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CHelsea RECORD

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35 CENTS

CHELSEA ALL SKATE EVENT



Nearly 200 visitors participated in Chelsea All Skate on February 26 at Cronin Memorial Rink – the largest attendance in the six years that Chelsea Recreation and Cultural Affairs has been hosting the event.

Above, Rebecca Hernandez lacing her daughter Catalina's ice skates.

Right, Christian Cardozo and Natalie Burgos enjoying an afternoon at the rink. See page 6 for more photos.



Environmental Justice leader María Belén Power to join Healey-Driscoll administration in new leadership position

Special to the Record

Energy and Environmental Affairs (EEA) Secretary Rebecca L. Tepper has announced a newly created position to elevate environmental justice as a part of the Healey-Driscoll Administration's agenda. María Belén Power of Chelsea-based GreenRoots will join the administration as the Undersecretary of Environmental Justice and Equity.

"Our climate agenda promises to deliver good-paying jobs, healthier communities, and more affordable energy prices – but we must make the transition equitably," said Governor Maura Healey. "Communities that have been left behind and overburdened will have a seat at the table in our administration, and that starts with strong leaders like María Belén Power guiding us forward."

"When we talk about the climate crisis, we're talking about people,"



María Belén Power

added Lieutenant Governor Kim Driscoll. "Rising asthma rates, contaminated soil, declining tree cover, polluted water – for

far too long, Black and brown communities in Massachusetts have had to shoulder those burdens disproportionately. We have an opportunity to do things differently, and that starts with the people in power."

"I've worked with María Belén for many years, and I know just how impactful she will be in the Healey-Driscoll Administration," said Energy & Environmental Affairs Secretary Tepper. "Environmental justice must be more than a concept – we are going to bring in its

foremost advocates and those most deeply impacted by our climate crisis and environmental pollution and empower them to create the change we need."

"We are in a pivotal moment for the clean energy transition, and we can't continue to leave Black, brown, and immigrant communities behind," said Power. "After years of on-the-ground organizing in some of the most overburdened regions of our state, I know I won't

See POWER Page 10

TRAILBLAZERS RECOGNITION DINNER



CARY SHUMAN PHOTO

The Chelsea Black Community (CBC) held its 10th Annual Chelsea Trailblazers Award Recognition Dinner Feb. 27 at the Williams Middle School. Shown are Chelsea Black Community President Joan Cromwell (left), with Chelsea Trailblazers Award recipients, Cesar Castro, Yahya Noor, Grace McKinnon, Roseann Bongiovanni, Stacey Smith, and Deborah Washington. Missing from photo is award recipient, Acting Chelsea City Manager Ned Keefe. See Page 7 for more photos.

Residents give input on city manager search

By Adam Swift

Several residents gave their input on the qualities and qualifications they would like to see in a new city manager at a council subcommittee meeting on Tuesday night.

The public input session is one of the initial steps in the process to find a replacement for former City Manager Thomas Ambrosino, who stepped down after seven years in the position earlier this year.

Those who spoke said they would like to see a new city manager who is sensitive to the needs of Chelsea's most vulnerable residents, and focuses on issues such as affordable housing.

"I think a city manager, when it comes to Chelsea, which is small in size but has big city problems, I think they should have experience with infrastructure and growth," said Jose Iraheta Zaldana.

See INPUT Page 3

Council committee will select citizen screening committee for new city manager

By Adam Swift

The City Council is looking for residents to serve on a citizens screening committee for the city manager search process.

Monday night, the council voted to establish a selection committee of councilors who will select four residents to serve on the screening committee. In addition, Council President Leo Robinson selected Eugene O'Flaherty to serve as the chair and fifth member of the committee.

The screening committee will work with the UMass Boston-based Collins Center to help select a new City Manager to replace Thomas Ambrosino.

The screening committee will interview candidates and present several finalists to the City Council for final interviews and the council's selection of a new city manager.

Councilors Calvin Brown, Damali Vidot, Todd Taylor, Tanairi Garcia, and Brian Hatleberg will serve on the selection committee that will select the residents for the screening committee. That committee is expected to hold its first meeting on Monday night.

"This is the next step in the city manager selection process," said Hatleberg. "What we need to do is we need to put together a number of residents who are going to screen the applicants with us. It's very important to put together a slate of people that all the council can get behind."

Hatleberg said he hopes

See CITY MANAGER Page 2

Change in marijuana ordinance could lead to more licenses

By Adam Swift

The City Council will be considering a change in the city's marijuana ordinance that could lift the cap on the number of retail marijuana establishments allowed in the city.

The motion introduced by Council President Leo Robinson to revise the marijuana ordinance was sent to the council's subcommittee on conference for further discussion.

The city currently has three active retail marijuana sales licenses, and thanks to the latest US Census number, the city's

cap on licenses stands at six.

But there are currently four applications in the pipeline for those three available licenses, all of which could appear before the city's License Commission as early as this month.

Councilor-at-Large Brian Hatleberg said he does have questions about the proposed ordinance change that he is looking forward to seeing addressed in subcommittee.

"The section in here we are seeking to repeal is

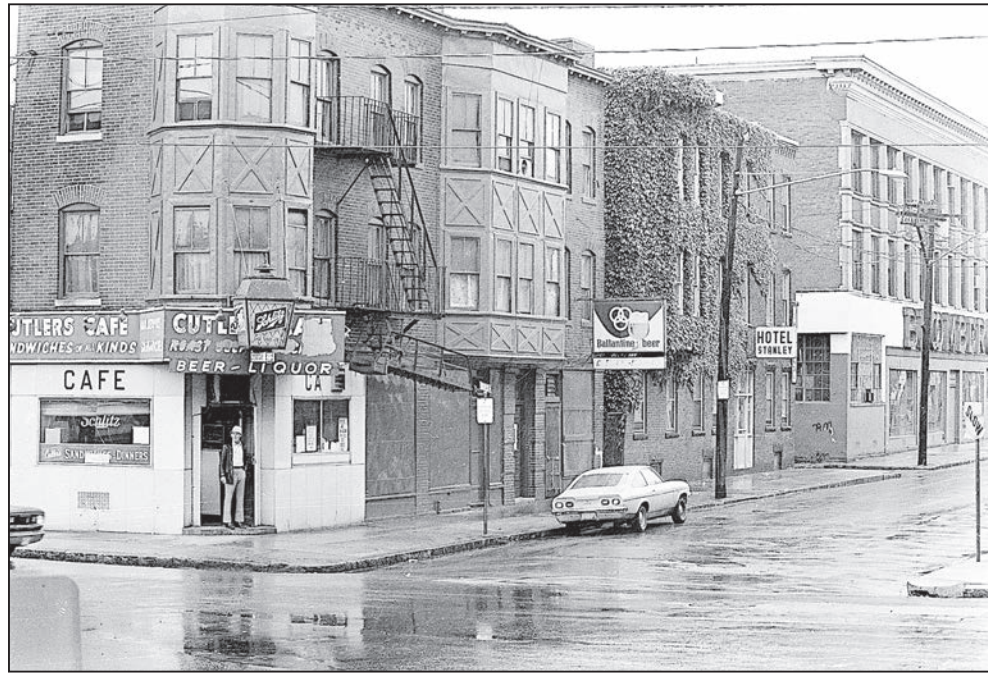
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Senior Page
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FROM THE PHOTO ARCHIVES
OF ARNOLD JARMAK



Cutler's Cafe in Park Square at the corner of Congress Ave. and Pearl St. (located diagonally across from Katz's Bagels) was a Chelsea landmark for decades. But its heyday was long past when Record photographer Arnie Jarmak took this photo in the late 1970s. Looking down Congress Ave. are two other iconic Chelsea landmark establishments, the Hotel Stanley (which is still operating) and Bloomberg's Furniture at the corner of Congress Ave. and Broadway, which is now an apartment building.

LOCAL STUDENTS EARN ACADEMIC HONORS

SHANG EARNS DEAN'S LIST

Emerson College student Jonathan Shang of Chelsea earned Dean's List honors for the Fall 2022 Semester.

The requirement to make Dean's List is a grade point average of 3.7 or higher for that semester.

Jonathan Shang is majoring in Media Arts Production and is a member of the Class of 2025.

About Emerson College

Based in Boston, Massachusetts, opposite the historic Boston Common

and in the heart of the city's Theatre District, Emerson College educates individuals who will solve problems and change the world through engaged leadership in communication and the arts, a mission informed by liberal learning. The College has approximately 4,161 undergraduates and 554 graduate students from across the United States and nearly 70 countries. Supported by state-of-the-art facilities and a renowned faculty, students participate in more than 90 student organizations

and performance groups. Emerson is known for its experiential learning programs at Emerson Los Angeles, located in Hollywood, and at its 14th-century castle, in the Netherlands. Additionally, there are opportunities to study in Washington, DC, London, China, and the Czech Republic, Spain, Austria, Greece, France, Ireland, Mexico, Cuba, England, and South Africa. The College has an active network of 51,000+ alumni who hold leadership positions in communication and the arts.

DiDomenico hosts annual DiDomenico Foundation St. Patrick's Day kick off roast on March 9

Special to the Independent

The top elected officials in Massachusetts will join host State Senator Sal DiDomenico (D-Everett) at the head table for the Annual DiDomenico Foundation St. Patrick's Day Celebration on Thursday, March 9 beginning at 6:30 p.m. at the Bunker Hill Knights of Columbus in Charlestown. This has become of the most anticipated events of the year.

In addition to Governor Maura Healey and Lieutenant Governor Kim Driscoll, over 75 federal, state, an elected officials have confirmed they will join State Senator Sal DiDomenico (D-Everett) at the head table at the annual political kick-off of the St. Patrick's Day roast including: Attorney General Andrea Campbell, Massachusetts State Senate President Karen Spilka, Boston Mayor Michelle Wu, State Audi-

tor Diana DiZoglio, Middlesex County District Attorney Marian Ryan, Suffolk County Sheriff Steve Tompkins, Suffolk County District Attorney Kevin Hayden, Middlesex County Sheriff Peter Koutoujian, Middlesex County Clerk of Courts Michael Sullivan, Governor's Councilor Terry Kennedy and more!

Rock & Roll, Vocal, and Grammy® Halls of Fame group, The Platters® ("Only You", "The Great Pretender", "Twilight Time") will be flying in for a special performance, and two of Boston's best comedians will enhance the political humor.

In addition to a traditional Irish dinner, the night will include live Irish music, bag pipers, and the annual presentation of the Golden Shamrock Award to a community leader. This year's recipient is Liliana Patino of the Eliot Family Resource Center.

Liliana has been a leader supporting children and families in our region before and during the pandemic and has personally made it her mission to ensure that our youngest residents get the resources and services they deserve.

This event is one of the most popular St. Patrick's Day traditions in the Greater Boston area and Senator Nick Collins (D-South Boston), the host of the Annual South Boston St. Patrick's Day Breakfast, will also be at the event.

For tickets and event information, please call (617) 387-3327. Proceeds will go to The DiDomenico Foundation, which funds educational scholarships for graduating high school students, as well as a large toy drive during the holiday season for domestic violence and homeless shelters throughout the Greater Boston.

Former School Committee member pleads guilty to rape charge

Staff Report

Former Chelsea School Committee member Henry Wilson, 57, pleaded guilty in Suffolk Superior Court on Thursday, Feb. 23 to raping a 12-year-old child in 2021 after offering the child a ride in his car.

Wilson pleaded guilty to rape and abuse of a child, enticement, and posing a child in sexual conduct. Judge Michael Ricciuti imposed a sentence of five years to five years and a day on the rape charge.

On the second and third charges, Ricciuti sentenced Wilson to five years' probation beginning upon his release. Ricciuti also ordered Wilson to stay away from the victim, wear a GPS device with an exclusion zone around the victim's home and school, have no unsupervised contact with children under 18, have no employment involving contact with children under 18, undergo sex offender treatment and register as a sex offender.

Assistant District Attorney Audrey Mark said that on June 28, 2021, the

victim was walking in the area of Broadway in Chelsea when an adult male offered the victim a ride in his car. The man drove the victim to a parking lot and committed the sexual assault. Portions of the sexual assault were recorded on a cell phone camera, according to the district attorney's office.

The victim's family became aware several days later of the assault and contacted Chelsea police, and Wilson was subsequently identified, interviewed and arrested, according to the district attorney.

"This case involves multiple levels of abuse, including Mr. Wilson abusing his status as an adult and his status as a person of authority, particularly a person of authority over school children," said Suffolk County District Attorney Kevin Hayden. "But more than anything else it involves the abuse of an innocent child, and Mr. Wilson now knows the consequences of such conduct. The courage of the victim and the victim's family was crucial in moving this case

forward."

The Chelsea Public School District released a statement that said district officials cooperated fully with the District Attorney, Chelsea Police Department, and other agencies involved in this investigation.

Mr. Wilson was barred from the Chelsea Public Schools and from having contact with any students in August of 2021," the statement continued. "He resigned from the School Committee in September of 2021. The school district can provide no other details about the matter at this time, and all further questions should be directed to the District Attorney's Office."

