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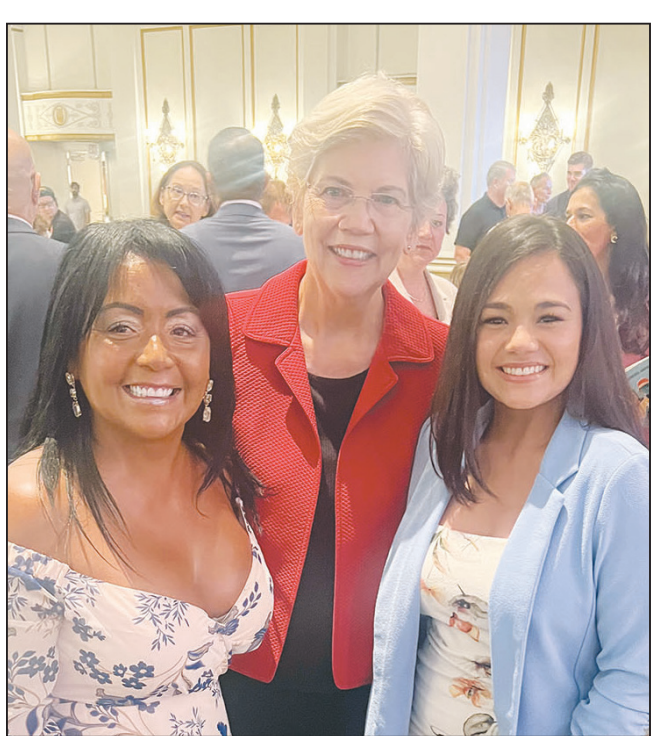
VOLUME 131, No. 42

THURSDAY, SEPTEMBER 7, 2023

35 CENTS

GARCIA ATTENDS LABOR DAY BREAKFAST

School Committee Chair and At-Large City Council candidate Kelly Garcia attended the Greater Boston Labor Council Breakfast at the Park Plaza Hotel in Boston on Labor Day.



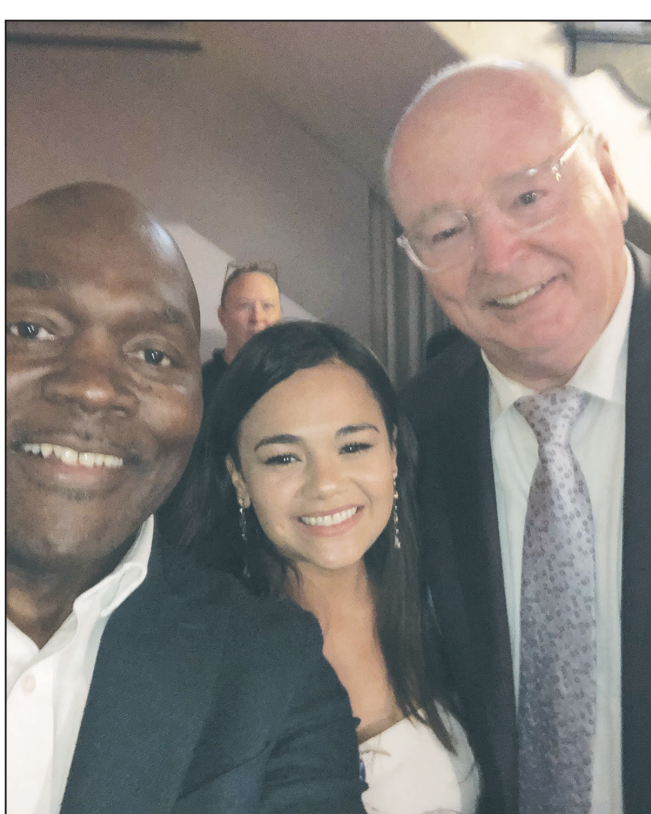
La Colaborativa Executive Director Gladys Vega, Senator Elizabeth Warren, and Kelly Garcia.



Kelly Garcia and District 8 Councilor Calvin Brown with Congresswoman Katherine Clark.



Kelly Garcia and Governor Maura Healey.



District 8 Councilor Calvin Brown, Kelly Garcia, and Steven Tolman, president of the Massachusetts AFL-CIO.

Chelsea receives state MVP grants

By Adam Swift

Last week, Governor Maura Healey’s announcement of \$31.5 million in FY2024 Municipal Vulnerability Preparedness grants included nearly \$5.7 million in funding for community-designed projects to prevent harm to residents, workers, and resources in Resilient Mystic Collaborative (RMC) cities and towns, including Chelsea.

Convened by ten Mystic Watershed communities and the Mystic River Watershed Association in

September 2018 and now led by senior staff from 20 cities and towns and non-governmental partners, the RMC focuses on managing flooding and extreme heat on a regional scale and increasing the resilience of vulnerable residents and workers to extreme weather.

Chelsea received two grants, totaling nearly \$655,000, to better manage heat along walking routes to the city’s elementary schools and make the highly industrial East-

See GRANTS Page 2

City gets input on Bellingham Square Plaza redesign

By Adam Swift

A recent public meeting provided valuable feedback for the city as it moves forward with the renovation of the Bellingham Square Plaza and the City Hall courtyard.

