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CHELSEA RECORD

YOUR HOMETOWN NEWSPAPER SINCE 1890

VOLUME 132, No. 41

THURSDAY, DECEMBER 5, 2024

35 CENTS

COMMUNITY HOSTS HOLIDAY FESTIVAL AT THE WILLIAMS MIDDLE SCHOOL

Planning Ahead

City looks at five-year plan for road reconstruction

By Adam Swift

If your road or sidewalk is in rough shape, there's a chance that some help could be coming sometime in the next four years.

The city's public works department has developed a projection of streets and sidewalks that will be reconstructed over the next four years, according to City Manager Fidel Maltez.

"The DPW does a fantastic job maintaining our infrastructure and keeping up with our streets," said Maltez. "Now that our Capital Improvement Plan is close to being finalized for FY2026, the DPW shared the lists attached. Annually, the City of Chelsea receives approximately \$600,000 in Chapter 90 funds.

"We supplement these funds locally through our CIP to maximize the amount of projects that can be completed."

Maltez noted that the list of projects is subject to change depending on construction costs and availability of funding.

"We will also coordinate closely with National Grid, Eversource, and other companies that might be doing work in each respective street," stated Maltez.

He added that the city would take feedback from the city council concerning the streets and sidewalks for the list.

The projected roadway projects for Fiscal Year 2026 include: Highland Street from Marginal Street to Bellingham Street, Cottage Street from

Shawmut Street to Willow Street, Chester Avenue from Shawmut Street to Highland Street, Watts Street from Lynn Street to Willow Street, and Suffolk Avenue from Shurtleff Street to Shawmut Street. Proposed sidewalks for FY26 include Cottage Street from Willow Street to Shawmut Street, Highland Street from Chester Avenue to Bellingham Street, and Chester Avenue from Willow Street to Highland Street.

The projected roadway projects for FY27 include sections of Library Street, Tudor Street, Clinton Road, Carol Street, Washburn Street, and Highland Street. The proposed sidewalk projects include sections of Tudor Street, Prospect Avenue, Arlington Street, and Summit

Avenue.

The proposed roadway projects for FY28 include portions of Clark Avenue, Jefferson Avenue, Bloomindale Street, Spruce Street, and Maple Street. Sidewalks include portions of Clark Avenue, Vernon Street, Jefferson Avenue, and Exeter Street.

The proposed roadway projects for FY29 include portions of Parker Street, Grandview Road, Perkins Road, Laurel Street, Kimball Road, Bassett Street, County Road, Reynolds Avenue, 4th Street, and Vernon Street. Sidewalks include portions or all of Parker Street, County Road, Bassett Street, Reynolds Avenue, Laurel Street, Grandview Road, and Sturgis Street.



Last Saturday afternoon the cafeteria at the Williams School was filled with holiday decorations, and crafts for event goers to create for their home décor. Photos with the gingerbread man or a holiday backdrop were available to the families as well during the holiday festival at the Williams School hosted by the Chelsea Black Community. Plenty of treats were also on hand, pie, donuts and hot and cold beverages were also part of the celebration. Shown above Checking the mailbox for Santa is Makaia Mulumba. See more photos on Pages 6 and 7.

City manager outlines mitigation efforts during Broadway construction

By Adam Swift

City Manager Fidel Maltez responded to concerns about the effect of the Downtown Broadway construction project with a letter that was presented to

the city council at its regular meeting Monday night.

Maltez said the city has reached out to local businesses and provided mitigation efforts during the ongoing project. A number of local businesses have expressed concerns about negative impact and lost sales due to the construction.

"Our administration realizes that this project is our biggest challenge, but it is also our biggest opportunity," stated Maltez. "The city has been able to secure significant funding from state and federal sources that are largely responsible for covering the cost of the infrastructure. The project will cost over

\$30 million and will be the single biggest project completed in Chelsea."

Maltez said the Downtown Broadway reconstruction is the single biggest investment in the downtown infrastructure since the 1970s.

"The project will completely transform our downtown, giving us traffic signals in many of our most dangerous intersections, changing our traffic flows on 5th Street and Hawthorne, and completely replacing our water, storm water, and sewer infrastructure," stated Maltez. "Finally, I cannot wait to get brand new sidewalks throughout the corridor."

The city manager said that throughout the project, city officials have realized the need to help support local business owners.

"We want our business owners to thrive and to enjoy the fruits of this project," Maltez stated.

In order to do that, Maltez said there have been a number of programs in place to help the businesses, as well as work on parking program improvements.

"The city has been to pause meter enforcement on Broadway in the construction zone until 5 p.m., which is the end of the

See BROADWAY Page 4

Chelsea resident alert system delivers residents critical, time-sensitive information

Staff Report

To ensure its residents receive critical information during severe weather incidents and emergencies, the City of Chelsea is encouraging the community to sign up for the Chelsea Resident Alert System. This system delivers emergency notifications and important community updates to subscribers via phone call, text message, and email.

The Chelsea Resident Alert System allows the City to quickly communicate with residents about a variety of situations, including snow storms and

other severe weather incidents, unexpected road closures, missing persons and evacuations of buildings or neighborhoods.

"Our Resident Alert System is one of the many ways we communicate important information to our residents," said Steve Staffier, Emergency Management Director for the city. "I strongly encourage you to sign up now, before a snow storm or an unexpected event, helping you stay prepared and take action to protect yourself and your loved ones when it matters most."

Community members can sign up to receive

time-sensitive messages through any or all of the following ways: home, mobile or business phones, email address, and text messages.

To sign up, visit chelseama.gov/community/newsletter_alerts_sign_up.php.

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PHOTO COURTESY PAUL KOOLOIAN

Firefighters battle the blaze at the Forbes site on November 18.

Forbes fire under investigation

Officials seek witnesses to ascertain exact cause

Local and state fire investigators believe the fire that consumed a vacant warehouse this month started with some form of human activity, and officials are asking for the public's help identifying the person or persons involved, said Chelsea Fire Chief John Quatieri and State Fire Marshal Jon Davine.

The November 18 fire at 1 Forbes St. in Chelsea went to nine alarms and drew firefighters from about two dozen departments across the region – but no injuries to firefighters or civilians were reported.

"I want to thank our Chelsea firefighters and mutual aid partners for their remarkable work

protecting the community from this massive fire," said Chief Quatieri. "I also want to recognize the proactive work that helped us achieve this result with limited access to water. Weekly inspections at the site and aggressive pre-planning for a fire of this nature were instru-

See FIRE Page 4

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



Toys collected at last year's toy drive hosted by the DiDomenico Foundation.

DiDomenico Foundation Toy Drive set for Dec. 12

Special to the Record

Join us 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 12, 2024, from 6:30pm until 9:00pm.

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.

Council adopts residential tax factor, residential exemption

By Adam Swift

The city council unanimously approved two orders that will effectively set the property tax rate for Fiscal Year 2025 at its regular meeting on Monday night.

Prior to the vote, the council held a public hearing on adopting the minimum residential tax factor for FY25 with a 1.75 commercial, industrial, and personal property shift factor, as well as on the 35 percent residential exemption for FY25. No residents spoke during the public hearing.

City Manager Fidel Maltez had previously stated that Monday's night vote will allow the city to

meet all procedural deadlines ahead of sending tax bills by Dec. 31, 2024.

"We are recommending that we maintain the 35 percent exemption, the maximum amount allowed by the statute," said Maltez. "This will provide the fullest possible tax benefit to owner-occupied properties."

The second required vote under state law is for the city to determine the percentage of the levy that should be borne by each classification of property."

The city has also historically always voted, by virtue of adopting a minimum residential tax factor that results in a 175 percent shift, to transfer to commercial and industrial

properties the maximum amount of the tax levy allowed by law, Maltez has said.

With the 175 percent shift adopted, along with the 35 percent residential exemption, the residential tax rate will likely be \$11.48 (pending Department of Revenue approval), and the commercial tax rate will be approximately \$24.04 (pending DOR approval), according to Maltez.

The city manager said it will result in a reduction in the average tax bill for owner-occupants in Chelsea, including condominiums, single family, two-family, and three-family homes.

DiDomenico secures \$10 million for district

Special to the Record

Governor Healey recently signed a sweeping economic development bill into law, authorizing a nearly \$4 billion infusion into the Commonwealth's economy while making wide-ranging policy changes to make Massachusetts more competitive. Senator DiDomenico secured \$10 million in funding for local projects throughout the district, in addition to the inclusion of language that will allow for the construction of a professional soccer stadium and waterfront park in Everett. These investments will be an economic catalyst for businesses and residents across these communities and beyond.