The victims of any crime, including domestic or sexual violence, should call 911 in an emergency. SafeLink, a statewide DV hotline, can be reached at 877-785-2020. SafeLink is answered by trained advocates 24/7 in English, Spanish and Portuguese, as well as TTY at 877-521-2601. It also has the capacity to provide multilingual translation in more than 140 languages.

City Council approves linkage fee ordinance

By Adam Swift

The City Council officially adopted a long-awaited linkage fee ordinance at its Monday night meeting.

The ordinance will require developers to pay a fee to the city for developments that meet certain size requirements. Those fees would then be used by the city for programs such as youth sports or other programs to improve the city.

The home rule petition for linkage fees was introduced by then-City Council President Roy Avellaneda in early 2022. The ordinance creates linkage fees for any commercial, industrial, or mixed-used development, and any residential developments of 24 or more units.

Those fees would then go into a separate fund, and the City Council would then be able to de-

cide how the funds could best be used for the neighborhoods impacted and the city.

Current Council President Leo Robinson said the council could vote on the final ordinance Monday night because the home rule petition officially passed at the state level.

Robinson also praised the work Avellaneda did to make the linkage fees ordinance a reality.

"Even though my name is on it, a lot of the credit goes to Roy Avellaneda, who was the president who did a lot of work on the linkage fees," said Robinson. "Him and I have had conversations about where we thought the money should end up going, and a lot of it we talked about trying to pump up money to go to youth sports so that we can increase the number

of participants in our community."

Robinson said Avellaneda spent a lot of time on the legislation and wanted to make sure he was recognized for the work he did.

At the time, Avellandeda said the benefits of the linkage fee ordinance include it being transparent, with the control of the fees resting with elected officials.

District 8 Councilor Calvin Brown also thanked Avellaneda for the work he put into the ordinance and said the plan was the right thing for Chelsea.

Because there was already a public hearing on the ordinance when it was first presented at the council level last year, Robinson said the council could take the final vote Monday night without further action.

City Manager / CONTINUED FROM PAGE 1

the council committee can move forward as quickly as possible.

"If we are able to, I would like to bring a slate of names to the council at our next council meeting," he said. "What that means is if you have someone you would like to see on the (screening) committee, let's get the names in. If a member of the public is interested in serving on the committee, raise your hand and let us know."

Anyone who is interested or knows someone interested in serving on

the screening committee should email the council, Hatleberg said.

"The president of this body did an incredible job in selecting a very diverse group of colleagues who will be deciding who the members of the screening committee are," said District 5 Councilor Judith Garcia at a public input session on the city manager selection process on Tuesday night.

Vidot noted that the screening committee and the public input sessions are all part of a process

that will come together to help select the best candidate for the position.

Vidot also noted that the Collins Center will be meeting with each councilor individually to get input on what the councilors think are the important qualities for a new city manager.

That information will be used as a guideline for the members of the screening committee to use while interviewing candidates, she added.

Licenses / CONTINUED FROM PAGE 1

one that puts a cap on the number of marijuana-selling establishments in the city," he said. "I tried to do some thinking on this one and I don't know a lot about this. I can see some impacts in both directions, where if I had put a large amount of money into one of these businesses, I might view it as taking a large part of my investment away if the cap is gone."

Hatleberg said he would like to hear from people who have a vested interest

in the licenses.

"At the same time, I am completely opposed to most of the businesses, so I really don't have a personal interest in removing a cap at all," said Hatleberg. "I find myself in the slightly awkward position of likely voting against this."

District 8 Councilor Calvin Brown said he also has some questions about the ordinance change and would like input from the city's public safety departments, as well as informa-

tion about how close some of the proposed facilities would be to each other.

At last month's License Commission meeting, Police Chief Keith Houghton said there have been no issues with the current licensed establishments in the city. He added that all the potential licensees have also gone through proper channels and there have been no problems with those license applications.

Real Estate Transfers

BUYER 1	SELLER 1	ADDRESS	PRICE
A New Start LLC	Carbone, Jayne F	15 Grove St	\$900,000
A New Start LLC	Carbone, Jayne F	17 Grove St	\$900,000
Chapman, Rakeem A	Araya RET	83 Central Ave	\$914,000

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PCSS HOSTS 16TH ANNUAL SCIENCE AND ENGINEERING FAIR

In February, the Pioneer Charter School of Science (PCSS)’s campuses in Everett (PCSSI), Beverly, and Saugus (PCSS2) hosted the 16th Annual Science and Engineering Fair. This year’s theme was “Reimagining Your Daily Life,” a concept celebrated by nearly 300 student participants.

All of PCSS’ 6-12th grade students participate in a preliminary event in December, and then students are selected to participate in the fair. Judges for the fair were recruited from the STEM community in the Boston area, including MIT, MIT Lincoln Labs, New England Biolabs, Omega Pharmaceuticals, BU, and Northeastern.



PCSS2 eighth graders Grace from Saugus (L), Lianna from Everett (R), and Yurie from Chelsea (not pictured) are trying to solve the problem of single-use plastic waste from water bottles by creating a solar water distillation system to provide safe drinking water when none is otherwise available.



PCSSI’s seventh graders Altamash, Ajah (L), and Anthony (R) of Revere engineered a train that operates via a magnetic field to explore eco-friendly mass transportation alternatives.



PCSSI tenth grader Moses from Everett is trying to create an autonomous, cost-effective device to help clean our oceans. He designed his prototype using a pendulum-based rotating mass wave energy converter and tested it in local waterways.



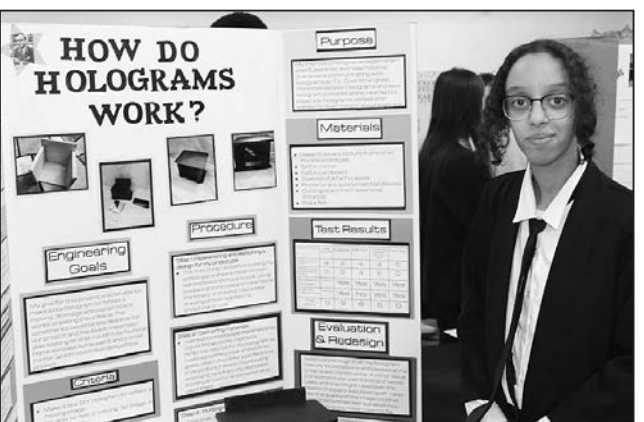
PCSSI tenth graders Kristina (L) from Revere and Gabriela (R) from Chelsea are exploring chemical engineering to find an environmentally friendly, cost-effective strategy to clean up crude oil spills. They used a series of chemical reactions to alter the properties of cotton to make it repel water and attract and retain oil.



PCSS2 eighth grader William from Salem is tackling the challenge of climate change by exploring tidal energy as a viable renewable energy technology. He created a floating water-wheel-based device that successfully generated electricity when tested in a controlled environment and the North River.



PCSSI twelfth graders Mehak (L) and Nikicha (R) from Everett are interested in helping people identify if they are anemic. They created a symptom-checker app that helps users determine if they might be experiencing anemia and tested the app using public databases.



PCSS2 seventh grader Manal from Revere is interested in holograms, so she created a hologram illusion using the “Pepper’s Ghost” technique to make stage holograms and amusement park ride effects. Testing showed her device to be successful in creating a hologram-type image.



PCSS2 eleventh graders Shresth (L) from Lynn and Devlin (R) from Malden created a robot that traverses tight spaces to reduce human casualties in mining accidents and cave rescues. The robot navigates tight spaces using ultrasonic detectors and successfully navigated cramped areas in trials.



PCSSI eighth grader Lucas from Revere is creating cleaner air by creating a device that targets particulate air pollution. A fan moves air over a sticky surface to trap even tiny particulates, thus cleaning the air. Tests showed that the device successfully trapped particles, improving local air quality.

Input / CONTINUED FROM PAGE 1

“Most importantly, (the city manager) has to protect or ensure community members that are most vulnerable can remain in our communities.”

Iraheta Zaldana said he also wanted to make sure the city kept the process for hiring a city manager as open as possible, with future opportunity for input from residents.

“I am here to express the need for a culturally responsive city manager, one who understands the needs and the nuances of our community,” said School Committee member Katherine Cabral.

She noted that the city and its leaders were re-

silient and collaborative during the Covid pandemic, and that a new leader would have to continue to reflect the needs of the community.

“From my perspective in education, I think it is important that we have a city manager that continues to think about the needs of the Chelsea Public Schools and continues to collaborate with our central office, superintendent, and School Committee to ensure that we have a rigorous and quality education for all of our students,” said Cabral.

Jonathan Gomez Pereira said affordable housing should be one of the top

priorities for the new city manager.

“Housing in Chelsea is super limited, and some of the residents that live here are being pushed out and we need to change that,” Gomez Pereira said.

He added that the city and a new city manager should look at enacting a home rule petition for rent control to help ease the burden of housing costs for residents. Gomez Pereira said he works in education, and that housing displacement and education are tied together.

“When someone is displaced from their home, evicted whether legally or illegally, it disrupts the

ability of students in the Chelsea Public Schools from getting their education,” he said.

As Iraheta Zaldana noted, Gomez Pereira said he hopes the selection process for a new city manager continues to focus on gathering input and feedback from residents.

Residents also have until the end of the day on Friday, March 3 to fill out an online form where they can give input on the city manager search process. The form is on the city’s website at www.chelseama.gov under the news section.



Position: Grant Writer

Salary Range: \$45K to \$52K

Job Type: Part Time
(20 to 30 hours per week)

Scope of Work:

The Grant Writer is a flexible role reporting to the Executive Director. Priorities include researching grant opportunities, developing, writing, and submitting grant proposals to third-party entities. reviewing grant budgets, reporting data on the performance of program activities, and working with other staff in the maintenance of the grant proposal and research process.

Qualifications:

Associates Degree in finance, business, or accounting with at least one to three years of experience as a grant writer for a nonprofit organization, or an equivalent combination of education and experience. Excellent oral and written communications skills. Capable of balancing multiple priorities effectively. Enthusiastic, self-motivated, and committed to excellence. Capable of working well with a variety of personalities and leadership styles. Highly organized and professional demeanor. Must have previous grant writing, technical writing, or nonprofit industry experience. Experience submitting a major federal, state, or county level grant with many intricacies, deadlines, and deliverables helpful.

Responsibilities:

- Identify new funding sources and conduct prospect research.
- Write and submit grants.
- Follow up with grant-making organizations during

their review of a submitted grant application to supply additional supportive material if requested.

- Work with the finance department to prepare monthly, quarterly, and/or annual reports to government, foundations, and other funders as required.
- Quarterly compliance reporting
- In collaboration with program staff, develop and implement monitoring procedures to track grant implementation.
- Ability to work with local and state government departments
- Ability to multitask and manage several grant submissions or reports at once while working with various levels of staff to complete grant-related items.
- Participate in fundraising activities, staff, and department meetings.
- Perform any other related duties as assigned.
- Always represent the agency in a positive manner.

Benefits:

- Bonus Incentives
- Flexible Hybrid Position
- Paid Time Off (over 20 hours)

The Chelsea Chamber of Commerce is the premier business organization providing services and economic prosperity by assisting, training, connecting, and advocating for all businesses, organizations, and residents to thrive.

To apply please forward your resume and cover letter to executivedirector@chelseachamber.org.

Chelsea Chamber of Commerce is an Equal Opportunity Employer



Position: Office / Project Manager

Salary Range: Based on Education and Experience

\$50K to \$58K.

Job Type: Full-time (32 hours per week)

Scope of Work:

The Office Manager is a full-time role reporting to the Executive Director. This person will play a critical role in managing the day-to-day business of the Chelsea Chamber of Commerce. The Office Manager position is an outstanding opportunity for a motivated and detailed individual who loves to solve problems and make things happen. The individual in this position will have a role in supporting the organization’s ability to grow and expand its impact while gaining a broad set of experiences relevant to nonprofit leadership. Project management experience a plus.

Qualifications:

- Good time management, prioritization, and multitasking abilities. Effective communication, including speaking, writing, and active listening skills. Great critical thinking skills. Technologically savvy and able to learn latest programs quickly. Skilled in database management, Google Docs, and Microsoft Office Products-Word, Excel, PowerPoint, and Outlook.
- Bilingual Spanish preferred.
- Ability to maintain confidentiality;
- Ability to interact professionally with all levels of internal and external stakeholders;
- Excellent organizational skills and ability to meet deadlines;
- Prior experience and a desire to work in a fast-paced environment;
- Must possess critical thinking; problem-solving skills, and resourcefulness;
- Associate degree or two years’ experience in a related office environment;

Responsibilities:

- Provide administrative support to Executive Director;
 - Support the Executive Director with special projects and business engagement, including working with member businesses to identify job openings that could be coordinated with workforce development programs;
 - Assist Executive Director with preparing presentations, meeting agendas, and meeting minutes;
 - Anticipate, prepare, and follow up as needed for Board of Directors meetings, donor meetings, staff meetings, and all meetings on Executive Director’s calendar;
 - Maintain the highest level of confidentiality;
 - Support leadership team in daily operations and projects as coordinated with the Executive Director.
 - Project examples are;
 - Chamber and City Events
 - Data Collection
 - Fund/Grant Reporting
- Benefits:**
- Retirement Plan (eligible after probationary period)
 - Paid time off

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To apply please forward your resume and cover letter to executivedirector@chelseachamber.org.