“It was a very constructive meeting,” said Director of Housing and Community Development Alex Train. “At the meeting, our team presented draft concept designs for a remodeled plaza, as well as a renovated City Hall courtyard and the street-

scape surrounding City Hall.”

The goals of the redesign center on increasing the amount of green space around City Hall and the plaza as well as improving accessibility.

Train said the city wants to create a more inclusive and welcoming gathering area that’s conducive to public events.

“Some of the feedback we heard included deliberately designing the courtyard to better accom-

See PLAZA Page 2

Appreciation

John Brown, owner of Chelsea Fire Wicked Hot Sauce, 55

By Cary Shuman

The Chelsea community is mourning the loss of John Brown, who started the Chelsea Fire Wicked Hot Sauce company in the city and built it into a na-

tional brand from his offices on Carter Street across from the high school.

According to a friend, Mr. Brown suffered a fatal heart attack while on vaca-

See BROWN Page 3

HERBIE KUPERSMITH’S BIRTHDAY PARTY/CHS REUNION DONATES \$30,000 FOR SCHOLARSHIPS



CARY SHUMAN PHOTO

Herbie Kupersmith’s Birthday Party and All-CHS Reunion, held Aug. 19, raised more than \$30,000 for scholarships for Chelsea High School students. Pictured at the check presentation at City Hall are (front row) Event Planning Committee Member Minna Karas Marino, Supt. of Schools Dr. Almi Abeyta, and Executive Director of Administration and Finance Monica Lamboy. Back row are Planning Committee Member and City Council President Leo Robinson, Planning Committee Chair Herbie Kupersmith, and Planning Committee Members Edward Medros and Frank DePatto.

Traffic Commission votes to keep parking on both sides of Summit

By Adam Swift

After hearing from several concerned Summit Avenue residents and Council President Leo Robinson, the Traffic and Parking Commission voted not to eliminate 16 parking spaces on the north side of Summit Avenue toward Webster Avenue at its meeting Tuesday.

The issue came up after the city restriped Summit Avenue, effectively eliminating the parking spaces on the north side of the street as the center stripe shifted the traffic pattern to that side of the street.

But several residents said the loss of the spaces on the two-way street has increased speeding up the

hill and made it dangerous to get onto the road from their homes.

“I’m begging you to please reinstate the 16 parking spaces,” said Albert Nash, who added he has lived on the street for 54 years. “When I pull out of my garage, I can’t see the cars coming down Summit Avenue because there are so many cars on the side of the street it blocks my view.”

Another Summit Avenue resident said that he has seen increased speeding on the street with increased potential for accidents.

“I spent a week-and-a-half on Summit Avenue from 7:30 to a quarter of nine, and also at lunch time and supper time, and I didn’t see any need to remove the parking spaces on the right-hand side,” said Robinson. “I think a lot of residents have voiced their opinion that they don’t want to see the parking removed, so I’m here in support of the neighbors.”

Housing and Commu-

nity Development Director Alex Train gave some background on the parking of the street, and also said his department supported keeping the 16 parking spaces in place.

“Originally, Summit had parking on both sides of the street, along with two-way traffic, and if you have cars on both sides of the street parked, there isn’t necessarily room for cars to drive by on both sides,” said Train. “So if you are coming down the hill, if there are cars parked, you have to maneuver around them a little bit.”

When the street was repaved, the yellow line was shifted to the center, essentially taking an issue that was on one side of the road and moving it to the other side of the road, Train said.

“After we looked at this, we have evaluated the roadway safety and circulation issues, and have found ... that if we keep the parking spaces it will probably function just fine,” said Train. “Cars

won’t necessarily both be able to go by at the same time, but it will force people to slow down, and it will also allow the neighbors to keep those 16 spaces.”

INDEPENDENT

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NatGrid submits plans for modernization of its energy distribution system in State

Special to the Independent

National Grid submitted its Electric Sector Modernization Plan (ESMP), the Future Grid Plan, to the Grid Modernization Advisory Council (GMAC) outlining the critical investments needed in the local electric distribution system over the next five years and beyond to meet the Commonwealth’s climate change, clean energy, and equity goals as established in the 2050 Clean Energy and Climate Plan (CECP). As part of National Grid’s commitment to delivering a fair, affordable, and clean energy future for all its customers, the Plan outlines a comprehensive and flexible path designed to expand and upgrade the current electric distribution grid, ensure reliability, enable increased electrification, and empower smart customer choices and the transition away from a fossil-based economy.

“We are at an inflection point in the Commonwealth’s energy future. We must continue to invest to achieve our shared goal of accelerating the adoption of climate and clean energy solutions by all customers and communities across Massachusetts. Today we’ve submitted a plan that strives to do just that,” said Steve Woerner, President, National Grid, New England. “With electric peak demand expected to double over the next 25 years, driven by substantial growth in the use of electric heating and transportation, now is the time to build a future grid that is smarter, stronger and cleaner. We must harness our state’s innovative and collaborative spirit to achieve an energy future that works for all.”