Senator DiDomenico's local funding secured:

- Funding for the design, permitting, and community engagement efforts in creating resilience along our waterfronts
- Funding for capital projects to promote green space access, environmental programming and climate resiliency
- Funding for public safety facilities
- Funding for the planning, design and construction of public infrastructure projects
- Funding for increased access to our public waterfront areas

The bold investments in H.5100, An Act relative to strengthening Massachusetts' economic leadership, will stimulate new and proven industries, support workforce development and talent retention, and modernize economic growth strategies. Provisions of the bill will support small businesses, communities, and cultural development, ensuring that businesses Main Streets across the Commonwealth benefit from the economic boost.

"I am proud to share that I have secured \$10 million in the Economic Development bill for projects throughout my district that will spur our local economy, promote climate resilience in our cities, improve public infrastructure, and expand our green spaces," said Senator Sal DiDomenico. "This bill also makes meaningful investments in life sciences, climatetech, and small businesses that will have far reaching benefits for our residents and set our state up for success long into the future. In addition, I am proud to have secured language that will allow our much-anticipated soccer stadium to go forward. I want to thank Senate President Spilka and members of the conference committee for crafting such a significant piece of legislation for our state."

Bond Authorizations
The legislation includes a total of \$3.96 billion in capital authorizations for leading Massachusetts industries including life sciences and climatetech.

Climatetech investments. The bill provides \$400 million in capital resources to the MassCEC (Massachusetts Clean Energy Center) to utilize over the next ten years, with \$200 million authorized to support innovation and deployment of climatetech technologies and \$200 million to support the offshore wind industry.

It also establishes a new tax credit to invest in climatetech companies. A new program housed at MassCEC will develop and expand employment opportunities in climatetech and promote climate-

tech-related economic development by supporting and stimulating research, development, innovation, manufacturing, deployment and commercialization in the climatetech sector. The credit will be subject to a \$30 million annual cap.

Life sciences. This legislation authorizes \$500 million over ten years for the Life Sciences Breakthrough Fund to reauthorize the Commonwealth's life sciences initiative.

Known as Life Sciences 3.0, the reauthorization adds health equity, biosecurity, digital health, and artificial intelligence to the mission of the Life Sciences Center. The bill increases the annual tax credit authorization for the life sciences industry from \$30 million to \$40 million.

Additional authorizations include:

- \$400 million for the MassWorks Infrastructure Program to support public infrastructure projects and create jobs;
- \$150 million for library construction projects;
- \$103 million for artificial intelligence in systems across the state;
- \$100 million for infrastructure improvements in rural communities;
- \$21 million for resilience in agriculture and fishing; and
- \$40 million for food science innovations, including \$10 million to support the state's nascent alternative protein industry.

Policy Changes
Numerous policy changes in the legislation targeted at growing the Massachusetts economy include:

Support for small businesses. The bill restructures two quasi-state agencies that are designed to be the gateway for access to state resources, the Massachusetts Growth Capital Corporation (MGCC) and Massachusetts Development Finance Agency (MassDevelopment).

The legislation also authorizes a five-year pilot program for the Commonwealth to assist small businesses in acquiring surety bonds. Large capital projects, whether public or private, often require retention of a surety bond by the contractor as financial security. Historically, economically and socially disadvantaged businesses often cannot acquire these bonds because of a lack of credit history or collateral. This program creates a self-sustaining state assistance program to open doors for more of these businesses.

Educator diversity. It allows the Department of Elementary and Secondary Education (DESE) to develop an alternative certification process for teachers who may face challenges passing the educator certification exam but can otherwise demonstrate their competence as teachers. The change will help Massachusetts diversify the K-12 educator workforce.

Live theater tax credit. It launches a new tax credit of up to \$7 million annually to support local live theater productions. The credit will help Massachusetts artists working towards Broadway or off-Broadway launch a national tour.

Craft beer at farmers markets. The legislation updates the law to allow for locally produced craft beer to be sold at farmers markets, like wine and cider currently.

Ticketing transparency. It requires ticket sellers to clearly disclose the actual

ticket price when listing tickets online and bans automated ticket purchasing software, otherwise known as bots. Bots drive up prices in the secondary market by creating artificial scarcity when fans try to purchase tickets from the artist or venue.

Professional soccer stadium and environmental cleanup in Everett. It allows for the construction of a professional soccer stadium and waterfront park on a parcel of land in Everett by removing the parcel's classification as a designated port area. The change is expected to have positive environmental and economic impacts in surrounding communities as well as improve public transit connectivity.

Public funding for the construction of the stadium is not allowed, and funding for public infrastructure improvements associated with the stadium would require matching private funds. The language also requires community mitigation agreements with the cities of Everett and Boston.

Strengthening local and regional public health systems. It overhauls the state's fragmented public health system to ensure strong public health protections for all residents regardless of race, income, or zip code.

Honoring Mayor Menino. The bill renames the Boston Convention and Exhibition Center the Thomas Michael Menino Convention and Exhibition Center.

Pathway for foreign-trained physicians. It creates a pathway in Massachusetts for physicians previously authorized to practice medicine outside the United States to practice in an underserved region of the Commonwealth.

Nurse licensure compact. It includes a provision to admit Massachusetts in the national nurse licensure compact, which will help alleviate the critical workforce challenges facing the health care sector.

Civil service reforms. This legislation modernizes Massachusetts civil service laws to give communities more options in filling vacancies while giving qualified job seekers more opportunities to find a match.

Data centers tax credit. It creates a new tax credit to attract investment in qualified data centers.

Childcare as campaign expense. It removes current limitations on political candidates using campaign funds for childcare services that occur because of campaign activities.

FAFSA. The bill requires each school district to notify students prior to graduating from high school of the availability of FAFSA (Free Application for Federal Student Aid) and to provide students with information on financial aid options.

Liquor license equity. It removes an archaic requirement that a restaurant liquor license holder be a United States citizen, thereby creating a pathway for other qualified immigrants.

Project labor agreements. It authorizes public agencies and municipalities to enter into project labor agreements for public works contracts when such an agreement is in the best interest of the public agency or municipality.

Sustainability for farmers. Finally, the bill allows farmers to diversify how they use their farms, including using land for agritourism and selling goods made from produce they have grown themselves.

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COURTESY PHOTO

Chelsea Firefighters Gabe Ruiz and Bryan Bermudez give a kindergarten class a tour of Chelsea's Central Fire Station as part of its Fire Safety Education Program.

Chelsea Fire Department launches fire safety education program

Special to the Record

The Chelsea Fire Department has launched a Fire Safety Education Program aimed at educating the community on critical fire prevention and safety practices, including heating safety, cooking safety, and more. This initiative is designed to help residents and local organizations and their employees learn valuable skills to protect themselves, their families, and their homes and establishments from fire hazards.

As part of the program, residents and organizations are invited to schedule in-person visits from the Fire Prevention team or tours of Chelsea's Central Fire Station. This is an excellent opportunity to engage with Chelsea's dedicated firefighters, learn about the work of the Chelsea Fire Department, and receive personalized fire safety tips.

To arrange a visit or tour, please contact the Fire Safety Education Program team by emailing firesafetyprogram@chelseama.gov. Lieutenant Omar Frometa and Fire-

fighter Bryan Bermudez are overseeing the program and will coordinate all requests.

The Department encourages community groups, businesses, schools, and residents to take advantage of this opportunity to increase fire safety awareness and learn firsthand from Chelsea's fire professionals.

For any questions or further details, please reach out to the Fire Department by emailing firesafetyprogram@chelseama.gov.

Chelsea residents invited to take community health assessment survey

Special to the Record

To better understand its residents' health concerns and strengths, the Chelsea Department of Public Health invites the Chelsea community to take a Community Health Assessment Survey being conducted by the North Suffolk Public Health Collaborative (NSPHC), of which Chelsea is a member.

The results of the survey will help shape the city's future health programs and services. Responses are completely anonymous.

To take the survey, visit chelseama.gov and select 'Public Health' under 'Departments'. The survey will take approximately 15 minutes to complete.

The NSPHC is conduct-

ing the Community Health Assessment to explore the community health strengths and challenges that matter most to people in Chelsea, Revere, and Winthrop.

Questions about this survey can be sent to Vanessa Guardado, Regional Epidemiologist for the North Suffolk Public Health Collaborative, at vguardado@mapc.org.

ABCC kicks off 'Operation Safe Holidays'

Special to the Record

To ensure safety for everyone in Massachusetts during the holidays, the Alcoholic Beverages Control Commission (ABCC) will be conducting alcohol enforcement at local bars in Massachusetts cities and towns through New Year's Eve.