Chelsea Chamber of Commerce is an Equal Opportunity Employer

Chelsea

R E C O R D

PRESIDENT: Stephen Quigley

EDITOR IN CHIEF: Cary Shuman

THE PLANET IS SO MESSED UP

Our warm winter -- December was unseasonably warm and January was the warmest on record, while February had only a very, very brief cold snap, but also had many days of record-high warmth — is a classic good news/bad news situation.

The good news is that our heating bills, with oil prices near record-high levels because of the war in Ukraine, are much lower than they would have been. Europe similarly has had a record-warm winter, which has reduced its usage of natural gas, averting what could have been an economic disaster..

The mild winter also has been a boon for the budgets of cities and towns. The dearth of snow and ice has meant that relatively small amounts have been expended for snow removal (at least so far).

But the long-term effects of our mild winters are not good. The warm winter of 2023, coming on the heels of warm winters for the past few years, means that climate change has firmly taken root in New England. According to a recent analysis by the federal Environmental Protection Agency, winters in Massachusetts have warmed by 4.5 degrees since 1896, a rate that is faster than the national average.

Part of the explanation for this may lie in another study recently released by scientists. According to their report, ocean heat content reached a new record high for the fourth year in a row, based on measurements of ocean heat accumulating down to a depth of more than a mile.

But here's the really depressing part: According to the scientists' findings, published in the journal *Advances in Atmospheric Science*, the warmth keeps working its way deeper into the ocean because greenhouse gases have trapped so much heat that the oceans' deeper waters will continue to warm for centuries even after humans stop using fossil energy.

So while it may be true that governments and industry are turning "greener," the bottom line is that it may not make any difference, and that's especially true because even under the best-case scenarios, the world will not be carbon-neutral for decades.

The effects of our warming planet have been visible for years with the onslaught of droughts, wildfires, devastating floods, and Category 5 storms that have left no part of Earth untouched, with implications that only now we are beginning to understand.

We don't mean to be the bearer of bad news, but the reality is this: As bad as things are today for the environment, they're only going to get worse before they get better.

THE ECONOMISTS ARE STILL JUST GUESSING

If you're like us, then no doubt you've been frustrated with the lack of consensus by economists and other so-called experts about the future of our economy. In the morning, we'll hear a prediction of a full recession in the coming months; in the afternoon, someone else will predict a mild recession with a "soft landing": and in the evening, another talking head will say that everything is fine for the indefinite future.

The combination of the COVID-19 pandemic, the ensuing supply-chain issues, and a land war in Europe for the first time since WWII has skewed everything for which there is no direct precedent in the modern era. Today's economy is an amalgam of every economic era since WWII. We can draw some parallels to previous situations, but there are no direct analogies.

In addition, two factors are having a huge effect on the labor force, which in turn are affecting the overall economy.

The first is the retreat from the workforce of Baby Boomers, a trend that was accelerated by the pandemic. The Baby Boomer cohort has had an out-size effect on the economy and American life since they were born and they continue to do so today. In addition, Boomers are staying in their homes longer (which diminishes the supply of housing for Millennials) and, now that they have more leisure time, are traveling more (instead of buying stuff), and thus inflating the demand for service sector workers.

The other big factor accounting for the labor shortage is the trend of many younger workers both for remote work and to work fewer than 40 hours per week. These new realities are having ripple effects throughout the economy, particularly for the office real estate market and the small businesses in our major cities that depend on foot traffic from office workers.

The only thing that is clear to us is that none of the so-called experts have any idea what is going on with the economy and have even less of a clue about the future. To paraphrase Plato (quoting Socrates), the only thing they know is that they know nothing.

Dr. Glenn Mollette

America was involved in Vietnam for 20 years. Our presence started small but by 1965 had significantly escalated. 3.1 million troops saw combat and at least 58,300 were killed. We spent over \$120 billion from 1965 to 1973 which led to an oil crisis and rampant inflation. Are you better off today because America fought in Vietnam? Are you safer?

America spent over \$2 trillion fighting in Iraq and Afghanistan. Then, we hurried and pulled out of Afghanistan leaving hundreds of millions of dollars in vehicles, buildings, bases, and weapons to be used by the Taliban. The country is now in shambles. Girls are not allowed to go to school beyond the sixth grade. Women are treated horribly by the Taliban. What did we do to help Afghanistan? Are they better off now? Are we better off for our 13 years in that country?

We invaded Iraq. We

Forum

GUEST OP-ED

America's wars, who are the winners?

lost over 15,000 active service members and contractors in Iraq and Afghanistan. Take a look at Iraq and Afghanistan today. What did we accomplish?

We approved \$113 billion in aid to Ukraine in 2022 alone. Most Americans do not want Russia to succeed in conquering Ukraine. Efforts to help Ukraine have been supported by most Americans. How far do we go? How much can we afford? How long are we able to keep this up? Does this become another Afghanistan? American troops are not there, yet. When will this happen?

When do we start fighting in Taiwan? China wants to control Taiwan. Taiwan is rich in resources and technology. Like Russia wanting Ukraine because of its proximity and resources, China figures it just makes sense for them to control neighboring Taiwan.

China is reportedly on the verge, if not already sending military arms to

Russia. As America depletes our own defense stockpile of missiles, tanks and more, China knows we will have less to send to Taiwan. We have recently sent 200 soldiers to Taiwan and more will be going. It is scary to ponder how many more will be going in the next year or two.

In the middle of all this, who is really profiting from America's forever wars? The Military Industrial Complex will continue to make hundreds of millions of dollars with no end in sight. Manufacturers of mass weapons used in war have no end to their financial gains. Politicians who own stock in these massive companies only stand to get richer and richer. How many thousands of shares of stock in these companies do our long-term Senators and Representatives own? Stopping or slowing our military aggressions around the globe would mean their stock would go down and their massive financial fortunes

would be diminished.

Politicians should not be allowed to buy stock while in office. Before running for a political office they should be required to cash their stock out so they are not financially persuaded to promote the success of certain industries.

We don't want Ukraine to fall to Russia or Taiwan to China. However, what will our country have left to fight with after we have spent billions of dollars defending them? If your livelihood comes from investments in the massive military weapon sales industries, then you are probably spending most of your time counting your money.

Glenn Mollette is the publisher of Newburgh Press, Liberty Torch and various other publishing imprints; a national columnist — American Issues and Common Sense opinions, analysis, stories and features appear each week in over 500 newspapers, websites and blogs across the United States.

EBNHC appoints Dr. Ryan Boxill Chief Operations Officer

East Boston Neighborhood Health Center (EBNHC), the largest community-focused health system in Massachusetts and among the largest in the country, is pleased to announce that Dr. Ryan Boxill, PhD MBA, has been appointed executive vice president and chief operations officer (COO). Bringing more than 20 years of experience in the healthcare industry, Dr. Boxill's clinical training, business expertise, and strategic vision will strengthen EBNHC's ability to provide accessible, compassionate, high-quality care across their health system.

"As we grow to meet the needs of our community, we are thrilled to have a COO with a proven track record of expanding access to care and advancing clinical quality in a community setting. Dr. Boxill's unique combination of behavioral health training and operational leadership will add valuable expertise to our organization's diverse executive team, helping us to meet the complex demands of community health post pandemic," said Greg Wilmot, president and chief executive officer of EBNHC. "We believe in care that goes beyond the clinic to address wellness where it starts: in the deeply interconnected lives of the people we serve. Dr. Boxill is the leader we need to advance this mission."

Prior to joining EB-



Dr. Ryan Boxill, PhD MBA.

NHC, Dr. Boxill served as the chief behavioral health officer for Boston Medical Center (BMC) Health System where he was responsible for leading behavioral health strategy and operations across the health system, including BMC Hospital, BMC's WellSense Health Plan, and BMC's Boston Accountable Care Organization (BACO). Notably, Dr. Boxill led the strategic planning, design, and implementation of BMC's recently launched Brockton-area Behavioral Health Center, regarded as one the most innovative, state-of-the art, and patient-centered behavioral health facilities in the country. His previous work as system vice president at Steward Health-

Care drastically improved the overall performance of acute inpatient psychiatric and detox beds in his service line.

Dr. Boxill is a licensed clinical psychologist in New York and Massachusetts and holds a PhD in Cross Cultural Clinical Psychology from the

California School of Professional Psychology in Fresno, CA. He completed his pre-doctoral training at the Hudson River Regional Psychology Internship Program at the New York State Office of Mental Health and his Harvard Medical School Postdoctoral Fellowship training at the MGH-OCDC Institute at McLean Hospital. Dr. Boxill has an MBA from the University of Massachusetts with a specialization in Finance, and is a certified trainer in Diversity and Intercultural Sensitivity.

"Healthcare is a basic human right and East Boston Neighborhood Health Center is taking actionable steps towards improving patient care, committing to the wellbeing of its patients and workforce, and providing equitable healthcare opportunities to those who need it," said Dr. Ryan Boxill, executive vice president and chief operations officer of

See EBNHC Page 5

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BRUINS *Beat* by Bob Morello

Bruins control the roll

Now might be the time to consider a change in the song that’s played when the Bruins first hit the ice for games and warmups...top consideration might be, Tina Turner’s fast-paced, “Proud Mary.” Nothing signifies the current style of play of the Bruins better than the lyrics from the song: “Proud Mary keep on burning And we’re rolling, tell you rolling, we’re rolling.” With their impressive record of 47-8-5 (99 points) to lead the National Hockey League, it sure seems fitting, especially with the team finding so many ways to win games in which they were not playing at their best – and still be able to post an eight-game win streak. Take for instance Tuesday night’s 4-3 overtime victory versus Calgary Flames, Boston was definitely not at their best, perhaps understandable as they were playing their fourth game in six nights, at the end of a tough West Coast trip. Easily outshot by a wide margin 57-18, Boston at times seemed a few steps behind, while Calgary applied constant pressure, it was only the stunning 54-save game (Bs franchise record) turned in by Linus Ullmark that allowed



the locals to end their road trip a perfect 4-0, with the come from behind win. The game-winning goal came off the stick of defenseman Charlie McAvoy on an excellent feed from Patrice Bergeron with less than five seconds to play in overtime. That prompted consideration of another fact...when one of the Bruins’ defensemen scored (23 games); the Bs came away with a victory in 22 of those games. Versus Calgary the Boston blue liners accounted for three of the four goals tallied, as newcomer Dimitri Orlov connected on the two goals early in the first period. Ullmark now boasts a mind-blowing record of 31-4-1, numbers that shout “Vezina Trophy winner!” On a down note, the Bruins will possibly be lacking the services of Taylor Hall and Nick Foligno, both nursing injuries, for the next game.

The Bruins will be back

in the friendly confines of TD Garden tonight (Thursday 7:00pm) to begin a four-game homestand by taking on their Atlantic Division rival, the Buffalo Sabres. The New York Rangers recently made a significant move by acquiring Patrick Kane in the trade market from the Chicago Blackhawks; the locals in a Saturday matinee will host them at 1:00pm. The Bruins will then enjoy a rare, four-day break, before gearing up for a pair of matchups with both the revenge seeking, Connor McDavid’s Edmonton Oilers on Thursday (3/9) at 7:30pm, followed by another Saturday (3/11) 1:00pm matinee as they take on the Detroit Red Wings. Remember to mark your calendar, as tickets are now on sale for the 4th Annual Pucks & Paddles, to be held on Tuesday, March 7th, 2023 from 3:00pm-6:00pm, at the House of Blues Boston (15 Lansdowne Street). Join the Boston Bruins Foundation, Patrice Bergeron, and 98.5 The Sports Hub for an afternoon of Ping-Pong. The tournament will feature players from the active Bruins roster, 98.5 on air talent, and Special Olympics of MA athletes.



Emily and some of her volunteers sitting with the raised garden beds they built.

14-YEAR-OLD EMILY GREEN EARNs EAGLE SCOUT

Becoming an Eagle Scout is the highest achievement attainable in the Scouts. PCSS student Emily Green of Chelsea has achieved this rank already at only 14 years old.

Wanting to follow in the footsteps of her older brother, Emily began attending Scout meetings as a youngster and, once girls were allowed, eventually joined a co-ed Cub Scout group. After Cub Scouts, it was a four-year journey to becoming one of the first females to belong to the Cambridge Troop 56 and become an Eagle Scout. Emily earned her Eagle

Scout status by volunteering, doing paperwork, and earning her way in badges, her once-most-coveted being the Horsemanship badge she earned.

To rise in rank to Eagle Scout, one must complete a community-focused project. For this, Emily raised garden beds for the Massachusetts Audubon Society in Belmont. Emily then researched what type of beds would be needed and how to make them. She then fundraised for the project, gathered all necessary materials, and helped build the bed space, a task that took volunteers

only a day to complete. In total, Emily dedicated nearly 120 hours to the project and to the community. A gardener outside of Scouts, Emily thought this project would positively impact the community. In addition, she likes that it gives people a chance to sit outdoors and enjoy the space.

Emily focuses on her next adventure after high school. The Scout sets her sights on graduating from UPenn on her way to becoming an OBGYN. Like her desire to be an Eagle Scout, Emily is on the path to achieving her dreams.

