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CHS CLASS OF 1983 HOLDS REUNION



Last Friday, the CHS Class of 1983 celebrated 40 years of graduation at the Irish American Club in Malden. The classmates enjoyed the gathering, following the Thanksgiving holiday. A delicious buffet was served, and a DJ provided music of the era. Shown in the photo above are classmates and outstanding athletes Laurie Skiddell Rawls, Nancy Pilcher Midura, Laurie Taraskiewicz, and Marsha Telesetsky. See more photos on page 12.

City and partners help migrants gain workforce authorization

The city is taking a unique approach to make sure some of the recently arriving migrants can more quickly and efficiently gain work authorization through the state.

“The state shelter system has been at capacity due to widespread housing instability as well as an influx of new arrivals, resulting in the expansion of the system, including the establishment of hotel shelters in Chelsea,” said Alex Train, the city’s Director of Housing and Community Development.

One of those hotel shelters in the city doesn’t presently have a service provider employed by the state, so the city along with local nonprofit La Colaborativa has been supporting state efforts to provide a range of housing and supportive services to about 20 households, Train said.

“The city, La Colaborativa and PAIR immigration legal services agency piloted a work authorization program that sought to expedite work authorization for the households, and we were able to advance work authorizations in about six weeks compared to the 12 months plus it usually takes for new arrival to gain work authorization,” said Train.

The city and its partners were able to accomplish this through a combination of focusing on online filing as well as raising funds from a private donor, The Boston Foundation, to cover the cost of the filing fees.

“With work authorizations in hand, the households are participating in job search, job training, and workforce development efforts with La Colaborativa and we are aiming to secure employment for them this winter,” said Train.

The filing fees being covered by the private donor typically cost about \$400 per adult, Train said.

“One of the reasons why the work authorization system is log jammed right now is because the majority of new arrivals seeking work authorization are doing it manually and seeking a waiver of the fee,” said Train. “We opted to do the online application as well as raise private funds to cover the fees to expedite the process.”

Firefighters battle Broadway blaze on Wednesday morning

Two families were displaced and one firefighter was injured as the result of a fire at 337 Broadway on the Wednesday morning before Thanksgiving.

The building was home to the Los Amigos restaurant.

At about 8:10 a.m. on Nov. 22, the Chelsea Fire Department got the call for smoke coming from the building, according to Fire Chief Leonard Albanese. Albanese said the two-story structure had the restaurant on the first floor with no residential units above it.

“Upon arrival, companies had a heavy smoke condition from both floors,” Albanese said. “A working fire was ordered, and firefighters made a cautious interior attack in an attempt to control the fire. The fire was well advanced and a second alarm, and subsequently a third alarm of fire were transmitted for additional resources.”

The chief said firefighters were ordered out of the building and a defensive attack was ordered. Firefighters were able to contain the fire to the building of origin while saving the two attached structures to either side.

Albanese said the original fire building suffered extensive damage.

There was one injury, a Revere firefighter who suffered a head injury. The firefighter was treated at Massachusetts General Hospital and released.

There were two displaced families from adjacent occupancies due to smoke and water damage.

“The fire cause was officially undetermined with a high probability of an electrical failure between the first and second floors,” said Albanese, adding the fire was not suspicious in nature.

Deputy Superintendent finalist for top school job in Melrose

Chelsea Deputy Superintendent of Schools Adam Deleidi is a finalist for the top spot in the Melrose school system.

Deleidi was named one of four finalists for the Melrose superintendent position by that city’s school committee. The four finalists were scheduled to meet with the school committee through the last half of November, with the final candidate scheduled to be interviewed on Tuesday night.

In October, 11 applications were forwarded to a screening committee, with the committee coming to a consensus on four finalists.

In addition to Deleidi, the other finalists are John Buckey, who most recently served as superintendent of the Marblehead schools, Jannell Pearson-Campbell, who most recently served as interim superintendent in Northampton, and Priya Tahiliani, who most recently served as superintendent in Everett.

Before serving as Deputy Superintendent, Deleidi was the principal of the Berkowitz Elementary School and an assistant principal in Revere.

Federal grant will help in restoration of Mill Creek

The city recently received a federal grant that will help pay for the restoration of Mill Creek.

The \$428,000 grant from the National Oceanographic and Atmospheric Association (NOAA) was secured under the leadership of the Chelsea City Council in conjunction with the city’s housing and community development department, GreenRoots, the Mystic River Watershed Association, and the Nature Conservancy.

“We have been prioritizing the restoration of Mill Creek because it is a degraded habitat,” said Director of Community and Housing Development Alex Train. “Because it is a degraded habitat, the partnership is seeking to restore the creek as well as restore public access to the waterfront.”

Train thanked the federal delegation of Senators Markey and Warren and Congresswoman Pressley for helping to secure the major federal construction grant through NOAA.

The grant will be used for the first phase of construction for the project, which consists of the removal of the Slade’s Mill Dam in the creek. The city previously secured \$800,000 for the design and engineering of the entire project, Train said.

“The goal is to fully or partially remove the dam to restore tidal flow in the creek to improve water quality and to prevent invasive species while providing educational opportunities and engaging with residents on the importance of Mill Creek,” said Train. “This is going to occur in tandem with our efforts to design a new park at 88 Clinton St. as well as a riverwalk which are being designed in parallel with the restoration efforts.”

The timeline for the dam removal is likely 18 to 24 months due to the federal and state permitting processes, Train said.

“The second phase of the project will entail the stabilization of eroding coastline, a removal of invasive species, and installation of a new waterfront boardwalk,” said Train.

Currently, the city’s plans envision a boardwalk beginning on Broadway adjacent to 1005 Broadway and continuing to 88 Clinton St. with the opportunity to eventually extend the boardwalk to the Chelsea Housing Authority property, Train said.

Train said the city is seeking construction funds for the additional phases of the project.

GUEST SPEAKERS



Staff members of BayCove in Chelsea were guest speakers at the monthly meeting of the Zonta Club of Chelsea and North Shore. Bridget Furlong, Cindy Rivera and Deanna Armenio spoke to Zonta members about the new housing units designed to provide stable housing to Chelsea women who have experienced homelessness, severe social circumstances and mental health challenges. Shown from left to right-Bridget Furlong, Specialized Case Manager, Lotus House, Deanna Armenio, Specialized Case Manager, Marigold House, Cindy Rivera, Program Director of the Marigold House.

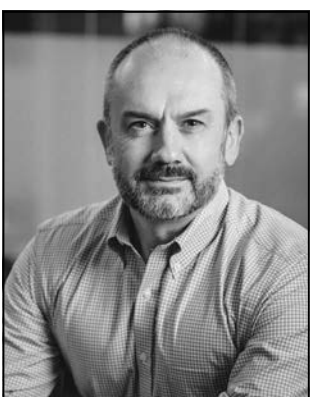
Local Watershed Association adds four new experts to Board of Directors

Special to the Times

The Mystic River Watershed Association (MyRWA) is pleased to announce the addition of Ryan Dings, Monica Ghosh Driggers, Helen Quach, and Kelly Ryan to its Board of Directors on October 24, 2023, bringing expertise in climate technology, environmental law, public health, and finance.