A Focus on Key Smarter, Stronger, Cleaner Energy Goals
The company’s Future Grid Plan details the

broad areas of investment and the key role they will play in building a smarter, stronger, and cleaner energy future that:

- Empowers customers to make smart, clean energy choices that work for them;
- Creates a ready, reliable and more resilient grid capable of withstanding more extreme weather and evolving threats;
- Leverages innovation, drives efficiency, and supports greater system flexibility; and
- Enables a more just and equitable energy future that benefits all.

The Future Grid Plan is innovative, customer-centric, and equity-focused to help ensure that customers and communities across our diverse service area can participate in and benefit from the clean and electrified energy future, while maintaining high quality service and high reliability.

Future Grid Plan: Three Key Areas of Investment

Over the next five years, the company proposes to invest approximately \$2 billion in three key areas to build a clean energy future and meet the Commonwealth’s electric-based approach to achieving net zero emissions, which is estimated to double current peak levels of energy demand:

- Network Infrastructure, such as new and upgraded power lines, transformers, and substations to make them stronger, more resilient, and ready to connect more clean and distributed energy and accommodate substantial growth in electric demand.
- Technology and Platforms, such as new planning tools, systems, and processes to drive smarter decision-making. This includes installing state-of-the-art data and monitoring systems to provide greater visibility into how the grid and interconnected devices are operating to

ensure system safety and stability, upgrading IT systems and communications networks to support two-way information flows and control, and providing greater system flexibility, security, and more timely information to customers.

- Customer Programs, such as new offerings and pilots to help customers reduce their carbon footprint, adopt cleaner energy solutions and drive smart energy use, better manage costs, and build community resilience and agency.

“By developing and submitting this Future Grid Plan as our Electric Sector Modernization Plan, National Grid is taking a critical step towards meeting the energy and climate challenges of today and the future,” said Nicola Medalova, National Grid New England’s Chief Operating Officer. “The Future Grid plan begins to define the scope and scale of what we collectively must do over the coming years and decades to combat climate change and enable a more electrified future, and the policy and regulatory changes needed to make it happen. This is a holistic plan that identifies the system investments and changes needed in the local electric distribution grid, its operations, and how it must perform to benefit all. Most importantly, it offers an opportunity to engage broadly, stimulate ideas, and gain input to ensure this proposal is supportive of and responsive to the needs and expectations of all our customers and communities.”

The proposed investments in the Future Grid Plan support the goals set forth in the Commonwealth’s CECP of expanding energy efficiency and demand response, advancing the smart electrification of heating and transportation, and accelerating the connection of solar, storage and other clean energy technologies to the local energy grid. The proposed Future Grid Plan builds

upon investments that are already underway and approved by the Department of Public Utilities (DPU) in previous proceedings that have put us on a pathway to reducing emissions and increasing electrification.

Ensuring All Customers Are Heard, Engaged, and Benefit

The proposed investments in the Future Grid Plan align with feedback from customers and communities the company has received to date as part of an extensive engagement process in advance of this submission. The scope of

this public engagement included outreach to our National Grid Customer Council, comprised of both residential and commercial customers, as well as public officials, local businesses, clean energy groups, nonprofits and community groups and organizations representing Environmental Justice Communities (EJCs).

The investments proposed in this Future Grid Plan are currently projected to have an average annual bill impact of approximately 2% over the first investment period and result in benefits to

customers and communities across Massachusetts, including:

- Generating incremental economic activity of \$1.4 billion and 11,000 full- and part-time jobs by 2030.
- Enabling an additional 4 gigawatts of capacity by 2035, enough to support an additional 1.1 million electric vehicles, 750,000 electric heat pumps.
- Upgrading hundreds of feeders to enable the connection of more clean distributed energy resources.
- Improving local air quality as more cars, buses and trucks are electrified.

Grants / CONTINUED FROM PAGE 1

ern Ave safer, cooler, more welcoming, and less prone to coastal flooding.

“As an environmental justice community, our people and built environment are affected first and worst by extreme weather,” said Alex Train, Director of Housing and Community Development. “Thanks to the Healey-Driscoll Administration and the MVP program, Chelsea has been able to make significant investments in climate resilience over the past several years.”

Train said the Eastern Avenue district is a major industrial hub containing critical infrastructure. The Eastern Avenue project seeks to promote better waterfront access, mitigate flooding, and lessen the impacts of urban heat.

“The funds are allowing us to take the planning study that we completed this past year and advance beyond the preliminary design process,” said Train. “Over the last year, we had a pretty robust planning effort that looked at flood protection infrastructure options for the waterfront, and it honed in on one preferred option that would protect the waterfront during projected 2070 conditions.”

The other grant would be used to design and implement some cooling infrastructure around the Mary C. Burke elementary school complex on Crescent Avenue.

“We’ve been looking at several school walking routes and making them more hospitable and healthy for students,” said Train.

Some of the initiatives near the school complex could include green-parking a parking lot that is across from the school department and adding street trees along the ma-

jor walking routes to the school.

“These grants can’t come soon enough for Chelsea,” said John Walkey, Director of Waterfront and Climate Justice Initiatives for GreenRoots. “Kids can’t learn in 90 degree classrooms. Eastern Avenue is a critical route through Chelsea and was a flood pathway for seawater during the 2018 winter storms. We know that this will happen more frequently if we don’t take action now. This is an opportunity to address both flooding and the expanse of hot pavement that contributes to Chelsea’s heat island issues.”