Statewide poll finds the most salient issues among the state’s Latino population are related to affordability

Amplify Latinx, Massachusetts-based nonprofit non-partisan, collaborative convener advancing Latino leadership representation, economic prosperity, and civic engagement, along with the

MassINC Polling Group released the findings of a recent poll among about 1,200 Latino residents of Massachusetts. It is the largest ever Latino focused poll on civic engagement and economic

prosperity in Massachusetts. The project also included two focus groups of Latino residents and a series of interviews with Latino elected officials.

See **LATINO POLL** Page 9

EBNHC / CONTINUED FROM PAGE 4

EBNHC. “I am thrilled to join an institution with the compassion and drive to make impactful changes in fostering a healthier community in East Boston and beyond.”

East Boston Neighborhood Health Center (EBNHC) is one of the nation’s largest Federally Qualified Health Centers (FQHCs) and the largest community

health center in Massachusetts, serving over 100,000 patients and recognized by the Health Resources and Services Administration (HRSA) as a Health Center Quality Leader. For more than 50 years, EBNHC has offered access to comprehensive care for the underserved populations of Chelsea, East Boston, Revere, Winthrop, Everett

and Boston’s South End. EBNHC is dedicated to promoting and sustaining healthy communities, families, and individuals by providing accessible, person-centered, compassionate, and high-quality health care services to all who live and work in our service area. For more information, please visit www.ebnhc.org.

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CHELSEA RECREATION AND CULTURAL AFFAIRS HOSTS AN ALL SKATE EVENT

PHOTOS BY MARIANNE SALZA

Nearly 200 visitors participated in Chelsea All Skate on February 26 at Cronin Memorial Rink – the largest attendance in the six years that Chelsea Recreation & Cultural Affairs has been hosting the event. Families enjoyed a free afternoon of ice skating, which included complimentary ice skates and hot cocoa.



Christian Cardozo and Natalie Burgos drinking hot cocoa while the rink is being resurfaced.



Juliana Hassell and Thania Simon.



Sandra and Ashley Alvarado, 2.



First time ice skaters, Jose Flores, and his 9-year-old daughter, Jasmine, with his niece, Arianny Barrientos, 7.



Anderson, 9, and Skye Williams, 1.



Vanesa and Joe Raduazzo with their sons, Lorenzo and Giovanni.



Chelsea Recreation and Cultural Affairs: Karina Prado, Manager of Community Recreation, Alex Delvalle-Montoya, Director, Bea Cravatta, Billing and Grant Management Assistant, Diana Ligocki, and her granddaughter, Viviana Ligocki.



Manal, 9, one of the first, eager Chelsea residents on the ice.



Families enjoying a free afternoon of ice skating on Cronin Memorial Rink.



Nearly 200 Chelsea residents attended Chelsea All Skate at Cronin Memorial Rink on February 26.



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CBC HOLDS 10TH ANNUAL CHELSEA TRAILBLAZERS RECOGNITION DINNER

The Chelsea Black Community (CBC) held its 10th Annual Chelsea Trailblazers Award Recognition Dinner Feb. 27 at the Williams Middle School.

CBC President Joan Cromwell welcomed a capacity crowd to the school cafeteria for the celebration during which the CBC recognized unsung heroes in the community with its Chelsea Trailblazers Awards. The Recognition Dinner is held as part of Chelsea's Black History Month Celebration.

Chelsea Public Schools Equity, Diversity, and Excellence Officer Dr. Aaron Jennings was the keynote speaker for the program.

CBC Board Member Sharon Caulfield, former Associate Dean of Bunker Hill Community College, and CBC Secretary Nicole McKoy also delivered remarks during the program.

Poets Careliz Figueroa and Beemo Buchanan, and REACH vocalists were among the performers at the celebration.

The Chelsea Trailblazers Awards have risen to be among the city's most prestigious individual honors. This year's award recipients were Yahya Noor, Roseann Bongiovanni, Stacey Smith, Deborah Washington, Grace McKinnon, Cesar Castro, and Ned Keefe.

CBC President Joan Cromwell announced at the dinner that the CBC has launched a Workforce Development training program.

Cromwell thanked the committee for doing an outstanding job organizing and hosting this year's Black History Month Celebration in Chelsea.



Sen. Sal DiDomenico presents an Official Citation to Chelsea Trailblazers Award honoree Roseann Bongiovanni.



Sen. Sal DiDomenico and Kenneth Umemba.



Maria Belen Power and Roseann Bongiovanni, longtime professional colleagues and friends at Chelsea-based GreenRoots.



Supt. of Schools Dr. Almi Abeyta, with keynote speaker Dr. Aaron Jennings, Equity, Diversity, and Excellence Officer for the Chelsea Public Schools.



Mary Cox, Jane Cox, and Bill Rollins congratulate Grace McKinnon on receiving the Chelsea Trailblazers Award.



Sen. Sal DiDomenico and John Washington present an Official Citation to Chelsea Trailblazers Award honoree Deborah Washington.



Sen. Sal DiDomenico, Paul Smith, and Brandon Rivera present an Official Citation to Chelsea Trailblazers Award honoree Stacey Smith.



John Martin, Charlie Moore, and his son, Jared Moore.



Sen. Sal DiDomenico joins Celeste Williams (left), Militza Diaz and Star Diaz in presenting an Official Citation to Chelsea Trailblazers Award honoree Grace McKinnon.



Sen. Sal DiDomenico and CBC President Joan Cromwell present an Official Citation to Chelsea Trailblazers Award honoree Cesar Castro.



Poet BeeMo Buchanan, CBC Youth Ambassador Careliz Figueroa, and CBC board member Maureen Lee.



Chelsea Chamber of Commerce President Paul Nowicki and Senior Center Director Tracy Nowicki congratulate GreenRoots Executive Director Roseann Bongiovanni on receiving the Chelsea Trailblazer Award.



Chelsea High School boys basketball head coach Cesar Castro, recipient of the Chelsea Trailblazers Award, with assistant coach Armani Cheek, and members of the CHS basketball team, who came to honor their coach on his prestigious award.



Sen. Sal DiDomenico and Councilor-at-Large Damali Vidot present an Official Citation to Chelsea Trailblazers Award honoree Yahya Noor.



Chelsea Recreation and Cultural Affairs Director Bea Cravatta, Chamber of Commerce Executive Director Jennifer Hassell, CBC President Joan Cromwell, Chelsea Police Chief Keith Houghton, CAPIC Executive Director Richelle Cromwell, Senior Center Director Tracy Nowicki, CBC Vice President Dakeya Christmas, and Chamber of Commerce President Paul Nowicki.

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Malden Catholic's Brother Daniel Cremin to be honored on Mar. 2

In recognition of Malden Catholic's longest serving Xaverian Brother, MC has dedicated its athletic hall of fame to Brother Daniel Cremin, C.F.X. who spent 23 years at the school coaching and teaching physical education instruction and 23 years at the school as a counselor. The school's hall of fame was originally established in 1989 and it celebrated the institution's strong athletic history and outstanding individual athlete, team, coach and volunteer accomplishments with a formal induction into the MC Hall of Fame for sixteen years.

The Hall of Fame event will be held on Thursday, March 2 at Anthony's of Malden. Mayor Gary Christenson will be in attendance along with 350 guests to honor several former great Lancer athletes, legendary coaches and two MC teams. A social hour will be held starting at 5:30 PM before the Hall of Fame ceremony begins at 6 PM. Tickets are sold out for the event.

Those who will be honored and inducted into the MC Hall of Fame are:

Brian Parow '04 – MC Wrestling (Chelmsford, MA)

Brian Parow '04 participated in the MC Wrestling team for all 4 years in high school, culminating in his senior year as team Captain, and weighing in at 135 lbs. Throughout his four years, he had multiple accomplishments and records under his belt—most notably, he won the 2004 Sectional and State Championship and was ranked 3rd in New England that year. He also had the greatest number of wins ever at Malden Catholic (110).

Dario Pizzano '09 – MC Baseball (Hoboken, NJ)

Dario Pizzano '09 lettered all four years as a member of the MC Baseball team. A two-time captain, two-time Catholic Conference All-Star, and a two-time Catholic Conference Batting Champion, he has the most career hits in MC's history. During his senior year, he was the Catholic Conference MVP, an EMass All-Star and a first team Massachusetts All-Star and MVP. He was also named a Boston Herald All-Scholastic, Boston Globe Division 1 Player of the Year and an Honorable Mention All-American. His team won the Catholic Conference Championship and



Brother Daniel Cremin, C.F.X.

reached the EMass Final in 2008. In 2009, he was a part of the Boston Herald Preseason Number One Ranked team in the state.

David Caputo '85 – MC Football and Baseball (Rowley, MA)

David Caputo '85 played MC varsity Baseball and Football. In Football, he started on both the offensive and defensive lines and was named a Catholic Conference All-Star in 1984, one of only two defensive tackles for the entire Catholic Conference to be recognized. In his senior season, he was named a Boston Herald Division II All-Star. As a senior David started as an offensive guard and defensive tackle for the Catholic Conference Co-Champion Lancers and he was a key contributor for a Lancer team that defeated St John's Prep and BC High in the same incredible season. David went to play college football for the Michigan Wolverines and earned 2 Big Ten Title rings, a Rose Bowl Championship Ring and an M Ring and a Varsity Letter from the legendary college program.

Domenic "Junior" Vincenzo Jr. '94 – MC Soccer (North Reading, MA)

Domenic "Junior" Vincenzo Jr. '94 was a four-year starter for the MC Boys Soccer team. He was the leading goal-scorer as a freshman, a three-time 1st Team Catholic Conference All-Star, two-time Captain, two-time Daily News Mercury All-Scholastic, the 1993-94 Daily News Mercury Player of the Year, and the 1993-94 Eastern Mass Soccer Coaches Association All-Star.

Jack Leavitt '02 – MC Swimming (Silver Spring, MD)

Jack Leavitt '02 was a member of the Malden Catholic swim team from 1998 - 2002. Jack was team Captain and school record holder in the 100 Freestyle and 100 Backstroke. Leavitt was team

MVP all four years and in his senior year, was MIAA State Champion in the 100-yard Backstroke.

Richard "Rick" Mazzei '74 – MC Lacrosse Coach and Athletic Director (Notre Dame, IN)

Richard Mazzei '74 returned to MC to become the Athletic Director. As the AD, he created a varsity Lacrosse team in 1996 and became the Boys Lacrosse coach. He is the first coach in state history with 400 wins, with over 200 wins as a Lancer. He has earned six Catholic Conference Championships, his team was the D1 runner-up in 2004 and was also the Boston Globe Coach of the Year in 2004. He was a MC faculty member for 30 years teaching US History, and was has been inducted into the Beverly High School and New England Lacrosse Hall of Fames.

Ryan Layton '02 – MC Football, Hockey and Lacrosse (Wilmington, MA)

Ryan Layton '02 was a three-sport stand-out in Football, Hockey and Lacrosse. He played four years of varsity Hockey and three years of varsity Football and Lacrosse. In his junior and senior year, he earned Catholic Conference All-Star in all three sports. In his senior year, he was earned the Most Valuable Player Award by his coaches in Football and Hockey. That year, he also was elected Captain in all three sports and earned the Extraordinary Achievement in Athletics Award. In his sophomore year he was also awarded Sophomore of the Year Award.

Sean Layton '03 – MC Football, Hockey and Lacrosse (Medford, MA)

Sean Layton '03 was a three-sport stand-out athlete which included MC Football, Hockey and Lacrosse. He played four years of varsity Hockey and three years of varsity Football and Lacrosse. In both his junior and senior years, he earned Catholic Conference All-Star in all three sports. In his senior year, he was Captain of all three teams and was named a Boston Globe and Boston Herald All-Scholastic in both Football and Lacrosse. He was also named an All-American in lacrosse. His freshman year he was the recipient of Freshman of the Year in 2000 along with the Brother Kevin Kenny C.F.X., Award and earned the Extra Achievement in Athletics Award

his senior year.

Stephen Joseph Harris '68 – MC Football, Hockey, Baseball and Track (Tewksbury, MA)

Stephen Joseph Harris '68 participated in multiple sports at MC including Football, Hockey, Baseball and Track programs. During his freshman year with the hockey team, the team made the state tournament. In his sophomore year, the MC Football team went undefeated and became State Champions. In his senior year, he was ranked #1 in Offense in the Catholic Conference.

Steve Freker – MC Baseball Coach 2000 – 2012 (Malden, MA)

Steve Freker was an exemplary Baseball coach at MC for 13 seasons, from 2000 - 2012. In those 13 seasons, he finished with a record of 182-93, including 11 trips to the MIAA Division 1 State Tournament, with a post-season record of 27-10. This included two North Sectional Championships, five trips to the North Finals and one Eastern Mass Championship. In 2003, MC Baseball won the MIAA Division 1 State Championship. Freker also assisted in coaching football for seven seasons and basketball for two seasons.

Stephen Wishoski '68 – Football, Baseball (Malden, MA)

Stephen Wishoski '68 is a four-year member of the MC Football and Baseball teams. He was Captain of the 1967 Football team and selected to the Catholic Conference All Star team. He was a two-way player and starter for the undefeated MC Massachusetts Class B Championship football team in 1965. He is the son of Walter Wishoski, a graduate of MC's first graduating class of 1936 and an inaugural member of MC's Hall of Fame. He was also in the last graduating class from the "old MC" on Highland Avenue.