Ryan Dings (he/him) serves as the founding chief executive officer of ClimateHaven, a community of climate technology companies and the passionate people that support them. Rooted in New Haven, CT, ClimateHaven provides incubation, targeted programming, and valuable networks to climatetech entrepreneurs working to build and scale the technologies we need to decarbonize the planet. In addition to his role at ClimateHaven, Ryan is a venture partner for Connecticut Innovations' \$100M ClimateTech Fund, which is designed to invest capital and strategic support in early-stage companies whose technologies will address the many challenges presented by climate change. Prior to these roles, Ryan served as the Chief Operating Officer & General Counsel of Greentown Labs, North America's largest climatetech incubator with locations in Somerville, MA and Houston, TX. Prior to joining Greentown Labs, Ryan served as the Chief Operating Officer & General Counsel of Sunwealth, where he helped launch the Solar Impact Fund, which invested in the development and long-term ownership of commercial solar projects throughout the United

States. Ryan also served on the executive team of venture-backed prefab home builder Blu Homes and has advised numerous early-stage clean tech and building tech companies over the past 15 years. Before launching into clean technology, Ryan started his career practicing commercial real estate law in Charlotte, North Carolina. Ryan holds graduate degrees in law from Wake Forest University School of Law and in design from Harvard University Graduate School of Design, and a Bachelor of Arts from UNC-Chapel Hill. Ryan currently lives in the Greater Boston area with his wife, Kate Rigby, and their two daughters.



Ryan Dings

"The Mystic River is such an incredible resource for our region and provides a vital connection to the natural world for so many communities. The benefits of a vibrant Mystic River cannot be understated, and the watershed's role will only grow in importance as we navigate the challenges presented by climate change. I'm honored and excited to join the MyRWA board and commit my time and energy to making the Mystic as healthy and accessible for our communities today and generations to come."

Monica Ghosh Drig-

gers (she/her) is a resident of Winchester. She studied environmental law and began her career examining water rights and forestry issues in the Intermountain West. She went on to spend 30 years working closely with policy makers to change state and federal court processes, specializing in evaluating systems that work with marginalized communities. She has conducted long-term studies on topics ranging from domestic violence to parole to the rights of disabled persons. Having never lost her commitment to the environment, she volunteered for many years with MyRWA's Policy Committee. She is now a Senior Program Director at the Massachusetts Rivers Alliance, helping that organization expand all of the work it does to protect rivers. In her free time Monica walks her dogs along local riverways and tries to become a better watercolor painter.



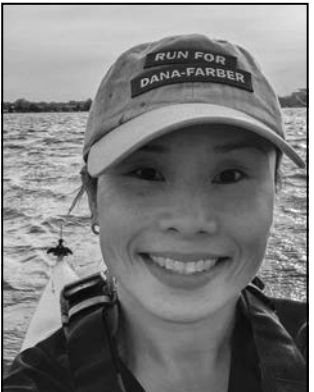
Monica Ghosh Driggers

"Several years ago I moved to an area close to Upper Mystic Lake and noticed the Bald Eagles flying overhead. This beautiful welcome to my new neighborhood inspired me to learn more about the habitat of eagles and the other wonderful wildlife that we have here. That's when I discovered

how much MyRWA does to protect the ecosystem supported by the Mystic River. I decided to do my part by joining the Policy Committee and MyRWA has been a great part of my life ever since. MyRWA gives me the opportunity to do something for my community while teaching me new things about the places and the people that surround me."

Helen Quach (she/her) was born and raised in Boston, and is now a resident of Wakefield. Her professional background is in the field of non-profit and public healthcare, and she is currently working as Executive Assistant to the Dean at the Office of Faculty Affairs at the Harvard School of Public Health. Helen has always been passionate about advocating and volunteering, and in the past has dedicated her time to the Department of Youth Services and Chinese Progressive Association. Now she spends most of her time helping with all things dragon boat related from the Boston Dragon Boat Festival to running her team, Living Root Dragon Boat, now based in the Rivergreen Park in Everett. Helen favorites include distance running, paddling, hiking, and walking miles upon miles with her senior beagle.

"I became involved with the Mystic River Watershed Association (MyRWA) a couple of years ago, after volunteering at the annual Mystic River Herring and Paddle, plus running and paddling for the race almost every year since 2015. I felt inspired by all the hard work that the MyRWA does to keep our waterways clean and accessible to underrepresented communities, and



Helen Quach

learned about the programs that they provide to enrich the lives of the communities, educational programs for youth, and overall, fostering a healthy and vibrant environment for the watershed. Just from reading their newsletter, you know MyRWA does a lot! As a board member, I hope I can contribute to spread awareness of MyRWA's mission, and represent the organization well in any capacity."

Kelly Ryan (she/her), CPA is a Vice President at JPMorgan. She has over 15 years working in various aspects of the fund services industry. She has recently received a Certificate in ESG Investing from the CFA Institute. Kelly holds a B.A. from College of the Holy Cross, where her deep commitment to serving others was ingrained. She is a resident of Boston and can often be found strolling around the Harbor.

"The Mystic River is part of my family history, and I am honored to be able to assist MyRWA in continuing its unbelievably powerful work for the watershed and all its residents as a board member."

At the Mystic River Watershed Association annual meeting, Charles

Holley, Maricia Manong, John Reinhardt, and Britney Satterlee were also re-elected to second-terms on the Board of Directors. The board, which is now 17 members strong, is charged with organizational oversight, leadership in strategic planning and connecting to the wider community. MyRWA is led by professional staff and also organizes thousands of volunteers working together on a project-by-project basis.



Kelly Ryan

The Mystic River Watershed Association works to improve the lives of the more than 600,000 residents of Mystic River communities through its efforts to protect and restore water quality, natural habitat and open space throughout the 76 square mile watershed. The Mystic River watershed is comprised of 21 communities: Arlington, Belmont, Boston (Charlestown & East Boston), Burlington, Cambridge, Chelsea, Everett, Lexington, Malden, Medford, Melrose, Reading, Revere, Somerville, Stoneham, Wakefield, Watertown, Wilmington, Winchester, Winthrop, Woburn. For more information see www.MysticRiver.org.

FKO receives grant from United Way

For Kids Only After-school (FKO) is honored to announce its selection as one of 124 organizations partnering with United Way of Massachusetts Bay in a groundbreaking new approach aimed at eradicating the conditions that perpetuate poverty and economic injustice. Through this unprecedented collaboration, United Way of Massachusetts Bay will invest more than \$56 million in partner organizations, including FKO, through 2030.

As a leading provider of high-quality out-of-school time (OST) enrichment programming, FKO provides safe, nurturing environments where children

can learn, thrive, and explore their interests when school is out and enables parents and caregivers to work. United Way's support will strengthen FKO's efforts to expand access to OST programs and empower working families in Chelsea, Revere, and other FKO communities to achieve financial well-being.

FKO is profoundly grateful for United Way of Massachusetts Bay's 15 years of generous funding support. This new extended collaboration signifies the profound commitment shared by both organizations in realizing a vision of an economically just region. United Way's un-

wavering support bolsters FKO's mission to provide a safe haven for disadvantaged children.

United Way's support also aids in funding FKO's dedicated staff who play a pivotal role in connecting families with various available resources, including meal programs, transportation, winter clothing, and more. This holistic approach reflects the shared commitment to addressing the complex challenges faced by our communities, necessitating a collective effort.