These MVP grants bring the total resources secured for climate resilient projects to \$61.4 million in state, federal, and foundation grants since the voluntary partnership began, with the goal of at least doubling that amount by 2026, when new federal grant programs begin to sunset.

“We have an unprecedented opportunity to position Massachusetts as a global leader in climate change mitigation and adaptation, and the MVP program is an important piece of our strategy,” said Energy and Environmental Affairs Secretary Rebecca Tepper. “The Healey-Driscoll Administration is glad to support our local communities with funding for innovative climate resilience projects that center environmental justice and nature-based solutions.”

The largest MVP grant—nearly \$3 million—went to Malden River Works (MRW), a riverfront park led and designed by environmental justice residents in partnership with the City of Malden’s Department of Public Works.

The 76-square-mile Mystic River Watershed stretches from Reading through the northern shoreline of Boston Harbor to Revere. An Anglicized version of the Pequot word missi-tuk (“large river with wind- and tide-driven waves”), it is now one of New England’s most densely populated, urbanized watersheds.

The seven-mile Mystic River and its tributaries represented an early economic engine for colonial Boston. Ten shipyards built more than 500 clipper ships in the 1800s before roads and railways replaced schooners and steamships. Tide-driven mills, brickyards and tanneries along both banks of the river brought both wealth and pollution.

In the 1960s, the Amelia Earhart Dam transformed much of the river into a freshwater impoundment, while construction of Interstate 93 filled in wetlands and dramatically changed the river’s course. Since then, many former industrial sites have been cleaned up and redeveloped into new commercial areas and residential communities.

The Mystic is facing growing climate-related challenges: coastal and stormwater flooding, extreme storms, heat, drought and unpredictable seasonal weather. The watershed is relatively low-lying and extensively developed, making it prone to both freshwater and coastal flooding. Its 21 municipalities are home to 600,000 residents, including many who are disproportionately vulnerable to extreme weather: environmental justice communities, new Americans, residents of color, elders, low-income residents and employees, people living with disabilities and English-language learners.

Revere Council honors departing veterans’ agent, Marc Silvestri, incoming Soldier’s Home Ombudsman

By Adam Swift

The City Council is honoring Marc Silvestri for his nearly seven years of service as Revere’s Director of Veterans’ Services.

Silvestri, who continues to serve as a councillor-at-large, recently took a position in the state’s Executive Office of Veterans’ Services.

At last week’s meeting, Ward 6 Councillor Richard Serino presented a motion to award Silvestri with a certificate of commendation for his work as the veterans’ director at a future meeting.

Serino said he wanted to reserve his remarks on Silvestri to the night of the official presentation of the commendation.

However, a number of other councillors were

quick to praise Silverstri for his work helping Revere’s veterans.

“Since he has taken over the veterans’ department, his contribution to the veterans in the city, I can’t even speak to how much he has contributed to them,” said Councillor-at-Large Steve Morabito. “Whenever I speak to a veteran, they elaborate on how much he went above and beyond ... whether it was helping a veteran move on a weekend when he’s not working or helping the veteran get food or housing.

Ward 3 Councillor Anthony Cogliandro reiterated that no one in the community has ever done as much for veterans as Silvestri.

“We are losing an asset-and-a-half to the city,” he

said.

Councillor-at-Large Dan Rizzo thanked Silvestri for his service to the country and for his role in the city.

“Politically, we have not always been aligned, but sitting up here, you have been nothing but respectful and you are an excellent public servant,” said Rizzo.

Councillor-at-Large Gerry Visconti said Silvestri took the veterans’ office in Revere to a new level, a sentiment echoed by Council President Pro Tem Joanne McKenna.

Councillor-at-Large Anthony Zambuto noted that he has talked to many veterans in the city Silvestri has helped and that Silvestri has always gone above and beyond what is required of his job.

Plaza / CONTINUED FROM PAGE 1

modate larger events,” said Train. “One option that is being explored is shifting two statues in the courtyard that are in the middle currently back closer to the building, really opening up that courtyard area as a public gathering space.”

In the plaza area, Train said there was a lot of public support for increasing the tree canopy, adding shrubs and flowers, and creating a welcoming gathering spot for families and neighbors who don’t feel as if the space meets their current needs.

“With that feedback now in hand, our team is going to be updating the plans and generating a cost estimate,” said Train. “Our goal is to advance the final design in parallel with the Downtown Broadway infrastructure design. Then, ultimate-

ly, we would procure one construction contractor that would do the Downtown Broadway project as well as the plaza.”

The overall goal of the Downton Broadway project is to modernize utilities and roadway infrastructure, improve public

transit, and promote walkability in the downtown, increase business activity, and beautify the downtown area.

Train has said that the city is also focusing on identifying grant funding to help pay for the plaza redevelopment.

Real Estate Transfers

BUYER 1	SELLER 1	ADDRESS	PRICE
Flores, Iliana Y	Pineros, Edgar	44-46 Hancock St	\$1,050,000
Paolini, Gino	Sullivan, James P	100 Boatswains Way #110	\$1,030,000
Barros, Cameron P	Rubin, Amanda E	165 Cottage St #213	\$355,000
932 Broadway Office LLC	66 Chester LLC	932 Broadway #101	\$425,000



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MC hires Saccomani as boys lacrosse coach

Malden Catholic has hired Michael Saccomani to head its Varsity Boys Lacrosse program, according to Malden Catholic Director of Athletics, William Raycraft.