1960 - 1961 MC Boys Basketball Team

The 1960-61 MC Boys Basketball Team had a slow start to the season but finished with a 16-4 record after winning 10 straight games. The team won the New England Catholic Conference tournament and are the first basketball team in MC History to win the Catholic Conference title. Captain Tom Horne was recognized as a Catholic Conference All-Conference 1st Team, and Tom



Mamos was awarded the New England Catholic Tournament MVP.

Coaches: Head Coach Leonard Dempsey '53 (Italy) and Assistant Coach Joe Mulkerrin '55 (Virginia Beach, VA)

Players: Gerald Driscoll '62 (Beverly, MA), Ed Feeley '61 (Bluffton, SC), Robert Creeden '62 (Dennis, MA), James Russell '61 (Needham, MA), Charles Dineen '63 (South Weymouth, MA), John Healey '61 (Sun City, AZ), Tom Horne '61 (Westwood, MA), Robert Kelley '61 (Tuftonboro, NH), James Carroll '62 (Topsfield, MA), Tom Mamos '62 (Westford, MA), William Johnson '62, Hugh Murphy '62 (Jamestown, RI).

2010 - 2011 MC Boys Hockey Team

A preseason number 1 pick by hockey guru Jim Clark of the Boston Herald, the 2010 - 2011 team lived up to their billing and won the first State Championship hockey title for MC since 1974. An outstanding team led by legendary Coach Chris Serino P'07, '09, this team firmly re-established MC as a powerful New England hockey presence by winning a Catholic Conference Championship and the first of 5 Super Eight titles spanning a period of 6 years. The Lancers beat St. Johns Prep 4-3 in overtime for the State Championship in front of 8,000 fans at Boston Garden and brought home the trophy. The 2010-2011 team finished with an impressive 21-2-2 record.

Coaches: Head Coach Chris Serino P'07, '09 (Saugus, MA), Assistant Coach Phil Antonelli '92 (Everett, MA), Assistant Coach John McLean P'15 (Wakefield, MA), Assistant Coach Patrick Driscoll (Reading, MA) and Team Manager Robert Reppucci '75 (Everett, MA).

Players: John Egan '11 (Everett, MA), Ryan Fitzgerald '13 (North Reading, MA), Ben Rosa '12 (Billerica, MA), Michael Iovanna '13 (Boston, MA), Brian Cameron '14 (Wakefield, MA), Brendan White '11 (Wakefield, MA), Garrett White '11 (Osterville, MA), Patrick Wrenn '14 (Charlestown, MA), Paul Wrenn '11 (Charlestown, MA), Brendan Collier '12 (Charlestown, MA), Paul Myers-O'Connell '12 (Charlestown, MA), Colin MacGillivray '13 (Peabody, MA), Jackson Petri '11 (Wenham, MA), Andrew Travers '13 (Lynn, MA), Nicholas Roberto '12 (Wakefield, MA), Richard Keogh '11 (North Reading, MA), Robert Keogh '12 (North Reading, MA), Paul Limone '11 (Medford, MA), Patrick Young '11 (Methuen, MA), Cam Ferry '13 (Georgetown, MA), Tyler Sifferlen '14 (North Andover, MA), Matthew Hamill '11 (Peabody, MA), Andrew Cross '14 (Reading, MA), Michael Vecchione '11 (Saugus, MA), Nolan Carrier '12 (Somerville, MA), Connor Evangelista '12 (Stoneham, MA), Nicholas Rolli '14 (Stoneham, MA), Timothy Lynch '11 (Lynnfield, MA), Nicholas Masiello '12 (Wilmington, MA), Jake Porrazzo '13 (Medford, MA), Michael Clancy '11 (Lynn, MA), Joe Sullivan '11 (Saugus, MA).

Since 1932, Malden Catholic High School has shaped emerging leaders in our community, claiming a Nobel Laureate, a Senator, two ambassadors and countless community and business heads among its alumni. Annually, graduates attend some of the nation's most renowned universities including Harvard, Princeton, Dartmouth, University of Chicago, Georgetown, Cornell, Brown, Tufts, Carnegie Mellon, Notre Dame, Northeastern, Boston College and College of the Holy Cross. Foundational to student success is Malden Catholic's codivisional model which offers the best of both worlds, single-gender academics during the day and integrated social and extracurricular opportunities after school. Malden Catholic is known in the community for its rigorous academics, SFX Scholars Program and award-winning STEM program (Science, Technology, Engineering and Math) with electives such as Robotics and Engineering Design. Malden Catholic curricula is designed to improve individual growth mindset, leadership principles and success outcomes along with integrating the Xaverian values of trust, humility, compassion, simplicity and zeal. <https://www.maldencatholic.org/>

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Latino Poll / CONTINUED FROM PAGE 5

The survey found Latino residents want state leaders to focus most on economic issues. Housing costs and healthcare costs were the top priorities followed by jobs and unemployment. Education was fourth on the list. A series of focus groups among Latino residents and interviews with elected officials found the same issues of concern. Immigrant rights fell in the middle of the list of issues, while transit improvements and climate change were near the bottom.

Full topline, crosstabs, slides, and quotes from elected officials and focus group respondents are available here.

A key part of the research project was exploring ways to boost civic engagement among Latino residents including activities such as participation in campaigns and public meetings, and contacting elected officials. A quarter or less report participating in each of these activities in the last year. Currently, civic engagement is higher among English speaking only households, those with higher education levels, and those born on the US mainland.

“We are thrilled to unveil this informative landscape of Latinos in Massachusetts, the most expansive of its kind, that presents a snapshot of our community’s priorities, such as economic development including affordability, jobs, and education, among others,” says Amplify Latinx CEO & President Eneida Román. “Amplify’s commitment to highlighting this data presents an opportunity for our coalition to increase Latino civic engagement by leading advocacy efforts statewide. Our ongoing research projects give us the necessary tools to advocate for transformative initiatives that drive pathways for economic prosperity for all residents and business owners of our great Commonwealth.”

Other results of activities reported include: posting about political views on social media was most common (26%), followed by attending government meetings (23%) and displaying a campaign sign, button, or bumper sticker (22%). One of the least frequent activities was contacting an elected official (17%). Out of all eight activities, Latino residents

took part in an average of 1.43 in the last year. Activity levels decreased among residents who only spoke Spanish, lived outside of the U.S. and Puerto Rico and those without a college degree. The highest engagement was from Latino residents who identified as LGBTQ+.

The focus groups found that for many, a key hurdle was the sense that their voices were not heard or represented in the political process and that they were disappointed in past political outcomes. Even so, 73% think their community could make “a lot” or “some” difference if they pushed for change.

When polled about voting, there was considerable optimism, with 82% saying they agree voting “has a real impact on the way decisions are made” (52% strongly agree). The poll suggests boosting registration rates will require both addressing structural barriers to registering and overcoming disaffection and distrust of the political system among potential voters. Those who could potentially register but have not done so cited a range of barriers including a lack of time and little interest or faith in the political system.

cal system.

About three-quarters (76%) said electing more Latinos to office was somewhat or very important. In a series of focus groups with residents and interviews with elected officials, the issue of representation came up frequently as essential to boosting civic engagement among Latino voters. Some described voting exclusively to support Latino candidates. One elected official said Latino residents would sometimes reach out to their office even if they were not their constituents.

When it comes to specific policy proposals, over three-quarters (78%) of Latino residents support “making buses and trains free to ride in Massachusetts.” A majority of Latino residents support limiting rent increases (79%), helping families pay for childcare (87%), and expanding programs that support small businesses to access funds (90%).

Among other major findings:

- Abortion is not the most salient issue to most respondents, falling below many other issues in terms of priorities for state leaders. Even so, 59% say abortion should be legal in all or most cases, while 34% say it should be illegal.
- Elizabeth Warren is the most commonly known Massachusetts politician while Katherine Clark is the least well known of those included in the poll.
- More respondents say they prefer Hispanic, Latino, or refer to their place or country of origin to describe themselves. Just 5% identified with Latinx. On this and on many other items, there were considerable differences by nationality / ancestry.
- Overall, 10% identify as LGBTQ+. Among

younger Latinos (those under 30) the figure is 19%. This echoes national surveys which have suggested younger Latinos identify as LGBTQ+ at higher rates than others, a figure which has grown in recent years.

“This effort is absolutely unique in scope and scale,” said Steve Koczela, “President of The MassINC Polling Group, which oversaw the poll. “The survey includes a very large sample size of Latino respondents in Massachusetts and sits alongside resident focus groups and elected official interviews.”

Amplify Latinx is a Massachusetts-based nonprofit formed in 2018 by The Latina Circle, Inc. that serves as a non-partisan, collaborative convener advancing Latino leadership representation, economic prosperity, and civic engagement.

The MassINC Polling Group is a nonpartisan public opinion research firm serving public, private, and social-sector clients. MPG elevates the public’s voice with cutting edge methods and rigorous analysis. Based in Boston, MPG serves a nationwide client base.

OBITUARIES

Sally Sherzi

She was a beacon of love, positivity and kindness

Sally E. (Soroka) Sherzi passed away unexpectedly on Tuesday evening, February 28th surrounded by her loving family after a sudden decline of health. She was 93 years of age.

Born and raised in Chelsea, she was the youngest of seven children of the late Stanley and Salome (Bobyrycka) Soroka. Sally attended St. Stanislaus Parochial School and graduated from Chelsea High School. Sally was a lifelong resident of Chelsea, only settling in Danvers two years ago to be close with her children. She was married to Louis R. Sherzi for 44 years and together raised a daughter and son.

Sally was passionately devoted to home and family. She was a member of the former St. Stanislaus Parish, where she was a past member of the Church Choir and Ladies Sodality. She was also a faithful communicant of Our Lady of Grace Church in Chelsea.

Sally was proud of her children and grandchildren and never missed a family event. She loved her time spent at the Chelsea Senior Center and the friends she made during bocce, bowling and bingo. Sally, a true Boston sports fan, enjoyed watching the Red Sox and Patriots games.

Sally was a beacon of love, positivity, and kindness. She always kept everyone entertained and knew how to put a smile on our faces.

In addition to her parents, Sally was predeceased by her husband, Louis R. Sherzi; her siblings and their spouses: Lucille and Ben Towski, Sophie and Victor Znawski, Olga and Albert Bazylewicz, Anthony and Frances Soroka, Leokadia Soroka and Jessie



and Frank Letizia. She is survived by her loving and caring children: LouAnn Strangie of Danvers and Mark Sherzi and his wife, Annmarie of Peabody; cherished grandmother of Nicholas and Brittany Strangie, Alexandra Strangie and her fiancé, Evan Eldridge, Salvatore Sherzi, Joseph Strangie, Domenic Sherzi and Jack Strangie and adoring great-grandmother of Charlotte Strangie. She is also survived by many nieces and nephews, extended family and friends.

Relatives and friends are most kindly invited to attend her visiting hours at the Welsh Funeral Home, 718 Broadway, Chelsea on Monday, March 6. Visiting hours on March 6 will be from 4 to 8 p.m. Her funeral will be held from the Welsh Funeral Home on Tuesday, March 7 followed by a Funeral Mass at Our Lady of Grace Church, 59 Nichols St., Chelsea (TIMES TO BE ANNOUNCED). Services will conclude with interment at Woodlawn Cemetery, Everett.

Should friends desire, contributions in Sally’s name may be made to a charity of their choice. For complete services, directions or to send expressions of sympathy, please visit: www.WelshFH.com



Aixa Amezquita

Urgent Care Administrator at Chelsea Beth Israel whose life was devoted to home and family

At 63 years of age, Aixa (Rosa) Matilde Amezquita Mendizabal, after living courageously with several illnesses, passed away peacefully on February 27.

A beloved daughter of Matilde Amezquita and the late Roberto Amezquita, she was born in Toa Baja, Puerto. As a child, her family lived briefly in New York before settling in Dorchester and Roxbury. She grew up in Roxbury, attended the Frank V. Thompson Middle School in Boston and got her GED.

She married Daniel Rivera, together they resided in Chelsea for the past 26 years and raised their family of two sons and three daughters, welcoming several grandchildren and a great-granddaughter.

Aixa worked as a Medical Administrator at the Beth Israel in Boston for over 25 years and for the past five years she was the Urgent Care Administrator at the Beth Israel in Chelsea.

Her life was devoted to home and family. She took great pride in keeping her home impeccably clean and providing a safe and sound home for her family. She was a role model for what a mother should be, nurturing her own children and others. At work, she treated and helped patients as she would have liked to be treated as a patient.

In addition to her father, Aixa was predeceased in June of 2022 by her daughter, Rosa Amezquita. She is survived by her beloved husband of 40 years, Daniel Rivera. She was the devoted mother of Ray Amezquita, Julia Santiago Rivera, Daniel Santiago, Anissa Santiago Amezquita, and the late Rosa O. Amezquita;



loving daughter of Matilde Amezquita and the late Roberto Amezquita; dear sister of

Iris Abreu, Carmen Abreu, Diana Perez, Pedro Abreu, Rafael Rijos and Luis Amezquita; cherished grandmother of Thomas Reyes Amezquita, Nina Reyes, Jada Amezquita, Jacob (Nino) Amezquita, Daniel Santiago, Angel Santiago, Mariana Santiago, Ayxa Santiago and Gisela Morales and adoring great-grandmother to Nia Reyes. She is also survived by many extended family members and friends.