"We are truly grateful for the continued partnership with United Way of Massachusetts Bay," said Deborah Kneeland Keegan, Executive Director at FKO. "This funding support not only enables parents and caregivers to work and pursue their own education and professional development- it also empowers them to secure higher-paying jobs, thereby improving the prospects for themselves and their families."

This partnership exemplifies the power of collaboration and underscores the transformative impact that can be achieved when organizations unite to address the root causes of poverty and economic injustice. For more information about For Kids Only Afterschool and its programs, please visit fkoafterschool.org.

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Thapaliya, Riway	Chase David Lee Est	327 Washington Ave	\$1,245,000



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EBNHC celebrates Thanksgiving with turkey give-away

East Boston Neighborhood Health Center (EBNHC), the largest community-based primary care health system in Massachusetts celebrated Thanksgiving by handing out 300 turkeys to community members ahead of the holiday weekend. Recognizing the crucial piece nutrition plays in patient health, EBNHC has partnered with American Red Cross Food Pantry and Lovin’ Spoonfuls to organize weekly food distributions from the center’s Community Resource & Wellness Center at 282 Meridian Street in East Boston. Available by appointment, East Boston

neighbors come to the center every Thursday to get groceries, produce, meat and canned items. On Tuesday, ahead of Thanksgiving, EBNHC’s Community Resource & Wellness Center welcomed community members early to distribute Thanksgiving meal kits including turkeys, potatoes, produce and more to East Boston families. From 3:00 – 6:00 p.m., 300 turkeys were distributed to help families celebrate the season of giving and gratitude and encourage healthy eating as a crucial piece of achieving health equity.



Shown above, dozens of EBNHC staff, led by Care Navigator Supervisor, Catharine Hemp, and Care Navigator Coordinator, Margaret Keithline, helped to distribute more than 300 turkeys and pork loin, thanks to EBNHC’s continued partnership with the American Red Cross Food Pantry so all can enjoy a traditional Thanksgiving meal.



Shown to the left, from left to right: EBNHC CEO Greg Wilmot, EBNHC COO Ryan Boxill, Assistant Vice President of Quality Heidi Emerson, EBNHC Patient Maria Cordova, Chief Medical Officer Dr. Jackie Fantes and Assistant Vice President of Strategy and Innovation, Hollis Graham, help hand out food to community members.

National Parks of Boston hosts Pearl Harbor Remembrance Day in Charlestown Navy Yard on Dec. 7

Special to the Independent

The National Parks of Boston will host a gathering of remembrance at the USS Constitution Museum followed by a wreath-laying ceremony on the World War II-era destroyer USS Cassin Young to remember and honor those who perished in the December 7, 1941 attack on the U.S. Naval Base at Pearl Harbor, Hawaii. USS Cassin Young was named in honor of U.S. Naval Commander Cassin Young, who received honors for his actions during the Pearl Harbor attack. December marks the 80th anniversary of the commissioning of the USS Cassin Young. On Thursday, December 7, this free three-part public program will be held in the Charlestown Navy Yard starting at 11:30 a.m. with lunch and a speaking program at the USS Constitution Museum, followed by an outdoor ceremony beside USS Cassin Young, and concluding with warm beverages at the Charlestown Navy Yard Visitor Center. Lunch is provided by the Mayor’s Office for Veterans’ Services and Boston Harbor Now is sponsoring the beverages. Ceremony speakers include National Parks of Boston Superintendent Michael Creasey,

USS Constitution Commander Billie J. Farrell, USS Constitution Museum President & CEO Anne Grimes Rand, Massachusetts Executive Office of Veterans Services Secretary Jon Santiago, and Boston Commissioner of Veterans’ Services Robert Santiago. State and city elected officials will be among the attendees, along with veterans and USS Cassin Young volunteers. The program will include the USS Constitution and Flying Leatherneck Honor Society Color Guards and rifle and cannon salutes from both USS Cassin Young and USS Constitution. USS Cassin Young was named for U.S. Navy Commander Cassin Young, recipient of the Medal of Honor for his distinguished and heroic actions during the attack on Pearl Harbor, which initiated the United States’ entry into World War II. As commanding officer of USS Vestal, which was moored to USS Arizona, Cmdr. Young took personal command of his ship’s three-inch antiaircraft gun at the beginning of the attack. When the forward magazine of Arizona was hit, Cmdr. Young was thrown overboard and incredibly swam back to his ship amidst burning oil on the water between the two ships. Despite the subse-

quent bombing of Vestal, Cmdr. Young moved his ship away from Arizona to save the ship and countless lives. USS Cassin Young has similarly served the country with distinction. It was built in San Pedro, California, typical of the many Fletcher-class destroyers serviced in the Charlestown Navy Yard during World War II. The ship was commissioned at the end of 1943 and first saw action in the Pacific Theatre in 1944. It took part in the landings in the Philippines, rescued survivors from the stricken carrier USS Princeton, screened the American force that sank four Japanese carriers in the battle of Cape Engano, and survived two separate kamikaze hits, one of which killed 21 crew members. No stranger to Charlestown, the ship was recalled to service in 1951 and underwent modernization at the shipyard on several occasions during the next decade before finally hauling down its commissioning pennant in 1960. "On this day of remembrance and reflection, the National Parks of Boston is proud to honor the service people of the United States Navy past and present, and share the history of USS Cassin Young with visitors from around the world," said National



The USS Cassin Young at last year’s ceremony.

Parks of Boston Superintendent Michael Creasey. Pearl Harbor Remembrance Day marks the beginning of a weekend of programs and events related to the U.S. Navy and Armed Forces. On December 8, Navy midshipmen and Army cadets compete in “Patriot Games” around the city, which includes a relay race from the Charlestown Navy Yard to Bunker Hill Monument and back. Later that evening, USS Constitution hosts its annual tree lighting ceremony. The 2023 Army-Navy Game takes place at Gillette Stadium on December 9. The National Parks of Boston is a collection of three National Park Service sites – Boston Na-

tional Historical Park, Boston African American National Historic Site, and Boston Harbor Islands National and State Park. Established by individual legislation and for designated purposes, the three units have come together under a unified organizational umbrella to collaborate in ways that celebrate our cultural heritage, reconnect people to history and nature, and provide outdoor recreation opportunities on land and on the water. For more information, visit: www.nps.gov/bost, www.nps.gov/boaf, and www.bostonharborislands.org. The USS Constitution, America’s Ship of State, is the world’s oldest commissioned warship afloat and played a crucial role

in the Barbary Wars and the War of 1812, actively defending sea lanes from 1797 to 1855. USS Constitution was undefeated in battle and destroyed or captured 33 opponents. The ship earned the nickname of Old Ironsides during the War of 1812 when British cannonballs were seen bouncing off the ship’s wooden hull. The active-duty Sailors stationed aboard USS Constitution provide free tours and offer public visitation as they support the ship’s mission of promoting the Navy’s history and maritime heritage and raising awareness of the importance of a sustained naval presence. For information, visit www.navy.mil/uss-constitution/.