“Over the years, Malden Catholic has a tradition of leading lacrosse in conference and state standings, and I am extremely excited about having the opportunity to coach lacrosse and work with the team at a very high level,” stated Saccomani. “I look forward to elevating the program and bringing Lancer lacrosse back to its rich and prominent roots.”

Michael Saccomani has a long and successful history in lacrosse which includes leading Western New England University as a captain and playing goalie, earning 1st Team All Western Mass and 1st Team All-League status and assisting his team in becoming Commonwealth Coast Conference (CCC) Champions. His elite play history earned him an opportunity to play professionally.

Since his playing days, Saccomani has directed his passion for lacrosse into coaching where he most recently was the Associate Head Hockey Coach and Defensive



Michael Saccomani.

Coordinator for Bishop Fenwick High School and Head Coach at 3D Club Lacrosse. He also spent several years as a graduate assistant coach at Western New England University where he was a goalie coach, leading the nation in saves, defensive coordination and recruiting coordination. In addition, he ran the university’s strength and conditioning program.

According to Raycraft, “Coach Saccomani emerged out of a great pool of applicants. He is an educator who has a deep and thorough knowledge of lacrosse and understands the balance required to be a successful student and competitive athlete. He has a driving energy that inspires players and will serve to restore the winning tradition MC Boys Lacrosse program.”

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 University, Carnegie Mellon, Duke, Notre Dame, Northeastern University, Boston College and College of the Holy Cross, just to name a few. 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. Malden Catholic curricula is designed to improve individual growth mindset, leadership principles and success outcomes along with integrating the Xavarian values of trust, humility, compassion, simplicity and zeal. <https://www.maldencatholic.org>

Brown / CONTINUED FROM PAGE 1

tion in the Dominican Republic in August. He was 55 years old.

John Brown first began developing the idea for a business after taking the hot peppers from his own personal garden and making a hot sauce for his family and friends. The group enjoyed the hot sauce so much that they encouraged John to start selling it at stores. Mr. Brown launched the company and named it Chelsea Fire Wicked Hot Sauce, referencing the two Great Chelsea Fires of 1908 and 1973. The hot sauces became immensely popular, and bottles of John’s Chelsea Fire Wicked Hot Sauce were available for purchase at such supermarkets as Market Basket and Stop & Shop.

A resident of Chelsea for many years, John was a frequent visitor to the Plaza Mexico Restaurant at 170 Washington Ave. where he would engage in conversation with his many friends, including the restaurant’s long-time owner, Miguel Sanchez Galeana.

“John was like a brother and touched so many lives,” said Sanchez Galeana. “He was a great guy. He would come to my restaurant all the time. He



John Brown.

loved to talk with people. He did a great job with his company. He had just retired five months ago. John will be missed.”

City Council President Leo Robinson was also a close friend of John Brown. “John was a neighborhood guy, a successful businessman, and a good friend,” said Robinson. “He was so kind and generous. When we traveled to Denver for the

All-America City Awards Ceremony, John provided the group with several cases of his hot sauce so they could distribute it to other people that were there. We were swapping the hot sauces for buttons or other souvenirs with people from cities across the United States.”

A celebration of Mr. Brown’s life has been tentatively scheduled for Oct. 8 in Saugus.

LOCAL STUDENTS EARN ACADEMIC HONORS

LOCAL STUDENTS ENROLL AT THE COLLEGE OF THE HOLY CROSS

The College of the Holy Cross is proud to announce the members of the Class of 2027. Hailing from 38 states and territories, and 12 different countries, more than 15 percent of Holy Cross’ Class of 2027 are first-generation college students. These newly minted Crusaders have distinguished themselves through community service, leadership roles, and diverse participation in areas like the arts, music and athletics.

The following local students enrolled in Holy Cross’ Class of 2027:

Linnet Pena of Chelsea
Bertha Sanchez De Leon of Chelsea

The College of the Holy Cross, in Worcester, Mass., is among the nation’s leading liberal arts institutions. A highly selective, four-year, exclusively undergraduate college of 3,100 students, Holy Cross is renowned for offering a rigorous, personalized education in the Jesuit, Catholic tradition. Since its founding in 1843, Holy Cross has made a positive impact in society by graduating students who distinguish themselves as thoughtful leaders in business, professional and civic life.

FORGIONE NAMED TO SNHU PRESIDENT’S LIST

Adrianna Forgione of Chelsea has been named to Southern New Hampshire University’s (SNHU) Summer 2023 President’s List. The summer terms run from May to August.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President’s List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and

summer. Southern New Hampshire University (SNHU) is a private, nonprofit institution with a 90-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as one of the “Most Innovative” regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

OWUSU NAMED TO SNHU DEAN’S LIST

Emma Owusu of Chelsea has been named to Southern New Hampshire University’s Summer 2023 Dean’s List. The summer terms run from May to August.

