
c. Total Paid Distribution (Line 15c) + Paid Electronic Copies (Line 16a)	2000	1837
d. Percent Paid (Both Print & Electronic Copies) (15b divided by 15c x 100)	85%	72%

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17. Publication of Statement of Ownership

☒ If the publication is a general publication, publication of this statement is required. Will be printed in the 9/28/23 issue of this publication. ☐ Publication not required.

18. Signature and Title of Editor, Publisher, Business Manager, or Owner: SJK Only Date: 9/28/23

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

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SECOND ANNUAL CHALSEA GOLF TOURNAMENT

The Second Annual ChALSea Golf Tournament was held Monday at Sagamore Golf Course in Lynnfield.

Proceeds from the tournament went to ALS Association Massachusetts Chapter to help serve the needs of those living with ALS and their caregivers.



Bobby Spinney (right), one of Chelsea High's greatest baseball players, with his son, Bobby Spinney III, at the ChALSea Golf Tournament.



Brian Hurton, Jim Rooney, Frank Iacoviello, and Bob Cameron.



Danny Cronin, John Cronin, Frank Lewis, and Tom Cronin.



Amy Kubeck, Ashley Demonte, and Devin Djerf of Upper Edge.



Mike O'Callaghan, owner of the popular Tides Restaurant in Nahant, and Lorraine Murphy Pennini.



Chelsea's greatest three-sport athlete, Chelsea Housing Authority Executive Director Paul Nowicki, and his wife, Chelsea Director of Elder Services Tracy Nowicki.



David Morency, Tommy Hogan, and Frank Pegnato, long-time members of the Chelsea Knights of Columbus.



Superstar ice hockey player Mike Sandford (second from right), son of former Bruins Captain Ed Sanford, with Jimmy Granara, Leon Crocker, and Bruins Alumni Equipment Manager Frank Walker.



Dr. William Eaves, former Chelsea High hockey star who helped the Red Devils achieve their greatest season (10-5-5 record in the 1975-76 season), and his brother, retired Deputy Fire Chief Paul Eaves, who starred for the Red Devil basketball team.



Paul Eaves, Michael Thompson, Michael Sandford, and Richard Carroccino lead the golfing group onto the course at the ChALSea Golf Tournament.



Susan Francis Cameron and Barbara Devine did a great job at the welcoming table for the ChALSea Golf Tournament.



Thomas "Bucky" Cole (right), outstanding vocalist and athlete, with his three sons, Craig Cole, the super shortstop who led the Saugus American Little League All-Star to the Little League World Series; Michael Cole, an excellent golfer who finished second on the Junior PGA Tour; and Tommy Cole Jr., who served in the U.S. Marine Corps for 12 years and received the Football Coaches' Award at Northeast Regional.



Dr. William Eaves (right), prominent dentist, with his brother-in-law, James Bond.



Pat Fanning, Brandon Cali, John Fanning, Chris Della Zoppa, and Frank Walker.

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