DiDomenico Foundation Toy Drive on December 7

Join the DiDomenico team for the Annual DiDomenico Foundation Toy Drive as we celebrate the holiday season and collect toys for children throughout our region. Residents from far and wide will come together at Santa’s “pop up” toy factory at the Kowloon Restaurant on Route One North in Saugus, Massachusetts Thursday, December 7, 2023, from 6:30pm until 9:30pm. The DiDomenico Foundation is an all-volunteer organization

and one of their primary missions is to distribute toys to children in homeless and domestic violence shelters, social service agencies, parishes, and local schools. “We are grateful for the tremendous support of our Foundation benefactors, members, and volunteers, who help make the holidays a little brighter for hundreds of children,” said State Senator Sal DiDomenico. “With the help of so many friends and supporters, our toy drive grows each

year, and that helps us do our part to help families that have gone through a very tough year.” The Wong family, owners of Kowloon Restaurant, have once again generously offered to host this year’s toy drive and provide a complimentary buffet and cash bar. The Foundation requests a new, unwrapped toy as a donation for admission. For more information, or if you would like to donate toys but will be unable to attend please call (617) 387-3327.



Some of the toys gathered during last year’s drive.

Chelsea

RECORD

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REMEMBER THOSE WHO ARE LESS FORTUNATE THIS HOLIDAY SEASON

“It was the best of times; it was the worst of times.”
-- Charles Dickens, *A Tale of Two Cities*.

With Christmas fast approaching, most of us will be rushing about -- either to the stores and malls or on-line --- to do our holiday shopping in hopes of finding that “perfect” gift for our family members and loved ones.

Although economic uncertainty, spurred by the after-effects of record-high inflation, continues to afflict almost every American household, most of us are doing okay, if not extremely well, thanks to unemployment rates that are near historically record-lows.

However, the strong economy (from an employment standpoint) that is being enjoyed by the majority of Americans has not been shared by all. For a sizable number of our fellow citizens, the lingering effects of the pandemic, as well as the fraying of the fabric of our social safety net in recent years, have come together to represent an existential disaster.

Millions of Americans of all ages, in a percentage greater than at any time since the Great Depression, are struggling financially, even if they have a job. To put it in stark terms, more Americans, including families in our own communities, are going hungry than at any time in our recent history. One in eight households (12.8 percent) experience food insecurity, defined as the lack of access to an affordable, nutritious diet. An estimated 44.2 million Americans live in these households. A recent Feeding America survey found that 80% of network food banks reported either increased or steady demand for emergency food services, with almost 35% of responding food banks reporting an increase in the number of people they serve.

In addition, thanks to the lack of affordable new housing and sky-high rents, far too many of our fellow citizens, including children, live either in shelters or in similar temporary housing arrangements -- or on the streets -- because our economy literally has left them out in the cold. Millions of Americans of all ages, including those in our own communities, are struggling financially, often through no fault of their own, thanks to a combination of low-wage jobs and a strong real estate market that ironically has made apartments (let alone buying a home) unaffordable. This dichotomy is most evident and acute in cities such as Los Angeles, San Francisco, New York, and right here in Boston (most notably at the infamous Mass. and Cass intersection in the South End). Despite the vast wealth in those metropolitan areas, thousands of homeless Americans, including many who have full-time jobs, are living in tent and cardboard “neighborhoods” on city sidewalks.

The homeless always have been among us, but the scope and depth of the problem is far beyond anything that has been experienced in our lifetime. The vast discrepancy between the enormous wealth enjoyed by some Americans and the abject poverty being endured by others is similar to what exists in major urban centers in South America and India -- but it now is happening right here in the U.S.A.

For these millions of Americans, the holiday season brings no joy.

Psychologists tell us that the Biblical directive, that we should give to those who are less fortunate, is the best gift that we can give to ourselves. Helping others activates regions of the brain associated with pleasure, social connection, and trust, creating the so-called “warm glow” effect.

Never in the lifetime of anybody reading this editorial has the need for contributions to local food banks been more urgent. There will be ample opportunities in the coming days to make the holidays brighter for those who are less fortunate, whether it be donations to local food banks and toy programs, or even just dropping a few dollars in the buckets of the Salvation Army Santas.

There simply is no excuse for those of us who are among the more fortunate for failing to make some effort over the next four weeks to make the holidays brighter for those who are less fortunate.

Forum

DO YOU REMEMBER?



FROM THE PHOTO ARCHIVES OF ARNOLD JARMAK

Rev. Walter E. Casey was a beloved figure and a strong presence in Chelsea when he served as the pastor for St. Rose parish from 1976-87. Rev. Casey was ordained in 1948 and served for 60 years as a priest until he passed away in 2008 at the age of 85. He was born in Everett and graduated from Boston College, St. John’s Seminary, and the General War College in Ft. Leavenworth, Kansas, serving as an Army Chaplain for 21 years in Vietnam, Alaska, Germany, and Okinawa. In this Arnie Jarmak photo from the late 1970’s, Fr. Casey is shown with the sisters of the St. Rose School.

DiDomenico and staff recognized for passage of Universal School Meals

Recently, Senator DiDomenico and his staff were recognized for their leadership in passing legislation for Universal School Meals throughout the Commonwealth with Congressman Jim McGovern and Rep. Andy Vargas at Fenway Park. This academic year, Massachusetts became the eighth state to provide all Massachusetts K-12

students with free school meals, permanently. This achievement was secured through funding and language in the state budget. Senator DiDomenico has been working on this legislation to ensure that students and parents do not have to worry about paying for lunch and breakfast in school and eliminating the stigma of being seen as different from their peers.

This landmark bill is a game changer for families in our state.

“This has been a top priority of mine for many years, and we could not have gotten it done without Senate President Karen Spilka, Speaker Ron Mariano, and the tireless work of The Feed Kids Coalition, led by Project Bread,” said Senator Sal DiDomenico, Assistant

Majority Leader of the Massachusetts Senate. “This is a legacy-defining accomplishment for every person in our coalition that will ensure kids across our state won’t go hungry and will be able to concentrate on what’s important in school: learning and having fun with their friends.”



Senator DiDomenico and the Feed Kids Coalition, including Congressman Jim McGovern, Rep. Vargas, and Project Bread President/CEO Erin McAleer

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Students and teachers are shown in the above photographs with food that will be distributed to local families.

Charter Academy holds food drive

Last week, the community at Phoenix Charter Academy, an alternative high school in Chelsea, collected food and clothing for local families who may be experiencing increased stress due to economic hardship around the holidays.

For the third year in a row, students and staff collected and purchased foodstuffs, winter clothing, baby supplies, and more to organize into boxes for Phoenix families in need of support. All of the produce for these boxes was donated by P. Tavilla Co. of Chelsea. Phoenix Chelsea also has a “Go-Fund Me” page where they raised funds to buy

those same families additional food stuffs and winter clothing.

The food and clothing will be given to more than 100 families and students who rely on meals from the school, and these donations help greatly with getting them through the holiday break when they otherwise might not be able to make ends meet. Winter clothing has become an increasingly important need for the community, too, since Phoenix Chelsea serves a growing community of students and families who are recent immigrants, many of whom have never experienced a New England winter before.

SEND US YOUR NEWS

The Record encourages residents to submit engagement, wedding and birth announcements, news releases, business and education briefs, sports stories and photos for publication. Items should be forwarded to our offices at 385 Broadway, Revere, MA 02151.