In doing so, the ABCC hopes to prevent accidents caused by impaired driving and other alcohol-related harm that often occurs at this time of year. The ABCC will work with municipal police departments and focus enforcement efforts at bars that have been identified as the last to sell alcohol to a convicted drunk driver and other high-risk locations.

"It is extremely important to deter bars from over-serving and prevent problems before they happen," said State Treasurer Deborah B. Goldberg, who oversees the ABCC. "We want to keep people safe and make sure everyone can enjoy the holidays with their family and friends, avoiding tragedies before they occur."

The program is run in conjunction with the National Highway Traffic Safety Administration's (NHTSA) Impaired Driving Crackdown, from Thanksgiving Eve through New Year's Eve, and is funded through the Executive Office of Public Safety and Security - Highway Safety Division.

According to the NHTSA, from 2017 to 2021, 137 drivers involved in

fatal crashes on Thanksgiving Eve (6 p.m. to 5:59 a.m.), also known as 'Blackout Wednesday,' were alcohol impaired. In 2021 alone, 36 drivers were in fatal crashes on that day. Also, from 2017 to 2021, young drivers ages 21-24 represented the largest percentage of drivers involved in deadly crashes. The message before Thanksgiving is simple - the NHTSA says to stop the blackout trend on Wednesday.

Alcohol is involved in 40 percent of traffic crash fatalities, resulting in 17,013 fatalities and injuring an estimated 275,000 people annually. Data indicates that well over 50% of impaired driving arrests originate at bars.

NEWS IN BRIEF

HOLIDAY GIVING SEASON: LIST OF HOLIDAY DRIVES IN CHELSEA

A number of local businesses and organizations are holding holiday drives this season, including:

Santa & Seniors Gift Drive: Chelsea Police Department is accepting new, unwrapped toys (for children under 18) and lightly used/new coats for their Santa & Seniors Gifting Event. Drop off donations at CPD Headquarters (19 Park St). For more info, call (617) 466-4866 or email [Sgt. Star Chung at chung@chelseama.gov](mailto:Sgt.Star.Chung@chelseama.gov).

Children's Winter Coat Drive: Chelsea Kiwanis Club is collecting new or gently used winter coats, hats, gloves, scarves and more for Chelsea Community Connections. Donations will be accepted from December 2nd to January 24th. Drop-off locations to be announced soon. For more info, email chelseakiwanisclub@gmail.com.

The Brown Jug Toy Drive: Bring an unopened/unwrapped toy to The Brown Jug Restaurant until Dec. 15 and receive a single topping pizza for just \$5.

FREE VACCINE CLINIC AT CHELSEA SENIOR CENTER DEC. 14

The Chelsea Department of Public Health is hosting a free community vaccine clinic for anyone aged 6 months and up at the Chelsea Senior Center, located at 10 Riley Way, on Saturday, Dec. 14, from 10 a.m. to 5 p.m. Flu and Covid vaccines will be available to anyone with or without insurance. Those who have insurance are asked to please bring their insurance card.

Walk-ins are welcome, though early registration is encouraged. To register, visit chelseama.gov.

Language Services & Accessibility: Spanish interpretation will be available. The Chelsea Senior Center is accessible, with convenient drop-off and

pick-up areas for individuals with disabilities.

The clinic is sponsored by the Massachusetts Department of Public Health

CITY SUSPENDS DOWNTOWN PARKING METER ENFORCEMENT DURING THE HOLIDAYS

In an effort to support local businesses during the holiday season and provide relief for the community following downtown construction, the City of Chelsea will suspend parking meter enforcement in the downtown area beginning Monday, Dec. 9 through the end of 2024. This initiative aims to encourage residents and visitors to shop locally, giving a boost to downtown businesses during the busy holiday shopping season.

While parking meters will not be enforced, the City will continue to enforce the two-hour maximum parking rule to promote turnover and ensure ample parking for all who wish to visit downtown.

The City will also suspend all parking enforcement on Dec. 24 at 2 p.m. resuming on Dec. 27 at 8 a.m. In addition, enforcement will be paused on Dec. 31 at 2 p.m. and will resume on Jan. 3 at 8 a.m.

"We understand the ongoing construction has posed challenges for many of our downtown businesses this year," said Chelsea City Manager Fidel Maltez. "This is a small way for us to show our appreciation for their resilience and support their efforts to attract customers during the holiday season. We encourage everyone to visit and support our local shops and restaurants."

On Monday, Dec. 23, the city will also pause all construction for its Downtown Broadway Project, which will resume on Jan. 6, 2025. On this date, the contractor will deploy two working crews to ensure the speedy completion of the project.

"The City remains com-

mitted to minimizing disruptions and ensuring the project is completed as efficiently as possible," said Maltez. "We thank everyone for their patience and continued support as we work toward a stronger and more vibrant downtown Chelsea."

Anyone with questions about Chelsea's efforts to support local businesses throughout the holidays can contact Chelsea 311 at (617) 466-4209.

CITY ISSUES PLASTIC BAG BAN REMINDER

City officials issued a reminder to residents and businesses this week that the city's plastic bag ban is still in effect and being enforced.

Chelsea's Plastic Bag Ban Ordinance, was passed in December of 2019.

The ban aims to reduce the environmental impact of single-use plastic bags, which do not decompose and can become litter that harms wildlife and clogs drainage systems.

Before the ban, plastic bags were frequently found stuck in trees, littering our streets, and contributing to pollution, according to city officials.

Businesses in Chelsea can no longer provide disposable plastic bags at the point of sale. Customers are encouraged to bring their own reusable bags. Alternatively, businesses may sell paper bags as an eco-friendly option.

The city's public works team will review businesses to ensure compliance with the ban, and the Department of Inspectional Services will conduct inspections as needed to ensure businesses are following the ordinance.

The city is encouraging residents to carry reusable bags when shopping to help reduce waste.

City leaders stated that since the introduction of the plastic bag ban, Chelsea has seen significant progress in reducing litter and improving the community's environmental health.

'Tis the Season for Chelsea Christmas Kids

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BY THURS. DEC. 19





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PHOTOS PUBLISHED TUESDAY DEC. 24th CHRISTMAS EVE

Chelsea

RECORD

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Forum

REMEMBER THE NEEDY ON YOUR SHOPPING LIST

Americans already have been spending a record amount of money thus far this holiday season, spurred on by the extended “Black Friday” (we are using air quotes because Black Friday sales began in early November), Small Business Saturday, and Cyber Monday shopping days.

However, amidst our zeal to find the “perfect” gifts for our family members and friends, we hope that our readers make the effort, no matter how small, to remember those in need this holiday season.

As we noted in this space two weeks ago, homelessness is at an all-time high in this country. For example, almost one-in-eight New York City school children experienced homelessness during the most recent school year.

The simple reality is that for far too many of our fellow Americans, the holidays bring little or no joy.

There are countless ways by which each of us can make the holidays brighter for those who are less fortunate, ranging from toy drives to food banks to Salvation Army Santas. With Christmas fast approaching because of the shortened holiday season, we urge everyone who has the ability to do so to make that small effort to help those for whom the holidays are just another day.

HOPEFULLY, MUSK WILL BRING US SELF-DRIVING CARS

Everyone concedes that Musk unquestionably is a visionary who already has revolutionized the automobile industry. He was named Time Magazine’s Person of the Year for the success of Tesla, which made electric vehicles available to the mass market. Tesla has done more than any other company in the world to address the existential threat of climate change caused by fossil-burning fuels.

Two months ago, Musk held a publicity event for the press and investors to showcase his plans for self-driving robo-taxis, which he said will be available by 2027. Self-driving vehicles will be powered by AI and Musk’s companies have committed to buying billions of dollars of AI computer chips from Nvidia, the American chip company founded by another visionary, Jensen Huang.

A few months back, we wrote of our visit to San Francisco and mentioned that we drove in autonomous electric taxis operated by Waymo, which was founded by Google. Our experience, as has been the case with everyone who has used Waymo, was amazing.

Waymo is now expanding to Los Angeles, Phoenix, Austin, Atlanta, and Florida and clearly is the industry leader in robo-taxis.

Self-driving electric vehicles represent the future -- and it is coming faster than anyone ever expected thanks to Nvidia, whose AI chips will be key to the revolution. Self-driving electric vehicles not only will be good for the planet, but they also will benefit each of us in our everyday lives -- they will be safer (all but eliminating the carnage that exists on our highways today), they will reduce our auto insurance and repair costs, and they will allow for greater independence for both the young and old for whom driver’s licenses are iffy propositions.

Although Waymo is doing great things with robo-taxis, a car manufacturer such as Tesla can scale-up production to meet the mass market. We would note here that GM tried the robo-taxi field with its Cruise fleet, but it presently is on hold because of safety issues.