Relatives and friends are most kindly invited to honor Aixa’s life while visiting at the

Welsh Funeral Home, 718 Broadway, Chelsea, Saturday morning, March 4 from 9 to 11 a.m. immediately followed by a prayer service in the Funeral Home at 11 a.m. Services will conclude with Aixa being placed to rest together with her late daughter, Rosa in Woodlawn Cemetery, Everett.

Arrangements were given to the care and direction of the Welsh Funeral Home.

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



Justo E. Simo

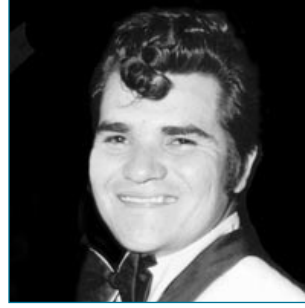
May 30, 1942 – February 19, 2023

Justo E. Simo, beloved husband of 50 years to Dora (Alvarez) Simo, passed away on Sunday, February 19 at the Mass. Gen. Hospital in Boston, due to sudden heart failure. He was 80 years of age.

Born and raised in Tuna de Zaza, Cuba, he was one of seven children born to the late Ernesto and Elisa Simo. Justo received his early education in Tuna de Zaza. In 1963 he was able to leave Cuba and resided briefly in Jamacia Plain before settling in Chelsea.

He was married to Dora (Alvarez) Simo and together raised their two sons. Justo and Dora have been residing in Revere for the past 25 years.

Justo worked as woodworker and craftsman, fashioning custom doors for American Door Co. in Needham. He was a most dedicated and loving husband, father and grandfather. In his lifetime, he loved to be outdoors enjoying nature’s surroundings, fishing and gardening were among his favorite pastimes. In addition to his parents, he



was also predeceased by two siblings; Mirta Simo and Everett Simo.

Justo is survived by his beloved wife of 50 years, Dora (Alvarez) Simo of Revere. He was the devoted father of Daniel Simo and David Simo, both of Revere and the cherished grandfather of Matthew Simo; dear brother of Domingo Simo, Victoria Simo, Fe Simo and Mary Simo, all residents of Florida.

Funeral arrangements were entrusted to the Welsh Funeral Home, 718 Broadway, Chelsea.

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



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Power / CONTINUED FROM PAGE 1

be leaving them behind. I'm bringing those lessons and people with me to this newly created role to transform how our state approaches energy, the environment, and public health."

GreenRoots Executive Director Roseann Bon-

giovanni congratulated Power on her new statewide position and said that Power will be an asset to the Healey Administration.

"I am so proud that Maria Belen will take a critically important position with the Healey Ad-

ministration to advance environmental justice and equity throughout the state. I know that Maria Belen will take the lessons learned here in Chelsea and East Boston and put them into effect to create lasting change for communities throughout the Commonwealth."

As the Undersecretary of Environmental Justice and Equity, Power will oversee the training of EEA agency staff and focus on establishing environmental justice principles in the work of the secretariat, which oversees state energy policy, public lands, and environmental

policy. She also will work with external stakeholders on community outreach and engagement to ensure that historically marginalized communities are represented as the Healey-Driscoll Administration advances its energy and environmental agenda. She starts her new role on March 6.

"Maria Belen Power is the real deal," said Maria Lopez Nuñez, who serves with Power on the White House Environmental Justice Advisory Council and is the Deputy Director, Organizing and Advocacy at Ironbound Community Corporation in Newark, New Jersey. "She will lead the Healey-Driscoll Administration's environmental justice work with a genuine commitment to the communities most profoundly impacted by pollution, contamination, and fossil fuel infrastructure. I'm looking forward to seeing her in action in this new role."

"As we look ahead to our clean energy future, we can't leave behind the people devastated by fossil fuels," added Angela Mahecha, the Environmental Justice Movement Fellowship Director at the Tishman Environment and Design Center at the New School. "I know Maria Belen will not only remember the pain and loss suffered by environmental justice communities — she'll put their needs at the forefront of the Healey-Driscoll Administration's climate agenda. This is an exciting hire."


"I commend Governor Healey for not only creating this new role, but for appointing one of Massa-

chusetts' top climate justice leaders," said Shalanda Baker, the Director of the Office of Economic Impact and Diversity at the U.S. Department of Energy. "Now is the moment for stated to lead the clean energy transition, and do it with an equity lens. I'm thrilled for Maria Belén Power, Massachusetts, and frontline communities in the Commonwealth. This role will be key to delivering on the President's historic Justice40 Initiative."

Power grew up in Nicaragua in the aftermath of the revolution. She currently serves as Assistant Executive Director of GreenRoots, a community-based organization dedicated to improving and enhancing the urban environment and public health in Chelsea. The city has some of the worst air pollution in the state, predisposing residents to higher rates of cardiovascular disease and respiratory ailments, including some of the highest rates of COVID-19 of any Massachusetts community. Power oversees GreenRoots' environmental justice campaigns and supports the work of the organizing team. She was appointed by President Biden to serve on the newly established White House Environmental Justice Advisory Council. She holds an undergraduate degree in sociology from Augsburg University, a Master of Public Policy from Tufts University, and a Certificate in Non-Profit Management and Leadership from the Institute for Non-profit Practice.

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DEADLINES: For classified line ads, deadlines are Monday by 4 p.m. Call 781-485-0588 or fax the ad to 781-485-1403

Accounting Manager

The Chelsea Housing Authority (CHA) is looking for an Accounting Manager and s/he is responsible for fiscal functions relating to the Conventional Public Housing, Rental Assistance and Resident Services programs. The Accounting Manager is responsible for delegating tasks, monitoring work, and overseeing compliance with established procedures and practices in the following areas: accounts payable, rent collections, cash management, investment, insurance, payroll, personnel, rental assistance receivable and payables. The CHA uses a Fee Accountant with extensive knowledge of the housing industry and helps Accounting Manager with maintaining operations within Federal and State guidelines.

The Accounting Manager supervises two Accounts Payable/Receivable clerks and assists in the oversight and operation of the data processing functions of the agency. The Accounting Manager reports to Deputy Director and creates monthly reports for the CHA. The Accounting Manager monitors budgets to ensure expenditures fall within budget guidelines.

Responsibilities

1. Works closely with Fee Accountant to produce financial statement and assist in budget preparation.
2. Prepares monthly expense statements.
3. Reviews CHA programs and significant financial outlays.
4. Oversees cash management, consisting of the Authority's cash flow and investment activities.
5. Reviews and oversees all accounts receivable and payable, including Leased Housing owner payments.
6. Monitors and reports on the Section 8 Mobility Program.
7. Maintains personnel records, computes employee benefits.
8. Prepares written evaluations of financial staff.
9. Monitors operation of data processing functions, maintains liaison with data processing support.
10. Performs daily functions of financial department including accounts payable, accounts receivable, payroll and leased housing parables and receivables.
11. Performs other related duties as required.

Skills: Excellent hands-on financial and organizational skills. Thorough knowledge of accepted accounting principles (Accounts Receivable, Accounts Payable and Payroll). Supervisory and management skills, ability to delegate responsibility and monitor tasks. Computer proficiency. Must exercise good judgement in maintaining the confidentiality and integrity of CHA's financial information. Good organizational and office skills.

Minimum Qualifications: A minimum of three years of related financial experience including supervisory responsibility. Previous experience in a housing authority environment is preferred. Bachelor's Degree in Accounting or related field required.

Benefits package: Medical, Dental, Long-Term disability, Life Insurance, State Pension Program, Sick & Vacation

Starting Salary Range: \$80,000 to \$90,000 based on experience.

Interested candidates may submit resumes by email at employment@chelseaha.com, (subject line AM2023) or mail (address below) by March 17, 2023, or until position is filled.
Chelsea Housing Authority Finance Department (AM2023)
54 Locke Street Chelsea, MA 02150

Local air quality and health summit set for March 9

An air quality and health summit is planned by Mothers Out Front on Thursday, March 9, from 5 to 8 p.m. at East Boston High School, 86 White St, East Boston.

Research has shown that exposure to extreme air pollution — like in East Boston, Chelsea, and Winthrop — is linked to an extensive number of health conditions for kids and adults. Neighborhood of Affordable Housing Inc., Mothers Out Front East Boston and Winthrop, GreenRoots, East Boston Social Centers, and Airport Impact Relief Inc. have organized a community summit where residents can learn how to protect themselves and loved ones from these impacts, what community groups and legislators are doing to address the problem, and what still needs to happen to see lasting change.


Attendees will hear the latest findings in local air quality research from field leaders, including environ-

mental scientists, as well as recent gains made by partner organizations in a fun and easily digestible way. The event is family-friendly and accessible. Spanish and English interpretation will be provided, as well as food, child care, breakout groups with experts, and supplies to assemble your own home air purifier. The summit is free to the public.

"The problem of pollution is daunting," said Sonja Tengblad of Mothers Out Front East Boston. "But I am excited by all the data we now have that links pollution sources to many health impacts. This is what drives change. We also have proven strategies that can protect our kids. We just need to implement these on a systematic level and fast. This summit is a real opportunity for community members and major stakeholders to share our stories and information and change our communities for the better."

LEGAL NOTICES

LEGAL NOTICE



(LEGAL NOTICE)
CITY OF CHELSEA
INVITATION FOR BIDS
REPAIRS OF MUNICIPAL STREET LIGHTING/
PARKING LOT SYSTEM

The City of Chelsea, Massachusetts, through its Chief Procurement Officer, is seeking sealed bids for all labor and materials for "Repairs of Municipal Street Lighting/Parking Lot System". Invitation for Bids will be available on or after March 2, 2023 by contacting Dragica Ivanis, Chief Procurement Officer at divanis@chelseama.gov or by visiting the

City's website at https://www.chelseama.gov/departments/purchasing/current_bids_solicitations.php. Bids must be sealed and clearly marked "Repairs of Municipal Street Lighting/Parking Lot System" and submitted to the Office of the Chief Procurement Officer no later than 11:00AM on Thursday, March 16, 2023. Each bid must be accompanied by a certified check, issued by a responsible bank or trust company. Or a bid bond duly executed by the bidder as principal and having as surety thereon a surety company approved by the City, all in the amount of 5% of the

bid payable to the "City of Chelsea." The City of Chelsea reserves the right to accept any proposal, to reject any or all proposals and to waive minor irregularities and/or formalities as it deems to be in the best interest of the City. In accordance with our Minority Business Enterprise Plan, we are inviting all qualified women and minority business firms to respond. The City of Chelsea is an Equal Opportunity Employer. This Invitation for Bids is in accordance with M.G.L. Chapter 30, 39M. Dragica Ivanis
Chief Procurement Officer
3/2/23

LEGAL NOTICE



CHELSEA CONSERVATION COMMISSION PUBLIC MEETING REQUEST FOR DETERMINATION OF APPLICABILITY

Notice is hereby given in accordance with Section 40, Chapter 131 of the General Laws of the Commonwealth of Massachusetts (Wetlands Protection Act), that a Public Meeting of the Chelsea Conservation Commission will be held: Wednesday, March 8, 2023, 6:00 PM Via Zoom video conference. The Public Meeting will be held to review the Request for Determination of Applicability submitted by Eric Liebman for the construction of a 2600 square foot accessory structure, utility connections, and incidental site work at 285 Commandants Way. All interested parties seeking to provide public comment or to join the meeting must communicate with jdepriest@chelseama.gov. Name and address must be included in order to be read during the Public Speaking portion of the meeting and email address in order to join the meeting. A copy of the filing may be reviewed at City Hall, Department of Permitting and Land Use Planning, 500 Broadway, Room 106, during City Hall business hours. Per Order Stephen N. Sarikas Chairperson

LEGAL NOTICE

Early Notice and Public Review of a Proposed Activity in a 100-Year Floodplain or Wetland

To: All interested Agencies, Groups and Individuals

This is to give notice that the City of Chelsea has determined that the following proposed action under the Community Development Block Grant is located in the 100-year floodplain/wetland, and the City of Chelsea will be identifying and evaluating practicable alternatives to locating the action in the floodplain/wetland and the potential impacts on the floodplain/wetland from the proposed action, as required by Executive Order 11988 and/or 11990, in accordance with HUD regulations at 24 CFR 55.20 Subpart C Procedures for Making Determinations on Floodplain Management and Protection of Wetlands. The City proposes a program of accessibility and mobility improvements to Addison St., between Carter St. and Carmel St., to upgrade degraded sidewalks, curbing, driveway aprons, and wheel chair ramps. The project will consist of the reconstruction of approximately 1,496 lineal feet of concrete sidewalks, including resetting or replacement of granite curbing, grading and compaction, installation of concrete panels and wheelchair ramps, and the introduction of signage. Within the project area, 180 feet are within a designated FEMA flood plain. The goal of the project is to comprehensively improve deteriorated conditions along a school walking route, creating a streetscape that is accessible for all users. There are three primary purposes for this notice. First, people who may be affected by activities in floodplains/wetlands and those who have an interest in the protection of the natural environment should be given an opportunity to express their concerns and provide information

about these areas. Commenters are encouraged to offer alternative sites outside of the floodplain/wetland, alternative methods to serve the same project purpose, and methods to minimize and mitigate impacts. Second, an adequate public notice program can be an important public educational tool. The dissemination of information and request for public comment about floodplains/wetlands can facilitate and enhance Federal efforts to reduce the risks and impacts associated with the occupancy and modification of these special areas. Third, as a matter of fairness, when the Federal government determines it will participate in actions taking place in floodplains/wetlands, it must inform those who may be put at greater or continued risk. Written comments must be received by the City of Chelsea at the following address on or before March 17, 2023: The City of Chelsea, Department of Housing and Community Development, 500 Broadway, Room 101, 617-466-4188, Attention: John DePriest, Director of Permitting and Land Use Planning. A full description of the project may also be reviewed from Monday, Wednesday, Thursday, 8AM-4PM, Tuesday 8AM-7PM, and Friday 8AM-12PM. Comments may also be submitted via email at jdepriest@chelseama.gov.