We also encourage readers to e-mail news releases and photos to stephen.quigley@reverejournal.com



Cranberries

Sweet or savory, for any season

FAMILY FEATURES

Whether you're looking to add something sweet to salads, baked goods or seasonal dishes, cranberries pack a lot of flavor, as well as important nutrients and antioxidants, and can be added to a variety of dishes, from muffins and cookies to salads and even quesadillas.

Due to their sweet taste, healthful benefits and versatility, cranberries continue to be increasingly popular. The tiny berry, one of only three fruits native to North America, is grown in several states around the country, but Wisconsin-based growers alone produce more than half of the world's entire supply of cranberries.

Cranberry Health Benefits

- These tasty berries score among the highest of all fruits in antioxidants, which may help support memory function, coordination, prevent certain types of cancer and ulcers, as well as a healthy immune system.
- Naturally-occurring hippuric acid provides antibacterial effects and other natural antibiotic ingredients.
- Though cranberries pack a lot of flavor, they're cholesterol free, fat free, low in sodium, and help maintain heart health.

For cranberry recipes, health facts and more, visit the Wisconsin State Cranberry Growers Association online at www.wiscran.org or on Facebook and Twitter.

Wilted Spinach Salad with Dried Cranberries, Pecans and Feta Cheese

Serves: 6

- 1 small red onion, sliced vertically
- 8 to 9 cups spinach leaves, washed and patted dry
- 1/2 cup pecan pieces, toasted
- 4 ounces feta cheese, crumbled
- 1/2 cup sweetened-dried cranberries
- 1 tablespoon mint leaves, chopped
- 2 tablespoons sherry vinegar
- Pinch of salt
- 6 tablespoons olive oil
- Black pepper, freshly ground

Quarter and thinly slice red onion. Place slices in cold water; soak for 30 minutes. Drain; pat dry. Place soaked onion slices, spinach, pecans, feta, cranberries, mint and vinegar in large mixing bowl. Toss together with large pinch of salt. In saucepan, heat olive oil to just below smoking. Pour hot oil over salad in bowl, tossing well. Taste and correct seasoning with salt, pepper and vinegar.

Cranberry Oat Bran Muffins

Makes: 1 dozen muffins

- 1 1/2 cups flour
- 1/2 cup oat bran
- 3/4 teaspoon salt
- 1/3 cup sugar
- 3 teaspoons baking powder
- 2 eggs
- 1/4 cup vegetable oil
- 1 cup milk
- 1 cup fresh cranberries, chopped
- 1 cup chopped walnuts
- 1 teaspoon orange peel, grated

Preheat oven to 400°F. Mix flour, oat bran, salt, sugar and baking powder. Set aside. Beat together eggs, vegetable oil and milk; add to dry ingredients. Add cranberries, walnuts and orange peel. Stir all together, batter may be lumpy. Pour into muffin tins and bake 20 minutes at 400°F.



Turkey, Cranberry & Brie Quesadillas

Makes: 8 quesadillas

- Chive Topping
- 1/2 cup sour cream, low fat
 - 1 ounce (1/2 cup) chives, thinly sliced
- 1 teaspoon fresh garlic, minced
 - 1/2 teaspoon lemon juice
 - 1/4 teaspoon salt
 - 1/8 teaspoon cayenne pepper, ground

- Quesadillas
- 2 cups Brie, rind removed
 - 8 8-inch flour tortillas, low fat
 - 1 pound turkey, cooked and shredded
 - 1 cup sweetened-dried cranberries
 - 1/2 cup walnuts, toasted and chopped
 - 1/2 cup chives, thinly sliced

Preheat oven to 350°F.

Chive Topping

Purée topping ingredients in food processor until smooth. Refrigerate.

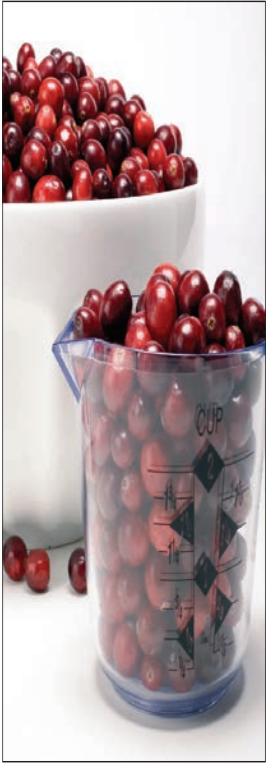
Quesadillas

Spread 1/4 cup Brie over half of tortilla. Layer 1/4 cup turkey, 1/8 cup cranberries, 1 tablespoon walnuts and 1 tablespoon chives. Fold tortilla in half. Bake quesadillas on baking sheet 8 to 10 minutes until cheese is melted. Serve with chive topping.

Storage Tips for Fresh Cranberries

Stocking up on fresh berries is easier than ever. Use these tips from Wisconsin's cranberry growers when storing this delicious berry.

- Remember fresh cranberries are only available seasonally from October through December. However the berries freeze well.
- Don't be afraid to place fresh cranberries into the freezer for up to a year. For maximum freshness, use a second airtight storage bag.
- If you're planning to freeze your cranberries, do not wash beforehand. Rather, wash upon thawing.



STATE SEC. OF HOUSING EDWARD AUGUSTUS JR. SPEAKS AT JBGC BREAKFAST

Cary Shuman Photos

Mass. Secretary of Housing and Livable Communities Edward Augustus Jr. was the guest speaker at the Jordan Boys and Girls Club Breakfast Series held Wednesday at the clubhouse in Chelsea.

Augustus, who is a cabinet secretary in the Healey-Driscoll Administration, spoke about the current housing situation in the Commonwealth and the state's new \$4 billion plan to boost the construction of new homes and make housing more affordable.

Following his remarks, Augustus, the former Worcester City Manager, took questions from the

audience.

Breakfast Chair Mark Robinson was the emcee of the event. JBGC Executive Director Gina Centrella provided an update of the activities and events at the clubhouse that is located on Willow Street.

Interestingly, three individuals that held the former Mass. Secretary of Housing and Economic Development position - Jay Ash, Mike Kennealy, and Greg Bialecki - were in attendance.

Gov. Maura Healey created the Sec. of Housing and Livable Communities position and appointed Edward Augustus Jr. Yvonne Hao is the State Sec. of Economic Development.



Secretary of Housing Edward Augustus Jr. and Metro Credit Union Vice President Saritin Rizzuto.



Chelsea Housing Authority Executive Director Paul Nowicki, Josh Kraft, and Welsh and Sons Funeral Home Director Peter Zaksheski.



City Councilor Calvin Brown welcomes back Josh Kraft to Chelsea, where he founded the Jordan Boys and Girls Club.



Newly appointed Chelsea City Manager Fidel Maltez, Chelsea Chamber of Commerce Executive Director Jennifer Hassell, Resident Engagement and Resource Navigation Specialist Grace Umana, Senior Project Manager Ana Sofia Amieva-Wang, and Senior Planner and Project Manager Emily Granoff.



City Councilor Calvin Brown, newly appointed City Manager Fidel Maltez, Former State Secretary Mike Kennealy, State Secretary Edward Augustus Jr., former State Secretary Greg Bialecki, former State Secretary and City Manager Jay Ash, and City Council President Leo Robinson.