Although Waymo already has a huge lead on Tesla, we have no doubt that once Elon Musk sets his mind to it, Tesla will catch up to -- and surpass -- Waymo. And, we hope, the sooner the better.

Eastie’s Atlantic Works Gallery hosts ‘Jingle Bells, Batman Smells’ holiday showcase

Special to the Record

Atlantic Works Gallery announces that its December will be an exhibition by Eric Hess and elfin friends called Jingle Bells, Batman Smells. The exposition is a subjective and kitschy look at the objectivity of Christmas in the early 21st century. Objects are great!!!

Work will be photography, installation, conceptual art and objects from Hess’s unusual holiday collection. During the opening reception there will be a performance piece involving a 6ft mischievous living Christmas Duck that is inspired from one of Hess’s most beloved and somewhat creepy holiday ornaments. The duck will be more naughty but still nice. There will be a station for people to pose for portraits inspired by The Awkward Family Christmas Photos series. Tacky sweaters, turtlenecks and hats will be provided. Screw the nice list this year, let’s go crazy!”

As a child I, Eric Hess, had a stern and scary Marine captain, corporate-leader father. Living with him could be like walking on eggshells, you didn’t know what mood he would be in. He could be great fun but a lot of the time he was mean. His

fun could mean as well. Once a year Dad, who we called The Great Santini, would melt away and this cross man would hoist all the glittery, plastic, cheap ornaments from Caldor’s and scatter them all over the house. This was much to the chagrin of my architect mother, who designed our modern, 1970’s home. It was like he was Scrooge after the ghosts, and I was Tiny Tim with a fat goose to eat. He was The Grinch and I was the hurt little dog riding into Whoville. It always felt joyous and festive to his fantastical, gay son(me). To this day I still have a love of the chaos and fascination with weirdness of the holiday season. This show is for my Dad who passed away 15 years ago.

Eric Hess has been a photographer living in Boston since 1999. He came to Beantown from New York City to attend The New England School of Photography. He has had his studio in East Boston for 23 years and is one of the founding members of Atlantic Works Gallery established in 2003. He works professionally as a photographer and makes art in several mediums. He has been a member of The Biennial Project, a humorous, conceptual art and performance collaborative that has shown and per-

formed in places like Venice, Havana, New York City but not Worcester.

In conjunction with the holiday theme of this show Atlantic Works, in conjunction with Eastie Elves, is asking that visitors bring unwrapped toys for kids in our neighborhood.

We are also asking people to enter our East Boston Holiday Decoration contest. Any home that wishes to enter should email Eric Hess at erichessphoto@gmail.com. We will go to the homes listed during the week of December 9th and award what we feel are our favorite homes. Winner will be announced at our Third Thursday reception on December 19th. Winners will be highlighted on our social media.

Atlantic Works Gallery, Jingle Bells, Batman Smells (details)

· Show opens Saturday, December 7, 2024

· Opening Reception: December 7, 2024, 5:00 to 8:00 p.m.

· Third Thursday December 19, 2024, 6:00 to 9:00 p.m.

· Show closes Saturday, December 28th

Atlantic Works Gallery, 80 Border Street, Boston, MA 02128

Entering its twenty-second year, AWG is an artist-run collaborative space for art and ideas located in East Boston. The gallery is open to the public every Friday and Saturday, 2:00 – 6:00 p.m. For private viewing, contact contact@atlanticworks.org. For more information, visit https://atlanticworks.org

May your holiday be merry, bright, and just a little bit weird—because that’s what makes it memorable.”

Fire // CONTINUED FROM PAGE 1

this nature were instrumental in containing it.”

Officials said there had been no power to the building in years and that the structure was known as a location where juveniles, people who are homeless, and others would sometimes congregate.

“The exact cause of the fire remains under investigation, but the evidence so far suggests that one or more people were present when the fire broke out,” said State Fire Marshal Davine. “We’re extremely fortunate that no one was hurt – or worse – by the fire or structural collapse.”

Chief Quatieri and State Fire Marshal Davine asked anyone with information on the cause of the fire or those involved to call the Arson Watch Reward Program’s hotline at 1-800-682-9229. The Arson Watch Reward Program is coordinated by the Massachusetts Property Insurance Underwriting association and offers rewards of up to \$5,000 for information that detects or prevents arson crimes.

“You can remain anonymous if you prefer,” said State Fire Marshal Davine.

The fire was first reported just after 12:30 am on November 18 by callers from as far away as Revere with the response escalat-

ing rapidly. Eight alarms were struck within 20 minutes, bringing mutual aid from Revere, Everett, Boston, Medford, Somerville, Winthrop, Lynn, Malden, Saugus, Melrose, Cambridge, Wakefield, Brookline, Belmont, Stoneham, Waltham, Woburn, Newton, Reading, Arlington, Lexington, Massport, Watertown, and Quincy.

The Department of Fire Services sent a Rehab unit to support firefighter health and safety and an Incident Support Unit to provide communications, conferencing, and mapping resources at the scene. The Boston Sparks Association and Salvation Army Disaster Services responded to assist personnel with food, drinks, and other on-scene needs.

Nearby schools were closed and the Commuter rail was temporarily halted. Firefighters remained on scene through the next day, tackling hot spots and ensuring the blaze was fully extinguished.

The fire is being investigated by the Chelsea Fire Department and the State Police Fire Investigation Unit assigned to the State Fire Marshal’s office with assistance from the Chelsea Police Department.

Broadway // CONTINUED FROM PAGE 1

work day for our contractors from Monday to Friday,” stated Maltez. “The city has also reduced the cost of the Business Day Sticker from \$150 per six month period to \$50 per six month period, for businesses and employees of businesses located in the construction zone which includes: Broadway from City Hall Avenue to Williams Street, Washington Avenue from City Hall Avenue to Broadway, Winnisimmet Street from Broadway to Second Street, Congress Avenue from Pearl Street to Broadway, and Fourth Street from Broadway to Pearl Street.”

The reduction in cost will extend through the end of 2025.

“Our Director of Constituent Services will continue a dialogue with our

small businesses on how to improve parking during construction,” said Maltez.

Some of the other programs being offered to local businesses include small business development and navigation services, a digital marketing and online sales readiness program, a storefront improvement program, and an entrepreneurship program.

“The talks are ongoing to mitigate the damages, and so far the city has done an outstanding job to make sure we do that outreach so that we know what the specific concerns are,” said District 7 Councilor Manuel Teshe. “I just want to reiterate that we are doing the best we can to support (them) every step of the way.”

SUBSCRIPTION INFORMATION

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USPS NO. 101-680

Your opinions, please

The Record welcomes letters to the editor. Our mailing address is 385 Broadway, Revere, MA 02151. Letters may also be e-mailed to stephen.quigley@reverejournal.com.

Letters must be signed.

We reserve the right to edit for length and content.

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**LOST AND FOUND PETS NETWORK:
CHELSEA, EVERETT, MALDEN, REVERE**

CHELSEA RECORD

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stephen.quigley@reverejournal.com

Advertising and Marketing

Director of Marketing

Debra DiGregorio
deb@reverejournal.com

Assistant Marketing Directors

Maureen DiBella

Advertising

Ellen Bertino

Editorial

Reporters, Regular Contributors

Cary Shuman
(Cary@lynnjournal.com)

Copy Editing, Layout

Scott Yates

Business Accounts

Executive
Judy Russi

Printer

GateHouse Media

781-485-0588 • www.chelsearecord.com



Robert Wood Johnson Foundation Subgrant Awardees.

GreenRoots subgrants \$93,000 to Chelsea-based organizations and initiatives

Special to the Record

In 2017, GreenRoots and the MGH Chelsea HealthCare Center applied for and successfully won a Robert Wood Johnson Foundation (RWJF) Culture of Health Prize for the entire City of Chelsea. As a Prize winning alumni community, Chelsea was eligible to apply for funding from RWJF for storytelling needs in 2023. GreenRoots applied at the request of another local entity in Chelsea who was involved in the original RWJF process in 2017. GreenRoots successfully received the grant which requires GreenRoots to participate in a cohort, which meets several times over the course of eighteen months, and work with a storytelling coach through

Spitfire Strategies. GreenRoots decided to subgrant up to \$100,000 to other Chelsea based groups and organizations to support their storytelling needs.