Full-time undergrad-

uate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the Dean’s List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Southern New Hampshire University (SNHU) is a private, nonprofit institution with a 90-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as one of the “Most Innovative” regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

Williams Jr High School
180 Walnut St.
Chelsea, MA

LIFE ISSUES

Resource & Volunteer Fair

11th Annual

THOSE WHO CAN FOR THOSE IN NEED

Saturday, September 9, 2023
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Tiaras & Smiles Face Painting

Awesome Rob Magic Show

Happy Kids Entertainment—Balloon Animals

K9 Demo

Food and Water

Resource Organizations from Boston and the North Shore

THOSE WHO CAN FOR THOSE IN NEED
Winthrop, MA www.twctin.org

For more information contact Judie at
judie@twctin.org or 617-462-57419

Please join us on Saturday, September 9, 2023 from 11am to 2pm for our 11th annual resource and volunteer fair. Food and entertainment for all. Community resource organizations from Boston and the North Shore areas will be in attendance.

Williams Jr High School is located across the street from the MA Tech Building.
Parking is available on the street and in the lot next to the school.

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Chelsea

RECORD

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Forum

GUNS ARE NOW THE
LEADING KILLER OF
AMERICA’S CHILDREN

It used to be that accidents, primarily car accidents, were the leading cause of death of America’s children between the ages of 1 and 18.

But last year for the first time, guns were the #1 cause of death of American children. A total of 3597 children died from guns (including suicides), representing 19% of all deaths in that age group, with accidents coming in at 18%. (Cancer is third at 8% and drug overdoses are fourth at 7%.)

To put that number in perspective, 2603 people perished in the attack on the World Trade Center on 9/11 -- which means that guns now kill far more American children, each and every year, than were killed by the terrorists on that terrible day.

In addition, another 15,000 children annually are wounded by gunfire, often leaving them with lifelong, debilitating physical injuries as well as psychological trauma.

The 2022 figures represent a dramatic increase of 50% since 2019 and a doubling since 2013. The child firearm mortality rate in 2013 was 1.8 deaths per 100,000, but now is close to 4.0 deaths per 100,000.

The United States has by far the highest rate of children who die from firearms among wealthy nations -- and it’s not even close. Deaths by firearms do not rank in the top four for causes of death for children, let alone the number one cause, anywhere else in the developed world.

Moreover, there is no place in America that is safe for our children from gun violence. Even the states with the most gun safety laws, which have lower rates of child firearm deaths than states with few gun safety laws, have rates much higher than what other countries similar to ours experience.

Given that guns and mass shootings continue to proliferate throughout our country -- and Republicans at all levels of government refuse to enact even common-sense gun safety measures -- the number of deaths by firearms for our nation’s children only will continue to rise.

SPORTS BETTING ON
PHONES: 21ST CENTURY
HIGH TECH CRACK

A general rule of thumb is that when a slew of celebrity pitchmen start endorsing anything that has to do with money, it’s a good bet (no pun intended in the context of this editorial) that the public is being conned.

We saw that with the recent cryptocurrency promotions by famous people such as Matt Damon, Tom Brady, and Giselle Bundschen, who now are being sued by those who lost large sums when the cryptocurrency exchange FTX collapsed. (Brady himself reportedly lost \$30 million.)

We are seeing the same dynamic with the new sports betting apps, with stars from Hollywood and the sports world telling us how much “fun” we can have by placing a bet.

However, these sports betting apps are not your grandparents’ bookies -- they are far worse. Not only can someone place a bet anywhere and at any time with a few taps on their phone, but they also can bet in real time on just about everything in a particular game with options to bet in-game on every quarter, player, and event.

These gambling companies are publicly-traded corporations and often are partnered with professional sports, thereby making sports betting “acceptable.”

However, there are more than six million Americans with sports-gambling addiction problems, and that number only will climb given the spread of sports gaming on cell phones. The individual stories of those who have lost thousands of dollars over their phones on sports gambling are growing exponentially day-by-day -- and the only ones getting rich are the shareholders of these companies and the billionaires who own professional sports teams.

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GUEST OP-ED

Barker, Buffett, Richardson and extraordinary lives

By Dr. Glenn Mollette

Jimmy Buffett, Bob Barker and Bill Richardson all died recently. They all had one thing in common. They lived extraordinary lives.

Buffett had become a billionaire. He had amassed his fortune by capitalizing on his song, “Margaritaville.” His hotels, restaurants, resorts and even retirement communities were hugely successful. In his later years, he continued to build new hotels and resorts that were beautiful and hugely successful.

Sadly, Buffett passed from Merkel cell skin cancer. He had been receiving treatment for over four years at was still doing concerts even as late as early July in Rhode Island. There was nothing stopping Buffett, except

the skin cancer that took his life even when he had so much he still wanted to do. Yet, few people will ever live the life of Jimmy Buffett

Bill Richardson had spent his last few years helping people internationally. He was very successful in politics serving as a U.S. Congressman, Governor of New Mexico and as an Ambassador to the United Nations. He may best be remembered for his diplomatic work in negotiating the releases of journalist Danny Fenster from a Myanmar prison in 2021 and most recently Britney Griner from a Russian prison, among others. Richardson lived an amazing life.