Jay Ash, BGCB Boston Chief Impact Officer Andrea Swain, newly appointed City Manager Fidel Maltez, BGCB Associate Vice President Richard Ward, JBGC Executive Director Gina Centrella, and City Council President Leo Robinson.



Joseph Mahoney, Chelsea Director of Housing and Community Development Alex Train, State Sec. Edward Augustus Jr., newly appointed City Manager Fidel Maltez, and City Council President Leo Robinson.



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Wednesday, December 13th, 2023

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 Chelsea Chamber of Commerce

Chamber of Commerce
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Miércoles, el 13 de Diciembre del 2023

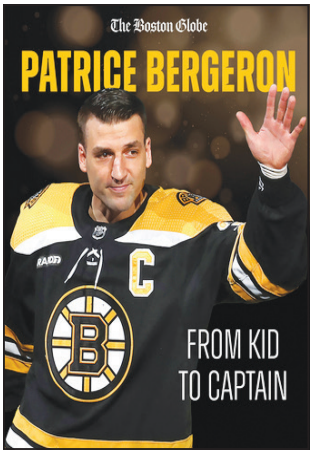
 5:00 PM – 7:00 PM

 Cámara de Comercio de Chelsea
308 Broadway, Chelsea MA 02150



Bruins: From Kid to Captain

as well as a plethora of photos reminiscent of an outstanding career that spanned two decades and a Hockey Hall of Fame career for Patrice Bergeron! (Triumph Books/Boston Globe)



Never one to stand still and his strong desire to make the NHL, it showed when Bergeron's sophomore season was stalled due to the NHL's forcing play to halt and the 2004-05 lockout occurred, he put his time to good use by playing with Boston's AHL minor league's Providence Bruins – earning 61 points in 68 games. Bergeron's generosity began early in his career, within days after signing his contract, he bought a suite to be able to accommodate underprivileged and sick children at Bruins games, and which

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PHOTOS TO BE PUBLISHED

WEDS. DEC. 20

THURS. DEC. 21



NEWS FROM AROUND THE REGION

STADIUM PLANS IN EVERETT

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

The Senate approved in its supplemental budget last week a measure that would remove the parcel of land from a Mystic River designated port area (DPA). The measure was not included in the House of Representatives' version of the bill.

"We're hopeful that we can resolve this in conference committee," said DiDomenico. "This is an important project for our community, turning a blighted industrial zone – (the former Constellation Energy power plant that is now owned by Wynn Resorts) into a new soccer stadium and open space, with jobs and amenities the community can enjoy."

The Kraft family, who own the New England Revolution soccer team in addition to the New England Patriots football team, would reportedly invest more than \$600 million into the Everett development that would include a 25,000-seat soccer stadium and a waterfront park.

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

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

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

The thought of a

Kraft-caliber professional soccer stadium and development and a world-class, five-star resort casino within walking distance of each other in Everett would not have been imaginable years ago.

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

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

JPNA VOTES ON PROJECTS

EAST BOSTON - At last week's monthly meeting, the Jeffries Point Neighborhood Association (JPNA) opened the polls to members to vote on projects at Maverick and Jeffries Streets.

The first project up for discussion and vote was a proposed café called Café Gloria, located at 287 Maverick Street.

Will Isaza, who initially presented his café concept to the JPNA last month, explained that he currently has a signed lease in hand but is now looking to rezone the property to a restaurant and café space.

At last month's meeting, Isaza, an East Boston resident, likened his concept for the space to an internet café.

"The concept is as you see here — Café Gloria — will be a coffee and espresso bar from an East Boston born and bred resident," said Isaza.

Isaza also spoke about some of the partners for the project. The proposed café would work with Broadsheet Coffee Roasters out of Somerville. "We're importing our own coffee bean in particular and roasting in Somerville," he said.

The café would also partner with Mavam Espresso, based out of Seatttle, for its espresso and equipment.

Regarding the food and beverage options at the café, Isaza displayed a mock menu that includes specialty and classic coffee drinks, tea, rice bowls, and "cold take-home food."

There was only one question concerning the project, which related to the financial viability of the project due to capacity restrictions on the property that Isaza explained at

WINTHROP VIKINGS TAKE HOME THE TROPHY IN ANNUAL POWDER PUFF GAME VS. REVERE



The WHS Lady Vikings grabbing the Thanksgiving Trophy and raising high in the air in victory following their 22-0 defeat of the Revere Patriots during the annual Powderpuff game.

last month's meeting.

"The majority of the business will have to be takeout just because of the capacity," said Isaza.

In the end, members of the JPNA supported the project by a vote of 26 to 1.

The next project discussed concerned Unit One at 49 Jeffries Street and was presented to the JPNA by Attorney Richard Lynds. This project was initially presented at the JPNA's Planning and Zoning meeting last month.

As part of this project, the living space in unit one at the property would be extended and include the enclosure of a deck. It should be noted that the project does not include a proposed change in occupancy.

Lynds explained that currently, the unit is a one-bedroom with living space in the back with an outside deck attached and described the project as straightforward.

"We're basically closing in a portion of that deck, rebuilding a portion of the deck, and essentially extending the living area out to where that deck is," said Lynds.

He also indicated that the project would not really change anything regarding the building's footprint and called the zoning violations that

need relief "technical."

Lynds also said that the proponent is looking to "increase the space here to allow for a little bit more of a cozier sized unit."

"We feel that the impact is minimal based upon the current conditions of the building as it stands now," he added.

During the discussion time for the project, Andrew Pike, the JPNA's Treasurer, read out a comment opposing the proposal.

Pike, in part, read, "This addition will change the landscape of the street. Also, this will set a precedent for other homeowners on the street."

However, Lynds responded and disagreed with the resident's comment, saying, "This is such a modest addition to the building. I don't feel that this is actually going to change much by way of the impact on surrounding properties, including the abutters."

"The structure, for all intents and purposes, is already there. We're essentially enclosing that lower level only. So whether or not that sets precedent on the rest of the street, that's not really accurate," he added.

Following Lynds' response, another comment from the chat claimed that the property was being extended with the deck,

but Lynds refuted that, explaining that the deck is already there.

"We're enclosing the area where the deck currently is and replacing the balance of the deck with a smaller deck. I mean, it's essentially all within the footprint of what's already there today," said Lynds.

Moreover, Lynds mentioned that a rebuilt staircase to the second floor is the only area that comes back further than what exists currently.

As for the vote, JPNA members supported the proposal by a vote of 18 to 6, with two voters abstaining. The JPNA is slated to meet again on December 11th for its Winter Potluck.

DAN RIZZO SEEKS RECOUNT

REVERE - A recount of the city's Nov. 7 mayoral election has been approved by the city's Board of Election Commissioners.

Councillor-at-Large Dan Rizzo successfully filed for the recount after losing the race to Acting Mayor Patrick Keefe by a little over 350 votes in the unofficial results. On Monday night, the Board of Election Commissioners approved moving ahead with the recount, which will be held in two segments on Friday, Dec. 1 and Saturday, Dec. 2, according to Election Commissioner Paul Fahey.

Rizzo, who was elected to a single term in office before losing two close contests to former Mayor Brian Arrigo, released a statement that said it was important for every vote to be counted.