LEGAL NOTICE

DEPARTMENT OF ENVIRONMENTAL PROTECTION WATERWAYS REGULATION PROGRAM

Notice of License Application pursuant to M.G.L. Chapter 91 Waterways License Application Number 22-WW16-0003-APP Applicant: 295 Eastern Avenue, LLC Project Location: 295 Eastern Avenue, Chelsea, Suffolk County Notification Date: February 24, 2023 Remote Public Hearing: March 22, 2023 at 6:00 pm [https://us06web.zoom.us/meeting/register/IZMof-iurzwiGdUOBRXlabiWcHjOHnOXJdK6](https://us06web.zoom.us/j/zoom.us/meeting/register/IZMof-iurzwiGdUOBRXlabiWcHjOHnOXJdK6) Public Comments Deadline: April 25, 2023 Public Notice is hereby given of the Waterways Application for an extended-term license by 295 Eastern Avenue, LLC to construct a one-story light industrial/warehouse building with associated surface parking, driveway, stormwater management system, public open space, and public waterfront walkway on Filled Tidelands of Chelsea Creek within an area subject to the Chelsea Creek Municipal Harbor Plan at 295 Eastern Avenue, Chelsea, Suffolk County. The proposed project has been determined to be Nonwater-Dependent. The Department has identified that the proposed project is located in a community with an Environmental Justice Population. This notice is intended to reach the potentially affected Environmental Justice Population. The Public Hearing scheduled for March 22, 2023 at 6:00pm will be conducted remotely via Zoom, which is an online platform for video and audio conferencing and mobile collaboration. Prior to the meeting you can download and sign up for an account for this free software at <https://zoom.us> on your phone, tablet, desktop or laptop computer. It is recommended that you test connectivity/functionality in advance of the meeting. Advance registration is required to participate in this remote Public Hearing, please register using the following link: <https://us06web.zoom.us/j/zoom.us/meeting/register/IZMof-iurzwiGdUOBRXlabiWcHjOHnOXJdK6>

Mof-iurzwiGdUOBRXlabiWcHjOHnOXJdK6 After registering, you will receive a confirmation email with the information needed to join the meeting from your computer, tablet, or smartphone or to dial in using your phone. MassDEP Waterways Regulation Program will conduct this public hearing in order to receive information to be used in its decision on whether to grant a Waterways License pursuant to M.G.L. Chapter 91. The Department will consider all written comments on this Waterways Application received by April 25, 2023 (Public Comments Deadline). Failure of any aggrieved person or group of ten (10) citizens or more to submit written comments to the Waterways Regulation Program by the Public Comments Deadline will result in the waiver of any right to an adjudicatory hearing in accordance with 310 CMR 9.13(4)(c). The group of citizens must include at least five (5) citizens who are residents of the municipality in which the proposed project is located. A public hearing may be held upon request by the Municipal Official. Project plans and documents for the Waterways application are on file for public viewing electronically at: <https://eea-online.eea.state.ma.us/EEA/PublicApp/> (enter 22-WW16-0003-APP in the Search Page in the field for Record ID). If you need assistance, please contact susan.you@mass.gov or if you do not have access to email, please leave a message at (617) 292-5929 for alternative options. It is recommended that documents and correspondence be filed electronically with the email address above, when possible. Alternatively, comments may be mailed to MassDEP-BWR Waterways Regulation Program c/o Susan You, 100 Cambridge Street, 9th Floor, Boston, MA 02114.

LEGAL NOTICE

DEPARTAMENTO DE PROTECCIÓN AMBIENTAL PROGRAMA DE REGULACIÓN DE VÍAS NAVEGABLES

Notificación de solicitud de licencia de conformidad con el Capítulo 91 de las Leyes Generales de Massachusetts Solicitud de licencia de vías navegables número 22-WW16-0003-APP Solicitante: 295 Eastern Avenue, LLC Ubicación del proyecto: 295 Eastern Avenue, Chelsea, Suffolk County Fecha de notificación: 24 de febrero de 2023 Audiencia pública remota: 22 de marzo de 2023 a las 6:00 p. m. [https://us06web.zoom.us/meeting/register/IZMof-iurzwiGdUOBRXlabiWcHjOHnOXJdK6](https://us06web.zoom.us/j/zoom.us/meeting/register/IZMof-iurzwiGdUOBRXlabiWcHjOHnOXJdK6) Fecha límite de comentarios públicos: 25 de abril de 2023 Por el presente, se notifica públicamente que 295 Eastern Avenue, LLC ha solicitado una licencia extendida de vías navegables para construir un edificio de industria liviana/depósito de una planta, con una superficie de estacionamiento, una entrada para vehículos, una sistema de manejo de agua pluviales, un espacio público y un sendero peatonal en la zona costera rellenada de Chelsea Creek dentro de una área sujeta al Plan Portuario Municipal de Chelsea Creek, en 295 Eastern Avenue, Chelsea, condado de Suffolk. Se ha determinado que el proyecto propuesto no es dependiente del agua. El departamento ha identificado que el proyecto propuesto se encuentra ubicado en una comunidad con población de justicia ambiental. El objetivo de esta notificación es

informar a la población de justicia ambiental que podría verse potencialmente afectada. La Asamblea pública programada para el 22 de marzo de 2023 a las 6:00 p. m. se llevará a cabo de manera remota por Zoom, una plataforma en línea para conferencia de audio y video y colaboración móvil. Los asistentes pueden descargar este software gratuito y registrar una cuenta en <https://zoom.us> en sus teléfonos, tabletas, computadoras fijas o portátiles. Se recomienda probar la conectividad y el funcionamiento con anticipación. Para participar en esta Audiencia pública remota, es necesario registrarse mediante el siguiente enlace: [https://us06web.zoom.us/meeting/register/IZMof-iurzwiGdUOBRXlabiWcHjOHnOXJdK6](https://us06web.zoom.us/j/zoom.us/meeting/register/IZMof-iurzwiGdUOBRXlabiWcHjOHnOXJdK6) Luego de registrarse, recibirá una confirmación en su correo electrónico con la información necesaria para unirse a la reunión desde su computadora, tableta o teléfono, o para ingresar marcando un número desde su teléfono. El Programa de Regulación de Vías Navegables de MassDEP realiza esta audiencia pública a fin de recibir información que se utilizará en la decisión para otorgar o no la licencia de vías navegables de conformidad con el Capítulo 91 de las Leyes Generales de Massachusetts. El departamento tomará en consideración todos los comentarios escritos sobre esta solicitud de vías navegables recibidos antes del 25 de abril de 2023 (Fecha límite de comentarios públicos). Todo ciudadano o grupo de 10 (diez) o más ciudadanos perjudicados que no presente sus comentarios por escrito al Programa de Regulación de Vías Navegables antes de la fecha límite de comentarios públicos no tendrá derecho a una audiencia de adjudicación de conformidad con la regulación 310 CMR 9.13(4)(c). Los grupos de ciudadanos deben estar compuestos de al menos cinco (5) ciudadanos residentes del municipio donde se encuentra el proyecto propuesto. Se podrá llevar a cabo una audiencia pública previa solicitud de la Oficina Municipal. Los planos y documentos de la solicitud de vías navegables se encuentran archivados en el registro y pueden consultarse digitalmente en: <https://eeaonline.eea.state.ma.us/EEA/PublicApp/> (ingresar 22-WW16-0003-APP en el campo Record ID [ID de registro] de Search Page [Buscador]). Si necesita ayuda, comuníquese con susan.you@mass.gov o, si no tiene acceso a un correo electrónico, deje un mensaje al (617) 292-5929 para obtener otras alternativas. Se recomienda que, siempre que sea posible, los documentos y la correspondencia se envíen digitalmente a la dirección de correo electrónico ya mencionada. De no ser posible, se pueden enviar comentarios por correo postal a MassDEP-BWR Waterways Regulation Program c/o Susan You, 100 Cambridge Street, 9th Floor, Boston, MA 02114.

LEGAL NOTICE

CITY OF CHELSEA PUBLIC HEARING CAPITAL IMPROVEMENT PROGRAM 2024-2028

In accordance with Section 5-4 (c) of the City Charter of the City of Chelsea, notice is hereby provided of a Public Hearing to be held on Monday, March 13, 2023 in the City Council Chambers, City Hall, 500 Broadway, Chelsea,

Massachusetts at 7:00 P.M. regarding the City of Chelsea Capital Improvement Program (CIP) 2024-2028. Examples of CIP Projects include major building and roadway projects, climate resiliency efforts and open space improvements. A copy of the materials are available for review at the Chelsea City Council Office, City Hall, 500 Broadway #306, Chelsea, MA 02150 during City Hall business hours. Or email jcarmenth@chelseama.gov to request materials. Leo Robinson, President Chelsea City Council

LEGAL NOTICE

NOTICE OF HEARING Case No. 2023-05

Notice is hereby given in accordance with the Massachusetts Zoning Act, Chapter 40A that a Regular Meeting of the Chelsea Zoning Board of Appeals will be held on: Tuesday, March 14, 2023 Chelsea City Hall – 500 Broadway – City Council Chambers, 3rd Floor 6:00 p.m. With reference to the application of: Causeway Development LLC For Special Permit and Variance seeking approval for the construction of a five-story building with twenty-eight (28) affordable home-ownership units which does not meet the minimum requirements for rear yard setback, open space, minimum off-street parking, and minimum off-street loading at the premises known as: 440 Broadway A copy of the application and petition is available for review at: City Clerk's Office during normal business hours: Monday, Wednesday and Thursday 8 a.m. to 4 p.m. – Tuesday, 8 a.m. – 7 p.m. – Friday, 8 a.m. to noon

LEGAL NOTICE

THE COMMONWEALTH OF MASSACHUSETTS MASSACHUSETTS DEPARTMENT OF TRANSPORTATION – HIGHWAY DIVISION NOTICE OF A PUBLIC HEARING

Project File No. 609532 A Design Public Hearing will be held by MassDOT to present the design for the proposed project involving targeted safety improvements and related work on Broadway, from Williams Street to City Hall Avenue (Downtown Broadway Project) in Chelsea, MA. WHERE: The Williams Middle School 180 Walnut Street Chelsea, MA 02150 WHEN: Thursday, March 9, 2023 @ 6:30 PM PURPOSE: The purpose of this hearing is to provide the public with the opportunity to become fully acquainted with the proposed Downtown Broadway Project. All views and comments submitted in response to the hearing will be reviewed and considered to the maximum extent possible. PROPOSAL: The proposed project consists of adding improvements along the Broadway Corridor from City Hall to Williams Street (0.543 miles), including the permanent addition of the Downtown Broadway Bus/Bike Lane Pilot, intersection safety improvements, and the reconfiguration of the Bellingham Square signalized intersection. The completion of these improvements advances key goals of the 2018 City of Chelsea Re-imagining Broadway Plan, which rethinks the traffic and circulation of the Downtown Chelsea area with the goals of improving access, safety,

and mobility for everyone. Standard safety countermeasures such as improved signage, lighting, traffic calming streetscape elements, curb extensions, signal upgrades, sidewalks, pavement and markings, and bus transit amenities will be included with this project. A secure right-of-way is necessary for this project. Acquisitions in fee and permanent or temporary easements may be required. The City is responsible for acquiring all needed rights in private or public lands. The City's policy concerning land acquisitions will be presented in the hearing. Project inquiries, written statements and other exhibits regarding the proposed undertaking may be submitted to Carrie E. Lavallee, P.E., Chief Engineer, via e-mail to MassDOTProjectManagement@dot.state.ma.us or via US Mail to Suite 7550, 10 Park Plaza, Boston, MA 02116, Attention: Project Management, Project File No. 609532. Statements and exhibits intended for inclusion in the public hearing transcript must be emailed or postmarked no later than ten (10) business days (14 calendar days) after the hearing is held. This hearing is accessible to people with disabilities. MassDOT provides reasonable accommodations and/or language assistance free of charge upon request (e.g interpreters in American Sign Language and languages other than English, live captioning, videos, assistive listening devices and alternate material formats), as available. For accommodation or language assistance, please contact MassDOT's Chief Diversity and Civil Rights Officer by phone (857-368-8580), TTD/TTY at (857) 266-0603, fax (857) 368-0602 or by email (MassDOT.CivilRights@dot.state.ma.us). Requests should be made as soon as possible and prior to the hearing, and for more difficult to arrange services including sign-language, CART or language translation or interpretation, requests should be made at least ten business days before the hearing. This Design Public Hearing or a cancellation announcement will be posted on the internet at www.mass.gov/massdot-highway-design-public-hearings. JONATHAN GULLIVER CARRIE E. LAVALLEE, P.E. HIGHWAY ADMINISTRATOR CHIEF ENGINEER

LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT

Suffolk Division 24 New Chardon St. Boston, MA 02114 (617) 788-8300 CITATION ON PETITION FOR FORMAL ADJUDICATION Docket No. SU23P0334EA Estate of: Elizabeth Anne McBride Date of Death: 03/01/2021 To all interested persons: A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Elizabeth R. Backstrom of Somerville, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that: John Albert Klopp of Scottsdale, AZ be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration. IMPORTANT NOTICE You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have

a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 03/30/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty days (30) days of the return day, action may be taken without further notice to you. UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC) A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration. WITNESS, Hon. Brian J. Dunn, First Justice of this Court. Date: February 23, 2023 Felix D. Arroyo, Register of Probate

LEGAL NOTICE

Re: House of Ermias, LLC d/b/a House of Ermias

267 Broadway Chelsea, MA Chelsea Licensing Commission, March 16, 2023 Notice is hereby given that a public hearing will be held by the Chelsea Licensing Commission on Thursday, March 16, 2023 at 6:00 p.m. in the City Council Chambers, Chelsea City Hall, 500 Broadway, Chelsea, MA, for an application of a Retail Marijuana Establishment to House of Ermias, LLC d/b/a House of Ermias, 267 Broadway, Chelsea, MA. Please be advised that you must notify, via Certified Return Receipt mail, all abutters to the licensed premise. CHELSEA LICENSING COMMISSION Naomi Libran Licensing Administrator

LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT

Suffolk Division 24 New Chardon St. Boston, MA 02114 (617) 788-8300 CITATION ON PETITION FOR FORMAL ADJUDICATION Docket No. SU23P0314EA Estate of: Karyl Virginia Klopp Date of Death: 01/21/2023 To all interested persons: A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by John Albert Klopp of Scottsdale, AZ requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that: John Albert Klopp of Scottsdale, AZ be appointed as Personal Representative(s) of said estate to serve on the bond in unsupervised administration. IMPORTANT NOTICE You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance

and objection at this Court before: 10:00 a.m. on the return day of 04/07/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty days (30) days of the return day, action may be taken without further notice to you. UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC) A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration. WITNESS, Hon. Brian J. Dunn, First Justice of this Court. Date: February 24, 2023 Felix D. Arroyo, Register of Probate

LEGAL NOTICE

Re: Los Olivos, Inc. d/b/a Los Olivos

10A Central Avenue Chelsea, MA Chelsea Licensing Commission, March 16, 2023 Notice is hereby given that a public hearing will be held by the Chelsea Licensing Commission on Thursday, March 16, 2023 at 6:00 p.m. at the City Council Chambers, Chelsea City Hall, 500 Broadway, Chelsea, MA, for an Amusement & Entertainment License application (TV) for Los Olivos, Inc. d/b/a Los Olivos at 10A Central Avenue, Chelsea, MA. 02150. Please be advised that you must notify, via Certified Return Receipt mail, all abutters of this hearing. CHELSEA LICENSING COMMISSION Naomi Libran Licensing Administrator

LEGAL NOTICE

Re: Marijuana Licenses

Chelsea Licensing Commission, March 16, 2023 Notice is hereby given that a public hearing will be held by the Chelsea Licensing Commission on Thursday, March 16, 2023 at 6:00 p.m. at the City Council Chambers, Chelsea City Hall, 500 Broadway, Chelsea, MA, for the public to comment on the issuance of more Marijuana Retail Licenses throughout Chelsea. CHELSEA LICENSING COMMISSION Naomi Libran Licensing Administrator

LEGAL NOTICE

Re: Rancho Las Pupusas, Inc.

36 Second Street Chelsea MA Chelsea Licensing Commission, March 16, 2023 Notice is hereby given that a public hearing will be held by the Chelsea Licensing Commission on Thursday, March 16, 2023 at 6:00 p.m. at the City Council Chambers, Chelsea City Hall, 500 Broadway, Chelsea, MA, to consider a Transfer of a Wine and Malt Bever-

ages License application (On Premise) from Las Pupusas del Chino, Inc. to Rancho Las Pupusas, Inc. at 36 Second Street, Chelsea, MA. 02150. Please be advised that you must notify all abutters, via Certified Return Receipt mail, of this hearing. CHELSEA LICENSING COMMISSION Naomi Libran Licensing Administrator

LEGAL NOTICE

Re: Sabor de mi Tierra

Restaurant, LLC d/b/a Sabor de mi Tierra 162 Park Street Chelsea, MA Chelsea Licensing Commission, March 16, 2023 Notice is hereby given that a public hearing will be held by the Chelsea Licensing Commission on Thursday, March 16, 2023 at 6:00 p.m. at the City Council Chambers, Chelsea City Hall, 500 Broadway, Chelsea, MA, for an Amusement & Entertainment License application (TV) for Sabor de mi Tierra Restaurant, LLC d/b/a Sabor de mi Tierra at 162 Park Street, Chelsea, MA. 02150. Please be advised that you must notify, via Certified Return Receipt mail, all abutters of this hearing. CHELSEA LICENSING COMMISSION Naomi Libran Licensing Administrator

LEGAL NOTICE

Re: DMS Trinity, LLC d/b/a Trinity Naturals

260-270 Second Street Chelsea, MA Chelsea Licensing Commission, March 16, 2023 Notice is hereby given that a public hearing will be held by the Chelsea Licensing Commission on Thursday, March 16, 2023 at 6:00 p.m. in the City Council Chambers, Chelsea City Hall, 500 Broadway, Chelsea, MA, for an application of a Retail Marijuana Establishment to DMS Trinity, LLC d/b/a Trinity Naturals, 260-270 Second Street, Chelsea, MA. Please be advised that you must notify, via Certified Return Receipt mail, all abutters to the licensed premise. CHELSEA LICENSING COMMISSION Naomi Libran Licensing Administrator

LEGAL NOTICE

Re: GVLP Corp. d/b/a Vida Verde

320 Revere Beach Parkway Chelsea, MA Chelsea Licensing Commission, March 16, 2023 Notice is hereby given that a public hearing will be held by the Chelsea Licensing Commission on Thursday, March 16, 2023 at 6:00 p.m. in the City Council Chambers, Chelsea City Hall, 500 Broadway, Chelsea, MA, for an application of a Retail Marijuana Establishment to GVLP Corp. d/b/a Vida Verde at 320 Revere Beach Parkway, Chelsea, MA. Please be advised that you must notify, via Certified Return Receipt mail, all abutters to the licensed premise. CHELSEA LICENSING COMMISSION Naomi Libran Licensing Administrator



Annual Wellness Exam is Key to a Healthy Year for Older Adults

(StatePoint) You’ve selected your insurance plan for the year. Now, it’s time to start using your benefits, beginning with an annual wellness exam.

An annual wellness exam with a health care provider is important for everyone, but especially for older adults. As we age, we are more likely to develop chronic health conditions, according to Dr. J.B. Sobel, chief medical officer for Cigna Medicare, which serves hundreds of thousands of older adults through its products. An annual wellness exam can help detect potential health issues early so they can be addressed before they worsen, he added.

“By meeting with your primary care provider early in the year, you can highlight the things that are important to you, and work together to develop a plan for your care for the year ahead,” Sobel said. “This will ensure you live each day with vitality, happiness and improved health.”

Many providers will reach out to schedule an annual wellness exam. If your provider doesn’t contact you, make sure to call them.

A number of annual check-ups are available at no extra cost to those with Medicare. They include a “Welcome to Medicare” visit for customers who have just reached Medicare eligibility and an “Annual Wellness Exam” for existing customers. Many Medicare Advantage (MA) plans offer more extensive annual visits at no extra cost. Some even offer incentives for completing a visit. Talk with your provider and Medicare insurer about your benefits.

Each annual exam may be a little different. Regardless of the type, Sobel offers the following tips to ensure you get the most from your visit.

Prepare. Before you go, write down any thing you’d like to discuss with your health care provider, including changes to your health over the past year. Bring your prescription and over-the-counter medications with you. Ask plenty of questions and take notes. You might even want to take along a family member, trusted friend or caregiver to ensure you understand everything your provider has shared.


Be open and honest. It’s tempting to make things look rosier than they are when talking to your health care provider, but minimizing what you are feeling can lead to an incorrect diagnosis or prescription. Speak openly about unhealthy habits, like smoking or lack of exercise. Your provider won’t judge you. Being honest is the only way your health care provider can help you reach your goals.

Mind mental health. Your emotional health impacts your physical health. Many people think depression is a natural part of aging, but it doesn’t have to be. Talk to your doctor if you are feeling sad, anxious or hopeless. Treatments, such as talk therapy, medication or both, may be covered by Medicare.

Monitor medications. Adults age 65 and older tend to take more medications than other age groups, increasing the risk for adverse reactions, such as cognitive impairment and falls. It’s a good idea to take your medications to your annual wellness exam and discuss any potential problems or side effects you’re experiencing. Don’t forget about over-the-counter drugs, vitamins or nutritional supplements you take.

Schedule screenings and get vaccines. There are a number of important health screenings and vaccines that you may need depending on your age and gender, such as colon cancer screening, bone density test, mammogram, flu shot or COVID-19 immunization. Ask your provider about the screenings and vaccines you’ve had already and schedule any you need as soon as possible. You may even be able to do that before you leave the office. Also, don’t forget to visit your eye doctor and dentist. These visits are covered by many MA plans as well. Find out more at www.cignamedicare.com.

“You wouldn’t drive your vehicle without proper preventive maintenance, so please don’t ignore preventive maintenance for your most prized possession – your health,” Sobel said. “An annual wellness exam is a great place to start!”



(c) PeopleImages / iStock via Getty Images Plus

3 Ways to Protect Your Finances and Your Family

(StatePoint) To protect your finances and family in the long term, it’s important to not only reevaluate your saving and spending, but also commit to creating a more holistic financial plan.

Consumers are seeking stability and preparedness in today’s uncertain economic environment, according to a recent Consumer Sentiment Tracker study by Lincoln Financial Group. With ongoing inflation and market volatility, 56% of respondents cited protection from risk as being most important to them. When it comes to thinking about their finances, people said they have the greatest interest in protecting their family (39%) followed by their income (26%).

“Our research reinforced the importance of financial solutions that can help consumers navigate through market cycles and protect their loved ones,” said David Berkowitz, president, Lincoln Financial Network, Lincoln Financial’s wealth management business. “People are not only concerned about having enough to pay their bills, but also saving for retirement and preparing for the unexpected. It’s important to have a well-rounded financial plan that can address those risks, protect assets and create positive outcomes for today’s families.”

To achieve a stronger financial future, don’t neglect your finances — instead, add a little TLC (Talk, Learn, Commit). Create a robust financial plan using these three tips from Lincoln Financial:

1. Talk about it. Financial conversations play a crucial role. Be transparent with your loved ones about financial priorities so you can set expectations and work toward your shared financial goals. Initiate ongoing discussions to stay on track with everything from saving for retirement to paying for a long-term healthcare event, which can happen suddenly and be very costly. Also, consider talking to a financial professional who can help identify solutions that best meet your individual needs, as well as drive better outcomes. Lincoln’s research found those who work with financial professionals are more likely to prioritize retirement savings (26% vs. 10%).
2. Learn more about tax-deferred investments. Life insurance can be more than just a death benefit, with some types of policies offering income replacement for unforeseen events. It can also protect your financial security from the impact of taxes, market volatility and longevity. It’s not just for individuals and families either, but businesses too. Also, consider diversifying your portfolio with an annuity, which can provide protected growth and monthly lifetime income to help cover expenses in retirement and ensure you have a stream of income.
3. Commit to maximizing your workplace benefits. Look into supplemental coverages like disability, accident and life insurance that may be available through your employer. Solutions like these protect against unexpected events that can disrupt your ability to provide for your family or drive you into additional debt. If you have an employer-sponsored retirement plan, make sure you are contributing and getting a match, if offered. Tap into any financial wellness tools offered at work to help provide you with an accurate picture of your holistic financial situation and lower stress.

Visit www.lfg.com for more tools and resources.

With a robust plan, you can help ensure a solid financial future for you and your family.



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Almost all my middle aged & elderly acquaintances, including me, feel about 25 – unless we haven’t had our coffee, in which case we feel 107

– Martha Beck

Our 215 Life

DURING THE MONTHS OF MARCH + APRIL THE CHELSEA RECORD WILL BE RUNNING A SERIES OF INFORMATIVE ARTICLES AND SERVICE SPOTLIGHTS OF IMPORTANCE TO OUR SENIORS, AS WELL MEMORIES OF DAYS GONE BY.

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AGING IS AN EXTRAORDINARY PROCESS WHERE YOU BECOME THE PERSON YOU ALWAYS SHOULD HAVE BEEN - DAVID BOWIE