Bob Barker gets the longevity prize. It’s hard to top 99, unless you make it to 100. Barker lived a full life of entertaining us on

television. For fifty years he came into our homes as the host and producer of The Price is Right and earlier as the host of Truth of Consequences. Many of us show him in the hit comedy Happy Gilmore. Many Americans felt like Barker was a member of their families since he was in their homes via television for so many years.

Barker, Buffett, and Richardson were all bigger than life personalities who lived extraordinary lives filled with success and prosperity.

Keep in mind the measure of our lives is not meant to be measured beside the lives of national or global personalities or anyone else. The fulfillment and success of your life may be in taking care of an aged parent, a troubled or disabled child, or seeing your spouse or life

partner through life’s difficult stages. Or, the great success of your life may be remembered in your kindness to your neighbors and to others you meet along the way. Quite possibly, life’s most extraordinary people may not be fully recognized until we are beyond this life.

The best we can do is the best we can do. We should trust God and live our lives in as meaningful a way as possible.

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.

Public Health officials announce season’s
first EEE positive mosquito samples

Special to the Independent

The Massachusetts Department of Public Health (DPH) announced that Eastern equine encephalitis (EEE) virus has been detected in mosquitoes in Massachusetts for the first time this year. The presence of EEE was confirmed today by the Massachusetts State Public Health Laboratory in mosquito samples collected on August 30 in Douglas and Southbridge in Worcester County. No human or animal cases of EEE have been detected so far this year.

The finding increases the risk level of EEE to moderate in the communities of Douglas, Dudley, Southbridge, Sturbridge, Uxbridge, and Webster in Worcester County.

“After the EEE outbreak cycle that occurred in 2019 and 2020, there was no EEE activity in Massachusetts in 2021 or 2022,” said Public Health Commissioner Robert Goldstein, MD, PhD. “This is a late season emergence for EEE which should keep the risk level from rising too much or too quickly. However, some risk from mosquito-borne disease will continue until the first hard frost and people should take steps to prevent mosquito bites.”

EEE is a rare but serious and potentially fatal disease that can affect people of all ages. EEE is generally spread to humans through the bite of an infected mosquito. There were 12 human cases of EEE in Massachusetts in

2019 with six deaths and five human cases with one death in 2020. There were no human cases of EEE in Massachusetts in 2021 or 2022.

“Transmission of EEE

to a person late in the season can happen,” said Dr. Catherine M. Brown, State Epidemiologist. “Mosquitoes will be more

See EEE Page 7

CHELSEA

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

We reserve the right to edit for length and content.

CHS Sports Roundup

CHS Boys Soccer Earns 3-3 Tie in Season Opener

Coach Mick Milutinovic’s Chelsea High boys soccer team battled back from one-goal deficits on three occasions, with the dramatic third goal coming in the final two minutes, to earn a hard-fought and exciting 3-3 tie with Greater Boston League (GBL) rival Medford on the turf at Chelsea Stadium this past Tuesday evening.

The Red Devils’ season got off on the wrong foot (no pun intended) when they conceded a goal to the Mustangs in the first two minutes on a corner kick.

“It was poor defending and clear that we weren’t awake yet,” noted CHS assistant coach William Estrada.

However, three minutes later Chelsea notched the equalizer when Cristian Lopez received the ball on the left hand side of the midfield, ran up 25 meters, and crossed into sophomore Jose Joj’s path for a one-time strike into the bottom left corner.

Medford retook the lead 10 minutes after that when a ball went over the top of the Chelsea defense from the Medford center back to a Mustang forward, who found himself with space in between two CHS defenders and delivered a nice strike into the back of the CHS net.

The Red Devils continued the see-saw battle when they struck back five minutes later in similar fashion. Midfielder Kevin Garcia collected the ball deep in Chelsea’s half and pinged a ball all the way to Joj, who was through on goal, one-on-one, and slotted the ball beneath the keeper to make it 2-2.

The teams settled down for the middle of the match until Medford broke the deadlock with a goal with nine minutes remaining. However, the Red Devils refused to quit and notched the game-tying tally with two minutes to play.

With the ball bouncing on the left side of the field, Lopez sprinted to get to it and sent a crossing pass into the box, where Joj headed it into the back of the Medford net to complete his hat trick and secure the hard-fought draw.

“Medford is a physical team and we played into their game,” noted Estrada. “Despite it not being one of our best performances, we were still disappointed with the result. We could have won the game if not for a few defensive errors.”

“After losing nine seniors from last year, going into the season we were concerned with how we will build this year’s team to, at the very least, match last year’s success, with the hopes of having a deeper run in the state tourney,” Estrada continued. “But when tryouts came around, we were pleasantly surprised with the amount of talented players who arrived to the tryouts in late August to add to our returning 12 players from last year’s squad.”

The 2023 edition of the Red Devils will be led by captain Christian Flores Mendoza, who is a junior. Seniors on the squad are Oscar Erazo Beltrand, Arquimides Felix Barrero, Cesar Montiguado Flores, Italo Pineda Cuellar, and Marlon Rivera; juniors are Ever Aguilar Hercules, Luis Hidalgo, Edwin Mendoza, Bryan Molina Mendoza, Christian Palacios Sanchez, Israel Romero-Rojas, and Leonardo Saravia Castaneda; sophomores are Jose Joj, Cristian Lopez, and Jorge Sanabria

Vasquez; and the lone freshman is Jorge Perez Jr.