"It is important to me and our committee that every single vote was counted and that the people who took the time to either early vote, mail in vote, or absentee vote are ensured that their vote was adequately represented in the final totals," Rizzo stated. "I had asked for a reconciliation of all the ballots, which was refused, so there was no other way to receive that information other than filing for a formal recount. This is part of the political process, and I look forward to completing the re-

count in a timely manner."

Keefe, who took over as Acting Mayor early in the year when Arrigo left for the top job at the DCR, released his own statement in response to Rizzo's request for the recount.

"It is truly disheartening, that after having conceded, my opponent has made the decision to pursue an unnecessary and costly recount of an election he lost," stated Keefe.

Keefe went on to note that while the recount was disheartening, it was not surprising, given that Rizzo also requested a recount in one of his losses to Arrigo. However, Keefe noted that his margin of victory was widest of any Rizzo has requested a recount for.

Throughout the campaign, Keefe said there were no questions or concerns raised about the city's handling of early voting, and that both campaigns were present to monitor the process.

Fahey said that if there are any questions about the integrity of a vote or problems with voting or ballots, they should be directed to the election office.

In his statement, Keefe also claimed that supporters and observers from Rizzo's camp "found it necessary to throw racially charged accusations" at some voters, but found no reason to actually file a claim with the election officials present.

Keefe said he will not let the recount process slow down his administration.

"In the coming days, our administration will move forward with a transition team and inauguration plans," Keefe stated. "City Hall will continue to work on behalf of its residents. Brighter days are ahead for our city. May we all look forward to celebrating a bright holiday season together."

The first portion of the recount will take place on Friday, Dec. 1 beginning at 9 a.m., when the election department will sort the cast ballots into blocks of 50 for the hand count at City Hall in the council chambers. There will be 10 clerks blocking the ballots in preparation for the recount.

The recount itself will take place on Saturday, Dec. 2 beginning at 9 a.m. at the Revere High School Gymnasium, fieldhouse entrance. There will be 24 tally clerks hand counting the ballots and recording the count results, according to Fahey.

The cost of the recount will be borne by the city, Fahey added. The final cost will depend on factors including the overtime and detail pay for police officers and maintenance workers at the high school and the pay for the clerks. Fahey estimated the final cost could be around \$20,000-\$25,000.

TENNIS COURTS TO BE DEDICATED TO DOMENICO

WINTHROP - The tennis courts at Ingleside Park will be dedicated and named after former Winthrop High School Principal and tennis coach John Domenico.

Last week, the Town Council unanimously approved the recommendation of the town's memorials committee to dedicate the courts in Domenico's

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If a visitor walks your dog, remind them that a stick, even this large, can be dangerous if a piece is swallowed while chewing.

PHOTO BY JAMIE STREET

CITY PAWS

Holiday Temptations

By Penny & Ed Cherubino

The last thing you want included in the holiday season is an emergency veterinary visit. The weeks ahead are busy for everyone. Meanwhile, your animals face more temptations from visitors, decorations, celebratory food, holiday events, and less watchful guardians. Those with a new furry companion may not know that critters can decide to eat items we might not see as dangerous.

Shopping Notes

When you shop, take note of possible dangers for your cat or dog. Perhaps the rest of the year, you don't put a bowl of candy on an end table or hang cookies on a tree. String and ribbon are a particular danger to cats. They could end up in surgery if they swallow it. Emergency veterinarians talk about the items they've removed from canine digestive systems. Socks, pacifiers, and small toys are common prob-

lems.

Consider dangers from the toys you purchase for your pets and take a good look at anything someone gives them as a holiday gift. Some toys may be dangerous if left alone within the animal's reach.

Your cat may adore playing with a feather on a string toy. This toy can be safe when you actively supervise the play and examine the toy for any weak spots. Anything that can be pulled apart and swallowed might cause a blockage.

A dog's interaction with toys and the danger posed depends on the animal's size and the vitality of their chewing. Our Westie Poppy doesn't tear stuffed animals apart but is hard on chew toys. Our experience with small terriers is that they can destroy a regular Kong toy but not the Kong Extreme designed for the hardest chewers.

Visitors and Gatherings

The lack of group celebrations during the pan-

demie may have made us less aware of how visitors can add to the possibility of exposing our pets to items they've not seen, smelled, or been tempted with before.

A handbag or coat pocket left within reach could contain something as simple as sugarless gum, mints, or candy your dog might ingest. These products often contain xylitol. The FDA says that if your dog eats this artificial sweetener, "...the consequences could be deadly." They warn, "If you think your dog may have eaten a product containing xylitol, call your vet, emergency clinic, or animal poison control center right away."

Guests might slip your animal a tasty tidbit from their plate or bring a treat or toy that's not appropriate for your cat or dog. We don't give our dog wheat treats since those can cause skin problems in Westies. If someone offers an unknown biscuit to Poppy, we give them one of our oatmeal treats in-

stead.

Festive Settings

Holiday wreaths, trees, and plants can also interest dogs and cats. For the most part, plants that are labeled toxic are not necessarily deadly. For example, poinsettia is irritating, can cause discomfort and vomiting, and should be out of reach of pets. On the other hand, a piece of a broken glass ornament could damage the mouth and GI system if ingested.

One of the best ways to protect your animals is to see your world from their point of view. Play a quiet game of follow and see where they go and what they can reach. Watch what interests them. And, when you know you will be busy, consider asking someone else to supervise your animals during a gathering. You might even hire a young person who loves animals for this task.

Do you have a question or topic for City Paws? Send an email to Penny@BostonZest.com with your request.

OBITUARIES

Roy A. Nelson

November 6, 1928 – November 23, 2023

Roy A. Nelson, 95, of Topsfield, loving husband of the late Alta F. (Saunders) Nelson passed away suddenly on Thursday, November 23 with family by his side.

Born in Chelsea, Roy was the son of the late Edward and Theresa (Healey) Nelson. He was raised and educated in Chelsea and was a graduate of Chelsea High School, Class of 1946. Even after moving from Chelsea, he stayed true to his Chelsea roots as a long-time member and past president of the Merit Social Club.

Following his high school graduation, Roy enlisted in the United States Army, proudly serving his country overseas in Japan.

Upon his honorable discharge from the military, Roy continued his education and embarked on a lengthy career as a chemist and eventually became a business owner, in the industrial coating industry. Roy was a past president of the New England Society for Coating Technology. Until the time of his retirement, Roy worked alongside his son, John managing their manufacturing business in Danvers.

Roy was happiest when with his family, especially on the family property in Wolfeboro, New Hampshire. A generational home that brought him great peace, he enjoyed the memories shared with



his close and extended family. He will long be remembered by family sitting on the picnic table with his brother, drinking a "Bud" and taking "dips" in the lake as they waited for their shifts on the lawn mower. He lived life on his own terms up until his final day and will be forever missed by all who knew and loved him.

Surviving Roy is his son, John R. Nelson and his wife, Emily of Ipswich and three generations of nieces and nephews. Roy was the brother of the late Mary (Nelson) McFayden and Edward C. Nelson Jr. and brother-in-law to the late Edward McFayden and Kay Nelson.