Over the summer 2024, a GreenRoots intern and Chelsea resident reached out to all non-profit organizations in the city and met with several to understand their storytelling needs. In early fall, 2024 GreenRoots created a simple application process to which organizations and civic associations could apply for grants up to \$15,000. A review committee consisting of community leaders and business representatives supported by two GreenRoots staff members reviewed and voted on the grant awards. GreenRoots awarded eleven subgrants totaling \$93,000. The successful applicants consist of: Chelsea Black Community, Youth Elemento, North Suffolk Community

Services, Stories Inspiring Movements, Jewish Chelsea Museum, People of Chelsea Project, Revival International Center of Chelsea, Theatre Zone, Chelsea Community Connections, Governor Bellingham-Cary House and Chelsea Bike and Pedestrian Committee.

These grants will help the groups further Chelsea's powerful stories including supporting with the creation of the Chelsea Black Heritage Walking Trail; bridging connectivity between Chelsea's Jewish history and more recent immigrants; highlighting powerful stories of youth; creating a video focusing on youth immigrant movements in Chelsea; publishing the history and impact of Chelsea Community Connections; expanding the reach and breadth of the People of Chelsea project and much more!

OBITUARIES

Dorothy S. LaRochelle

Active resident of Admirals Tower Co-op

Relatives and friends are most kindly invited to attend Calling Hours and Funeral Services for Dorothy Sadie LaRochelle in the Welsh Funeral Home, 718 Broadway, Chelsea, on Friday, December 6th from 8:30 to 10 a.m. The visitation will be followed by services in the Funeral Home at 10 a.m. and services will conclude with inurnment at Puritan Lawn Memorial Park, 185 Lake St., Peabody

At 91 years of age, Dorothy passed away on Thursday, November 14th at the Mass. General Hospital in Boston after a short decline in health.

She was a beloved daughter of the late Michael E. and Harriet E. (Smith) O'Brien.

Born and raised in Malden where she attended local schools, she was a longtime resident of Chelsea and formerly of Peabody and Revere.

Dorothy was married to Richard H. LaRochelle, and she was passionately devoted to home and family.

She worked for many years outside of her home for Enterprise Car Rental and United Stationers as a General Office Clerk in Burlington.

Dorothy returned to Chelsea 19 years ago and was residing at the Admiral's Tower Co-Op where she served in many positions such as leasing coordinator, floor rep, treasurer, and congress delegate.



In her lifetime, Dorothy enjoyed summers with her family at Angel Pond Grove in Sandown, NH, traveling with her husband to Aruba and a good game of bingo.

She was widowed in 1997 by her beloved husband Richard LaRochelle (retired Chelsea Firefighter). Dorothy is lovingly survived by her devoted and caring son, Daniel K. LaRochelle of Woburn. She was the dear sister of the late; Alden Sawyer, Albert Sawyer, Richard Sawyer, Thomas Sawyer, Arthur O'Brien, Michael O'Brien, Josephine O'Brien, Marguerite O'Brien, and Mary O'Brien. She is also survived by many extended family members and friends.

To send expressions of sympathy visit www.welshfh.com

To send expressions of sympathy visit www.welshfh.com

Welsh Funeral Home
Burial and Cremation Service
www.WelshFh.com

Ernest G. Petterson

Professional Mechanic

Relatives and friends attended visiting hours for Ernest G. Petterson II in the Welsh Funeral Home, 718 Broadway, Chelsea, on Monday, December 2nd and his funeral was conducted from the funeral home on Tuesday, December 3rd. Services concluded with interment at Woodlawn Cemetery, Everett.

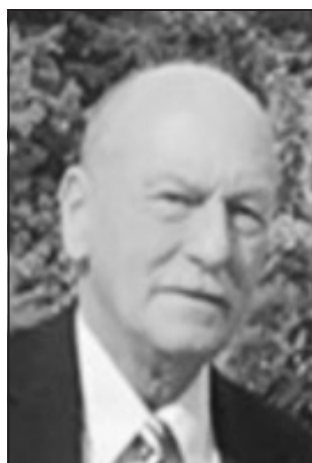
At 69 years of age, Ernest passed away in the peaceful surroundings of his home with his family at his side on Wednesday, November 27th after a long illness.

Born at Ft. Leonard Wood, Missouri, a beloved son of the late Ernest and Theresa Petterson of Chelsea, he spent his formative years and received his early education at various military bases as a child of a military family.

Ernest was married to Doreen (Chafin) for 51 years, together they settled in Chelsea raising eight children. A longtime Chelsea resident, Ernest and Doreen moved to Watertown, NY for several years and spent the past seven years in Maine.

He worked as a professional Honda Auto Mechanic, and as a self-employed independent mechanic.

He was devoted to home and family and enjoyed fishing and four-wheeling. In his lifetime he truly



loved being a mechanic and working on all kinds of engines.

Ernest is lovingly survived by his beloved wife, Doreen Petterson of Maine. He was the devoted father of Ernie Petterson, Jimmy Petterson, Melissa Petterson, Michael Petterson and his wife, Courtney, Ricky Petterson, Eddie Petterson, Janice Petterson and Sheila Chafin and was the caring grandparent of Luke, Angelina, and Hope; the dear brother of Theresa and Christine Petterson and the late Barbara Doyle; cherished grandfather of 21 grandchildren and adoring great-grandfather of nine. He is also survived by extended family members and friends.

To send expressions of sympathy visit www.welshfh.com

Welsh Funeral Home
Burial and Cremation Service
www.WelshFh.com

Learn about the launch of Phase 1 of bus network redesign at local 'T stops'

Special to the Record

The MBTA's Bus Network Redesign is a major initiative aimed at improving bus service reliability, frequency, and connectivity throughout the region. The initiative's first phase will go live on December 15. Phase 1 will launch four new Frequent Bus Routes by increasing service on Route 86, Route 104, Route 109, Route 110, and Route 116/117 in Chelsea, Everett, Revere, Malden, Somerville, Cambridge, Allston, Brighton, and East Boston.

Through December 20, MBTA staff will be available at many bus stops along the routes that will be experiencing changes and at the following stations:

- Malden Center
- Wonderland
- Maverick
- Airport
- Sullivan Square
- Harvard

Staff will assist riders by answering questions and helping them navigate their routes, stops, and schedules as well as distributing materials available in 12 languages. MBTA teams will be at locations generally Monday through Friday from

7:30 to 9:30 AM and 3:30 to 5:30 PM with additional timeslots to be determined. Interpreters will be available at many stations.

Many Phase 1 Materials Are Available

The MBTA's December outreach builds on engagement in November to bring awareness and information to riders at key bus stops impacted by the improvements. More than 25 tabling and station events provided answers to thousands of rider questions and shared resources in multiple languages. Schedules for specific bus routes impacted by these changes are now available online as a PDF at mbta.com on the Phase 1 Service webpage.

In addition, the MBTA has developed a number of community and individual resources to assist riders in navigating these changes, including rider booklets and flyers.

The Phase 1 Rider Booklet is available in English, Spanish, Portuguese, Haitian Creole, Arabic, Simplified Chinese, Russian, Italian, Vietnamese, and Khmer. The graphic booklet describes why and how routes are changing and improving. It includes easy-to-read route maps and schedules.

Public invited to annual tree lighting at USS Constitution

Special to the Record

The public is invited to attend USS Constitution's annual Tree Lighting Ceremony on Friday, December 6, 2024, starting at 3:00 p.m.

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

Boarding of USS Constitution will begin at 3:00 p.m., and the event will conclude at 6:00 p.m.

Guests can witness the ship's gun firing during evening colors, a ceremony

marking the lowering of the American flag at sunset, scheduled for 4:11 p.m.

The tree-lighting ceremony will commence at 4:30 p.m., photos with Santa Claus will be available immediately afterward.

USS Constitution is open for free public visitation Wednesday through Sunday, from 10:00 a.m. to 4:00 p.m.

As the world's oldest commissioned warship afloat and America's Ship of State, USS Constitution played a vital role in the Barbary Wars and the War of 1812, safeguarding American sea lanes from 1797 to 1855.

To place a memorial in the Chelsea Record please call 781-485-0588

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

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COMMUNITY HOSTS HOLIDAY FESTIVAL AT THE WILLIAMS MIDDLE SCHOOL

Last Saturday afternoon the cafeteria at the Williams School was filled with holiday decorations, and crafts for event goers to create for their home décor. Photos with the gingerbread man or a holiday backdrop were available to the families as well. Plenty of treats were also on hand, pie, donuts and hot and cold beverages were also part of the celebration.



Desserts with a smile from CC Stallworth.



Making holiday crafts, Tracey and Aariyah Trotman with Zarin Gasasu.



John and Janielle Martin.



President of Chelsea Black Community Joan Cromwell (2nd from right) welcomes her friends, Nicole McKoy, Roberto Jimenez, Councillor Lisa Santagate, and Rachel Cromwell.