Relatives and friends are invited to Roy's funeral service which will be held at O'Donnell Funeral Home, 167 Maple St., (Rte. 62) Danvers today, Thursday, November 30 at 10 a.m. Burial in Wenham Cemetery.

In lieu of flowers, donations may be made to a charity of one's choice. To share a memory or offer a condolence, please visit www.odonnellfuneralservice.com.

Jose Alexander Sandoval

November 2, 1989 - November 24, 2023

Relatives and friends are most kindly invited to attend visiting hours for Jose Alexander Sandoval today, Thursday, November 30 from 4 to 8 p.m. in the Welsh Funeral Home, 718 Broadway, Chelsea. His funeral will begin at the funeral home on Friday, Dec. 1st at 9 a.m. immediately followed by a Funeral Mass in St. Rose Church, 600 Broadway, Chelsea, at 10 a.m. Services will conclude with interment at Woodlawn Cemetery, Everett.

Alexander passed away unexpectedly on Friday, November 24th. He was 34 years of age. Born and raised in Lolotique, San Miguel El Salvador, he was the beloved son and stepson of Corina del Carmen Martinez Sando-



val and Nelson Majano of Chelsea.

A resident of Chelsea for the past 17 years, Alexander worked as a line cook for several restaurants in the Boston area. He enjoyed soccer and video games.

He is lovingly survived by his mother Corina Martinez Sandoval and stepfather Nelson Majano of Chelsea. He was the dear brother of Edwin Eduardo Sandoval, Rosa Amelia Sandoval, Miguel Angel Sandoval and Javier Majano. He is also survived by several aunts, uncles cousins and extended family members.

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



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ARPA funding to benefit local nonprofit community kitchens

By Adam Swift

Two community kitchens currently under construction by local nonprofits will benefit from \$400,000 in American Rescue Plan Act funds secured by the city.

The funding for the La Colaborativa and GreenRoots community kitchens is part of the city's focus on food security initiatives it has under-

taken with those organizations and Healthy Chelsea, according to Chelsea Director of Housing and Community Development Alex Train.

"The funding is going to be utilized for programmatic purposes," said Train. "At GreenRoots, it will defray the costs of nutritional education as well as culinary instruction. At La Colaborativa, the funds are going to support

workforce training programs for residents in the culinary industry."

Train said the city pictures the funding as part of a broader food security strategy it is undertaking.

"The goal is that residents who are pursuing job opportunities or starting businesses will gain the necessary skills through these programs and eventually be able to start a business in Chelsea," said Train.

Some of those culinary opportunities could include residents using the new culinary incubator space that is planned as part of the redevelopment of the Salvation Army building on Broadway.

The nutrition education portion of the funding is also extremely important, Train said.

"Some of the major

public health issues we are grappling with right now are issues like high blood pressure and households suffering from cardiovascular disease," said Train. "So we see this as a preventative step to improve public health by providing nutrition assistance and culinary training to residents."

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Public invited to USS Constitution's annual tree lighting ceremony

The public is invited to attend USS Constitution's annual Tree Lighting Ceremony on Friday, December 8, beginning at 4 p.m. on the ship.

The free event will include a visit and photo opportunities with Santa Claus, free hot chocolate and cookies, holiday music, ship tours, and remarks from the ship's commanding officer.

Guests are invited to view the ship's gun firing in observance of evening colors, a ceremony for lowering the American Flag on the ship at sunset, which will be at 4:13 p.m.

The tree-lighting ceremony will begin at 4:30 p.m. and photos with Santa Claus will be available after the ceremony.

Entry to board USS Constitution will begin at 3:30 p.m. and end at 5 p.m. and guests will be

allowed to remain on the ship for free tours until 6 p.m.

USS Constitution is open to free public visitation Wednesday through Sunday from 10 a.m. to 4 p.m.

The USS Constitution Museum is currently open every day from 10 a.m. to 5 p.m.

USS Constitution is the world's oldest commissioned warship afloat, and played a crucial role in the Barbary Wars and the War of 1812, actively defending sea lanes from 1797 to 1855.

The active-duty Sailors stationed aboard USS Constitution provide free tours and offer public visitation as they support the ship's mission of promoting the Navy's history and maritime heritage and raising awareness of the importance of a sustained naval presence.

OBITUARIES

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

Why preventing diabetes should be a priority at all ages

By Dr. Donna O'Shea

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

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

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

is important information to consider about this condition.

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

Diabetes in children: While type 1 diabetes was historically known

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

muscle cells to help avoid blood sugar spikes.

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

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

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

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

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

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

Region / CONTINUED FROM PAGE 8

honor.

"I had the pleasure of meeting Mr. Domenico when I was playing high school tennis," said Precinct 6 Councilor Stephen Ruggiero. "I couldn't think of a better person to name this after."

A member of the Winthrop High School Class of 1945, Domenico was an athlete, coach, teacher and administrator at Winthrop High School. He was captain of his baseball team in 1945 and the winner of the Bentley Swift Award given

en at graduation to the boy who has done the most for athletics during his high school years.

Domenico played baseball at Northeastern University and tennis at the University of Maine from which he graduated. He

became the WHS baseball coach in 1953 and served in that capacity until 1960. He was the principal of Winthrop High School from 1970 to 1986 and the WHS boys tennis coach for many years.

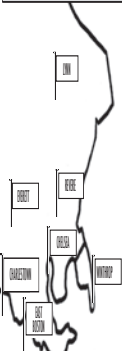
"I'm not from Win-

throp, so I don't know the long history, but every time his name comes up, he's so highly regarded both as a principal and as a tennis coach," said Precinct 2 Councilor John Munson.

In other business, the

council approved the use of Election Voter Information Input Machines, or poll pads, in future elections.

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CHELSEA HIGH SCHOOL CLASS OF 83 HOSTS 40TH REUNION AT IRISH AMERICAN CLUB IN MALDEN

Last week the CHS Class of 1983 held its 40th reunion at the Irish American Club in Malden on on Friday, Nov. 24.

A memorial was set, remembering lost classmates, and raffles were also part of the evening’s festivities.



Kevin Kyes, Eric DiCrescenzo and John Fantasia talk about old times.



Terry Curtis, Paul Blair, Donna and Ray Loesch, and Barbara McCarty.



Jimmy Bright with his classmates, Lynne Deeran, Cenia Peters, and Stacey Deeran-Caldarelli.



Rich Valentin catching up with his classmates, Leona Libby and Lisa Zullo.



Chelsea High graduates, Patty Scarpetti, Diane Whatley, and Donna Whatley.



Remembering the classmates that have passed away.



The CHS Class of 83 Committee, Wanda Digaetano, Patty Scarpetti, Ruth Hesse. Back row: Julie Maillet, Denise Todesco, Jimmy Bright, Nancy Bright, Ann Delyani, Barbara lee McCarty, and Kellie McLaughlin.

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Laurie Taraskiewicz and Kellie McLaughlin at the raffle table.



Enjoying the CHS Class of 1983 Reunion, Coach Bob Fee and Mark Fielder.



Donna Whatley, Stacey Deeran-Caldarelli, Cenia Peters, and Lynne Deeran.



The bar at the Irish American Club was a great place to catch-up with all the latest news, shown are, Ruth Hesse, Wanda DiDigtartano, Barbara Lee McCarty, Stacey Sullivan and Tricia Gymziak.