At the craft table, JJ Curtin, Mia Reyes, and Pamela Pineda.



Holiday photos are always a great remembrance, Michelle Martinello with Cesar and Lorenzo Castro.



Jimmy Atie, Marielisa DeLevaux and Yasmine Hamdy were busy at their booth with holiday transfers.



Claudia Dias and Tina Torres at the snack counter.

CHELSEA RECORD HOLIDAY BLOWOUT SALE

— 2 COL. —

5 WEEKS IN COLOR AT ONLY \$500

2x5 AD ANYTIME NOV. 20 - DEC. 24

MUST BE PAID IN ADVANCE

November							December				
M	T	W	T	F	S	S	M	T	W	T	F
				1	2	3	25	26	27	28	29
4	5	6	7	8	9	10	2	3	4	5	6
11	12	13	14	15	16	17	9	10	11	12	13
18	19	20	21	22	23	24	16	17	18	19	20
25	26	27	28	29	30	1	23	24	25	26	27
							30	31	1	2	3

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COMMUNITY HOSTS HOLIDAY FESTIVAL AT THE WILLIAMS MIDDLE SCHOOL



Shown above Matt Frank (left) from Chelsea Housing Authority and Councillor Leo Robinson.

In photo below Celeste Williams joined Councillor Leo Robinson at the Chelsea Black Community Holiday Celebration at the Williams Middle School.



President of Chelsea Black Community Joan Cromwell and the members of Chelsea Black Community wish everyone a safe and healthy holiday season.

DPH reminds patients and providers of alternatives to discontinued asthma medication

Special to the Times

As Massachusetts enters fall and winter respiratory virus season, the Department of Public Health is sharing resources to help patients, families, providers and pharmacists identify and access the best options for timely and effective asthma care, particularly in the wake of the discontinuation of two commonly used inhaled treatments—Flovent® HFA and Flovent® Diskus by manufacturer GlaxoSmithKline (GSK). The fall and winter season typically brings an in-

crease in asthma exacerbations in Massachusetts.

During this time, circulating respiratory illnesses, such as flu, RSV, and COVID increase, can potentially trigger asthma symptoms or make ongoing symptoms worse.

Key Information For Patients and Caregivers:

- A generic version of Flovent® (fluticasone propionate) and other clinically appropriate alternative medications do exist.
- You may be prescribed a medication that you are not familiar with. The medication may be a dif-

ferent dose or a different inhaler device from what you are used to – talk with your provider if you have questions or concerns.

For Providers:

- Reach out to your patients to be sure they are aware of any medication changes and discuss the clinically appropriate alternatives that are available. Provide culturally informed asthma education to patients, especially related to new medications and delivery devices.

For Pharmacists:

- Depending on patient

insurance status and insurance type, out-of-pocket costs for clinically appropriate alternative medications can vary widely.

This includes wide variability in costs of brand and generic medications (i.e., Symbicort®, Breyna®, and generic budesonide/formoterol, which are therapeutically identical.)

- Work with providers to navigate the complexities of insurance benefits to support patients in accessing affordable and effective asthma medications.

- Communicate with

healthcare providers if patients face barriers to filling prescriptions for asthma controller medications, particularly if the cost of these medications is difficult for patients to afford.

For more information on the Flovent discontinuation and alternate medications, view the attached fact sheet on What to Know About Flovent Discontinuation.

Continued Impact of Flovent Discontinuation

The discontinuation of Flovent has led to ongoing shortages of alternative medications. The situation

has been made worse by variable prescription drug coverage and steep out-of-pocket patient copays for some alternative medications. Disruptions in the availability of affordable asthma controller medications more broadly are impacting many patients and families, especially among communities with already existing barriers to accessing care.

To build toward an equitable system and effectively respond to the current system, providers, pharmacists, caregivers,

See ASTHMA Page 9



Bus Route Changes

The first phase of MBTA's Bus Network Redesign starts December 15, 2024.

Bus Network Redesign: Phase 1 Changes

Beginning December 15, 2024



Frequent Bus Route
Every 15 minutes or better,
5 AM to 1 AM
(Sundays may start as late as 6 AM)

Future Route

- Route 86
- Route 104
- Route 109
- Route 110
- Route 116

Discontinued Route Segment

- Route 86
- Route 104
- Route 117

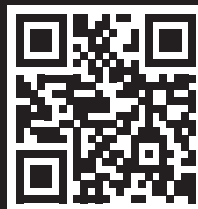
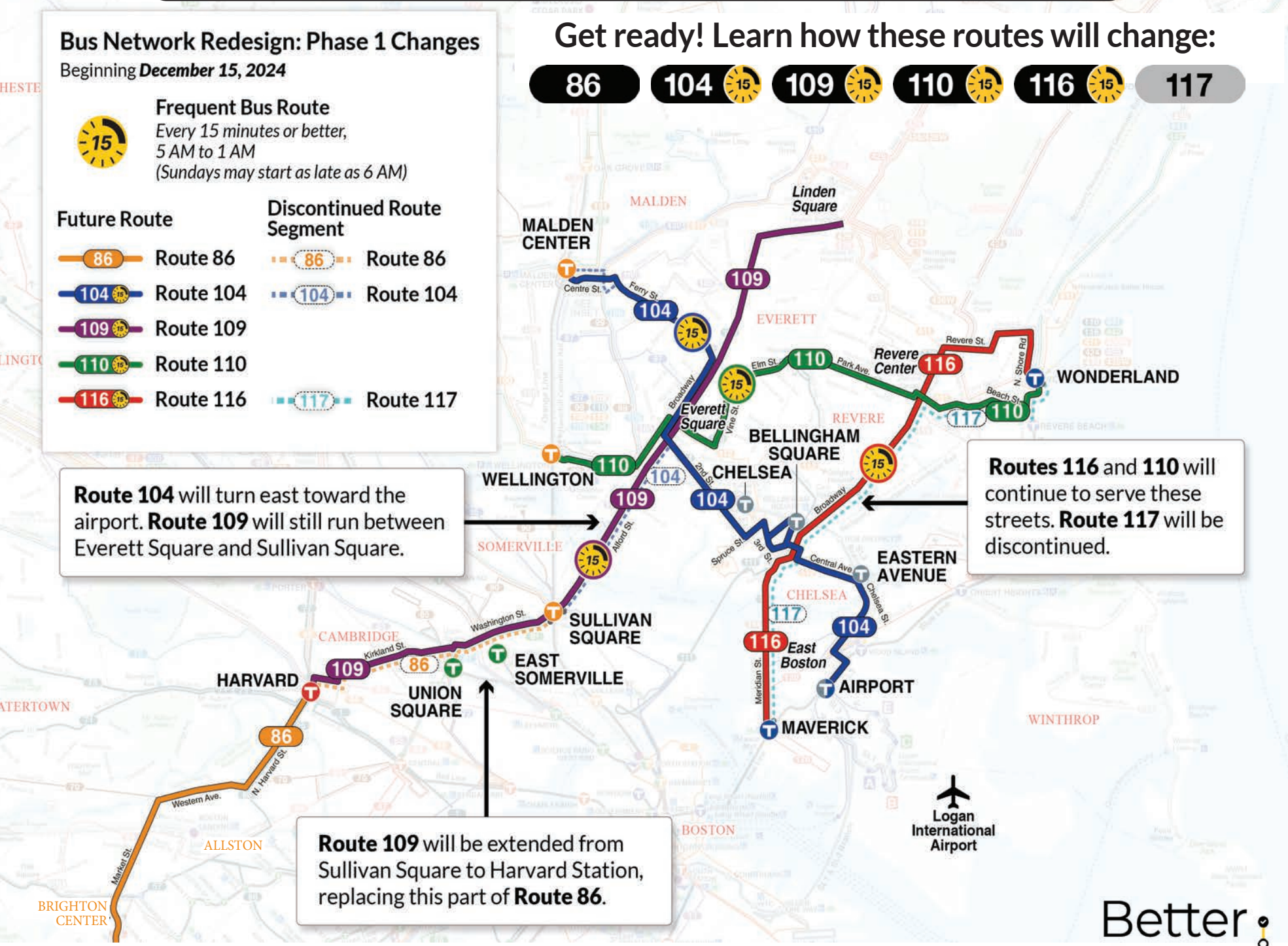
Get ready! Learn how these routes will change:

- 86
- 104
- 109
- 110
- 116
- 117

Route 104 will turn east toward the airport. Route 109 will still run between Everett Square and Sullivan Square.

Routes 116 and 110 will continue to serve these streets. Route 117 will be discontinued.

Route 109 will be extended from Sullivan Square to Harvard Station, replacing this part of Route 86.



Learn More at MBTA.com/BNRPhase1
Sign up for T-Alerts at MBTA.com/SignUp



Santa on a Fire Truck

2024

When?
Saturday, December 7th, 2024

Fire Truck Parade:
1:00PM - 3:00PM

Winterfest:
3:00PM - 6:00PM

Come join us at Washington Park for hot cocoa, Caroling, vendors, and more!



FULL ROUTE COMING SOON!

Santa Claus en el Camion de Bomberos

2024

Cuando?
Sabado, el 7 de Diciembre del 2024

Parada del camion de bomberos:
1:00PM - 3:00PM

Winterfest:
3:00PM - 6:00PM

¡Únase a nosotros en Washington Park para disfrutar de chocolate caliente, vendedores ambulantes y más!



LA RUTA COMPLETA ESTARÁ DISPONIBLE PRONTO!

Holiday Tree Lighting

THURSDAY,
December 5th, 2024
5PM-7PM

Join us for a cozy celebration filled with delicious hot cocoa, festive caroling, and so much more!

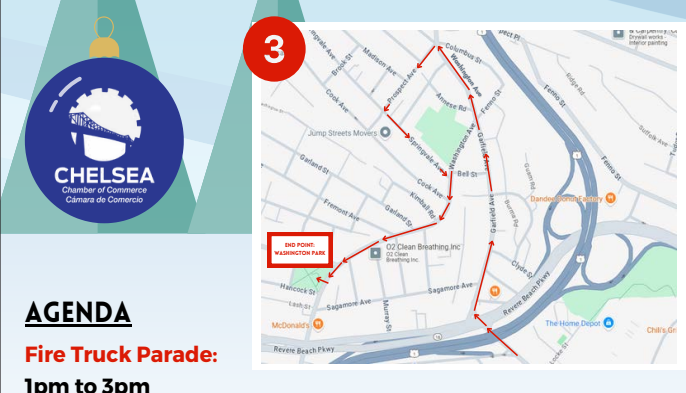
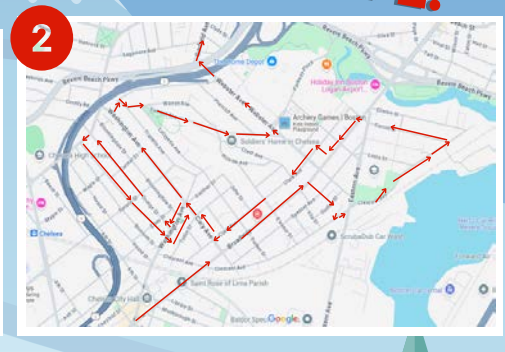
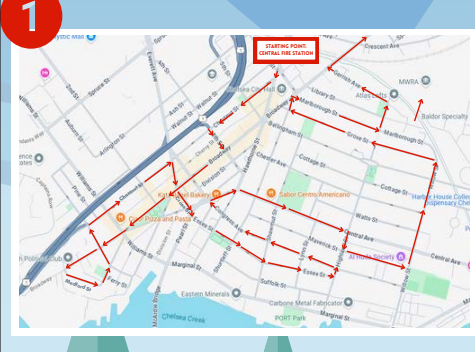
JUEVES,
5 de Diciembre del 2024
5PM-7PM

Únase a nosotros para una celebración acogedora llena de delicioso chocolate caliente, villancicos festivos y mucho más.

CHELSEA SQUARE,
CHELSEA MA, 02150



2024 Santa on a Fire Truck PARADE ROUTE:



AGENDA
Fire Truck Parade:
1pm to 3pm
Chelsea 400th Winterfest at Washington Ave Park:
3pm to 6pm

Washington Park, Chelsea MA

WINTER WONDERLAND Gingerbread Village



Ages 3-10 with adult

Bring some holiday magic to your home by constructing a whimsical mini enchanted village using icing, gingerbread, and candy plus a variety of recyclable containers!

Family of five: \$20

Pre-registration is required. DEADLINE: Wednesday, December 11

CHELSEA RECREATION & CULTURAL AFFAIRS
3 EASY WAYS TO REGISTER | 3 formas fáciles de matricularse
in-person/en persona: 180 Walnut Street Mon-Fri/lun-vier, 4-8:30pm Sat/sáb, 9-4:30pm
online/en línea: register.communitypass.net/Chelsea
email/correo electrónico: recreation@chelseama.gov



Flashlight CANDY CANE Hunt

Bellingham Hill Park
111 Highland Street, Chelsea, MA

Hunt \$5

Thursday December 5 6-7pm

Ages 3-6 with adult

Incident weather date:
Friday, December 6

Hot Cocoa & Cookies
Bring a Flashlight



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online/en línea: register.communitypass.net/Chelsea
www.recreation.chelseama.gov





Shown above, students participating in the clinic with members of the Boston College Eagles football team.



BC Eagles visit Chelsea High run football clinic for students

Through a collaborative effort among Chelsea Public Schools, Chelsea Recreation & Cultural Affairs and Friends of the Heights, the Chelsea High School Football team participated in a clinic on Monday, November 25, led by Boston College Football student-athletes.

The CHS students competed in drills focused on skill development and were able to speak to the BC Eagles about their experiences as college athletes. The BC student-athletes traveled to Chelsea for the clinic, which ran in CHS' Blue Gymnasium.

"It means a lot. Especially coming from a small city like Chelsea which faces a lot of adversity daily. Being given opportunities like these and being able to be taught by guys at the next level and around our area is an opportunity that we should take advantage of and be very grateful for. It allows us players to have faith in our future even though we face challenges and adversity, it allows us to stay focused and on a great path in life," commented Chelsea senior Jhostin Salmeron. "Our players were moved by these players and right after we all started applying the skills we were taught in our practice and it gave us energy to fuel us during our last padded practice. It also added some hope to play college football one day."

CHS Head Coach David Roque added, "Having the BC athletes come by to work with our kids was great. They really enjoyed being coached by D1 players and learning some new techniques to use on game day; the competition portion of the clinic was especially ex-

citing for our guys. Overall it brought a new level of excitement and love for the game after speaking and getting to know the BC athletes a little better. It has sparked more interest from other students in the school not on the team to join next season which is great for the growth of our program."

Attendees from BC included the team's leading receiver Lewis Bond, the ACC's leader in sacks Donovan Ezeiruaku, All-ACC offensive lineman Ozy Trapilo and more. The Eagles visited CHS for the clinic through the support of "Friends of the Heights", the NIL collective that serves Boston College student-athletes.

"Partnerships are everything, and we're incredibly grateful to Friends of the Heights for collaborating with us to bring Boston College student-athletes to CHS to connect with our football team. It was an unforgettable experience for our kids and a testament to the power of community," said Charles Giuffrida, the City of Chelsea's Director, Athletic Infrastructure & Sports Tourism.

This clinic was an example of the collaborative effort between the City's Recreation Department and Chelsea Public Schools. Through opportunities like this that include experiential learning, the departments are working together to grow athletic participation for Chelsea youth and introduce kids to new sports.

Giuffrida added, "Events like these are just the beginning of what's possible when we work together to invest in our youth."



Chelsea High Schoolers share some laughs with a member of the BC Eagles team.

Asthma // CONTINUED FROM PAGE 7

and patients with asthma need to be informed about this situation and work together to support those with asthma and their families so they can access asthma medications and manage their asthma. In response, MassHealth has also continued to adapt to this challenging situation with expanded coverage to support patients.

"When there are large shifts in availability of key asthma medications, like we have seen sur-

rounding the discontinuation of Flovent products, many families are impacted. This is especially true for Black and Brown communities, which already experience a higher burden of asthma," said DPH Commissioner Robbie Goldstein, MD, PhD. "With the respiratory virus season approaching, it is important for communities to come together to promote vaccination and prevent disease."

BRUINS Beat by Bob Morello

BRUINS CAP OFF FIRST CENTURY

For Bruins fans it was a weekend to remember, as the Bruins unveiled a centennial legacy monument in celebration of the club's 100th anniversary this week. The statue commemorates 100 years of Bruins hockey in Boston and serves as a tribute to the fans past, present and future. The new statue, which is in the shape of a bear, the club's oldest brand identifier, stands in Portal Park, located just outside TD Garden. The statue stands 6-feet tall, 10-feet long and weighs 3,500 pounds. The bear is composed of 90 individual bronze pieces all welded together, and positioned on a 28-inch plinth, which is inscribed with a message directed to the Boston community. The inscription reflects the core values and legacy that the team and its fans have fostered in the city throughout its first century. "Today, as we unveil this new Bear statue in celebration of the Boston Bruins' first 100 years, we mark not just a milestone in our team's history, but a symbol of the enduring spirit of this franchise and its fans," said Boston Bruins CEO Charlie Jacobs. "We are proud that this statue will greet generations of hockey fans, players and all who pass by, reminding them of the rich legacy we have built together and the exciting future that lies

ahead." The unveiling of the new monument was part of a weekend full of festivities in celebration of the club's Centennial Game weekend, including alumni appearances, youth programming and more, all designed to unite fans of all ages through a shared passion for Bruins hockey.

On Sunday, the second centennial celebration featured the Bruins

putting a major hurt on the Montreal Canadiens, with a solid 6-3 win. Prior to the game the media met with former team captains, Johnny Bucyk, Ray Bourque, Patrice Bergeron, and the player whose number 22 hangs in the Garden rafters, Willie O'Ree. Bucyk had a multitude of memories to share, including having been a member of two Stanley Cup teams in the '70's, and a career that saw him connected to the Black and Gold for 66 years and counting, as he currently serves the team as an ambassador. Bourque's memories were vivid, "I used to go back to Montreal every summer and we played them pret-

ty much every year in the playoffs, and I'd have to hear crap all summer long from family and friends. Then 1988 was the quietest summer I've ever had and it was fantastic going back after finally beating Canadiens." Bergeron's comments included: "It's special, just to be a part of it is something that I think means a lot to me, when you think about all the history that this fran-

Rick Middleton and Terry O'Reilly. NEW BLOOD - NEW BEGINNINGS rolled out Bruins President Cam Neely, Ray Bourque and Jason Allison. The final era, aptly titled RETURN OF A CHAMPION spotlighted former Bruins captain Patrice Bergeron and current captain Brad Marchand. The event paid tribute to players whose numbers, as a Boston Bruin has been retired, and more. Missing from the collection of former captains was Zdeno Chara and Joe Thornton, as both were unable to attend.

At press time on Wednesday, the second century had started well, with victories over Montreal on Sunday, and followed up by an overtime win over the Detroit Red Wings on Tuesday. The Bruins looked to earn their first three-game win streak this season, with a win over the Chicago Blackhawks on Wednesday night. Upcoming for Boston is a Saturday, 1:00pm encounter on TD Garden ice, with the suddenly high-flying Philadelphia Flyers, winners of three in a row, on Tuesday Boston heads out on a five-game West Coast road trip, beginning with the struggling Winnipeg Jets, currently losers of four in a row, on Tuesday, 8:00pm, and a swim with the Seattle Kraken on Thursday, 10:00pm.



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FRESH AND LOCAL

Cooking and mental health

by Penny & Ed Cherubino

Researchers and doctors are slowly looking to food to improve mental, emotional, and brain health. Recently, we've read reports on the benefits of cooking as a therapy for depression, anxiety, and post-traumatic stress disorder.

Research points to ways cooking can improve executive and cognitive function in those with mild cognitive impairment. Other studies promote cooking for patients with obstructive pulmonary disease, cardiovascular disease, traumatic brain injury, and stroke.

Benefits of Cooking

It's often suggested that you keep learning to improve your brain health. You might learn a new language, practice meditation, yoga, or tai chi, play word games, volunteer, or become physically and socially more active. Research has shown that cooking can be added to this list. For us, cooking and learning about food, wine, and food culture are a focus for our lifetime learning goals.

Food and Wine magazine quoted Hillary Am-

mon, Psy.D., a clinical psychologist at the Center for Anxiety & Women's Emotional Wellness. "Cooking can serve both purpose and pleasure, Ammon says. "It is a hobby that can provide a sense of purpose — nourishing your body or cooking for others — and a sense of pleasure, in that it brings you joy or satisfaction," she explained. "When we consider some of the basic tenets of treating depression in therapy, we are often looking to ensure people have both purposeful and pleasurable activities in their lives."

Cooking Therapy

Other findings show that the steps you take in cooking, such as planning what to cook, following a recipe, and being creative, improve your executive function capacity. Initial research on the topic has led to programs of "Cooking Therapy."

There are many versions of cooking therapy, which is a new approach. Ammon explained that it can involve a patient cooking with their therapist. While cooking, the therapist can lead a relaxed discussion of the patient's mental health issues.

Side Benefits

One side benefit of cooking is improved nutrition. When you shop for good ingredients, choose recipes that will improve your health conditions, and cook the food yourself, you make a big step towards eating what's good for you.

As more links between your brain health and microbiome are proven, cooking at home will enable you to add more fiber, fermented foods, and foods rich in Omega-3 fatty acids and antioxidants to your menus. Even learning what these are is a benefit.

Cooking can be a form of self-expression and a creative outlet for many. It can also promote mindfulness, enhance self-esteem, and promote self-care. Cooking with and for others is an excellent form of socialization. People have always bonded through food. For those who have always cooked, teaching and supporting those who could benefit from learning to cook can be mutually beneficial.

Today, physicians are happy to refer patients with specific health conditions to registered dietitians who can provide food guidelines as a

control factor. We were recently prescribed the MIND Diet as one that would be great for our brains. It combines the Mediterranean and DASH diets and is recommended for seniors as a preventative measure against cognitive loss.

Since it is always a good idea to check in with your primary care physician before you make any lifestyle changes, make an appointment and ask for guidance on how you might use this new research on the value of cooking and cooking ther-

apy to help manage any brain-related issues you would like to discuss.

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PLEASE RECYCLE THIS NEWSPAPER

TEMPLE EMMANUEL HOLDS DONOR LUNCHEON

CARY SHUMAN PHOTOS

Temple Emmanuel held its Donor Luncheon Nov. 7 at the Continental Restaurant, Saugus.

Temple President Sara Lee Callahan, Event Chairperson Cindy Millman, and Rabbi Oksana Chapman welcomed the gathering of members and friends to the luncheon.

The guests enjoyed a delicious meal followed by coffee and dessert. There was a raffle draw-

ing for prizes.

Jody Ebling, a vocalist and actress who played the role of Ethel Kennedy in the movie, "Chapquiddick," delivered an outstanding performance of popular songs.

It was a bittersweet day for the guests knowing that it would be the Temple's last event held at the popular Continental restaurant which closed its doors on Nov. 24.



Marilyn Winer and Becky Swope enjoy the Temple Emmanuel Donor Luncheon.



The leadership team, Luncheon Chairperson Cindy Millman, Rabbi Oksana Chapman, and President Sara Lee Callahan.



Longtime and popular Chelsea resident Sandra Padulsky, with her son, the personable Robert Padulsky, and her daughter, the talented disco dance instructor Karen Padulsky.



Front row are Carol Levine, Janice Doherty, and Rena George. Back row are Linda Dall and Molly Weisberg.



Front row are Sandra Padulsky and Karen Padulsky Poverman. Back row are Sara Lee Callahan, Carole Rice Bourne, and Minna Karas-Marino.



Front row are Ellen Goldstick, Cindy Millman, Phyllis Vigoda, and Beverly Feinstein. Back row are Ronda Winer, Sheila Green, and Joan McKinnon.



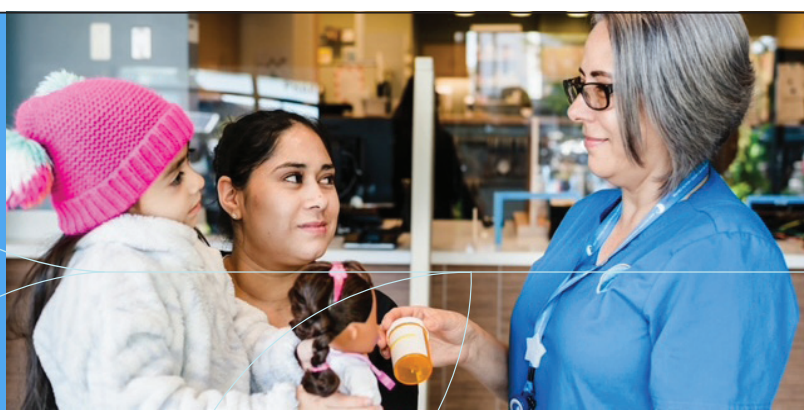
Front row are Susan Novak and Cathy Novak. Back row are Edythe Shuman, Stephen Vider, Dotty Novak, and Murray Novak.



Paula Finklestein, Carole Turransky, and Sha-ron Minkovitz join friends and guests at the Temple Emmanuel Donor Luncheon.



Front row are Steven Boltin and Laurie-Ann Tatelman. Back row are Jay Rosenzwaig, Tina Bagnera, and Rabbi Oksana Chapman, spiritual leader and cantor at Temple Emmanuel.



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