Milutinovic and his crew travel to GBL rival Lynn Classical today (Thursday) and will host non-league opponent Phoenix Charter Academy on Monday under the lights at Chelsea Stadium at 6:30. They will entertain GBL rival Everett next Thursday evening at Chelsea Stadium at 5:30.

The Red Devils will play 18 contests in the regular season, with two matches against each of their seven GBL foes (Somerville, Malden, Medford, Everett, Revere, Lynn English, and Lynn Classical) and four matches with non-league opponents Phoenix Charter, Excel Academy, Madison Park, and Boston International.

New Season, New Coach for CHS Football Team; Red Devils Open Friday

The Chelsea High football team will kick off its 2023 season under the direction of new head coach David Roque tomorrow (Friday) evening under the lights at the Saugus High School field.

“I’m excited to get my first season as head coach started and I’m proud of the group of players we have this year,” said Roque. “We are a young team this year, but very committed to working hard and improving with each practice. We scrimmaged at Southbridge High School and then scrimmaged at home versus O’Bryant High School.

“Both scrimmages were a good match up for us. It helped us identify where we need to shift our focus as coaches in order to be well-prepared for Saugus this Friday,” Roque said.

The 2023 edition of the Red Devils will be led by a quintet of captains, Justin Reyes (Senior Captain), Jhostin Salmeron (Junior Captain), Angel Mejia (Sophomore Captain), Jaiven Diaz (Senior Captain), and Wilson Villalta (Senior Captain).

Other members of the squad are: Jadiel Arias (Senior), Komi Ballo (Sophomore), Leeandro Castro (Sophomore), Anthony Cortave (Senior), Edmilson Da Cruz Andrade (Sophomore), Duane Davis (Senior), Evan Ferriera (Sophomore), Michael Fortune (Junior), Michael Gibson (Sophomore), Derrick’s Hernandez (Sophomore), Jayden Hernandez (Sophomore), Yostin Hernandez (Sophomore), Theodore Joseph-Seale (Senior), Rahim Kissaro (Senior), Alivia Lavigne (Freshman), Angel Lino (Sophomore), Angel Martinez (Freshman), Cristian Mazariegos Mejia (Senior), Jason Melendez Lemus (Freshman), Anthony Melo (Sophomore), David Meraz (Freshman), Segendi Michael (Senior), Igor Oliveira (Freshman), Dary Peguero (Freshman), Mirvens Pierre (Sophomore), Nathan Pleitez Gamboa (Freshman), Jeffry Ramirez (Sophomore), Joshua Ramirez-Leiva (Sophomore), Victor Rivera (Sophomore), Raul Rosario (Sophomore), Ezekiel Sala Martinez (Freshman), Tommy Santana (Senior), Ugali Thomas (Sophomore), Justin Toro (Senior), Juan Lopez Mendez (Freshman), Dean Motta (Sophomore), Erick Sanchez Rodriguez (Sophomore), and Daniel Calix (Senior).

After tomorrow night’s contest, Chelsea will host Lynn Tech next Friday un-

der the lights at Chelsea Stadium at 6:00.

CHS Girls Volleyball Ready for 2023 Season

The Chelsea High girls volleyball team, under the direction of new head coach Gloria Rodriguez, opened its season yesterday (Wednesday) against Greater Boston League (GBL) rival Lynn English.

Rodriguez said she is looking forward to the 2023 campaign in her first year at the helm of the girls volleyball program.

“We played in a pre-season jamboree at Malden against four teams, Revere, Medford, Essex, and Everett, and we won against Revere and Everett,” said Rodriguez. “I’m proud to be coaching many talented girls on the team. These girls are constantly playing volleyball with any free time they have. I know they put in lots of effort and are only striving to improve.”

The 2023 Lady Red Devils will be led by a trio of captains, Yareliz Gonzalez Falcon, Valerie Ramirez, and Hazel Martinez. Other members of the varsity squad are Anais Artica, Angelica Ayala, Aisha Ghelle, Keiri Hernandez Romero, Ashley Martinez, Eva Molina Regil, Emily Rojop Lopez, Tatiana Sanabria Herrera, Alanna Taylor, and Treasure Williams.

Rodriguez and her crew will play 18 matches in the 2023 season, with two contests against each of their seven GBL opponents (Somerville, Malden, Medford, Everett, Revere, Lynn English, and Lynn Classical) and four matches with non-league foes Latin Academy (2), New Mission, and East Boston.

After yesterday’s encounter with English, the Lady Red Devils will trek to Latin Academy tomorrow (Friday), to Somerville on Monday, and to Everett next Wednesday.

Catherine Stec Celebrates Birthday with Family and Friends at Danversport YC

Cary Shuman Photos



Family and friends are pictured at the birthday gathering for Catherine Stec, a graduate of the Chelsea High School Class of 1965. Catherine is the daughter of the late Stanley J. Stec and Katherine “Kay” Stec. Pictured at the celebration at the Danversport Yacht Club are (front row) David Plante and Tony Bellofatto. Back row are Terry Arsenault Plante, Susan Stec Bellofatto, Carherine Stec, and Linda Stefanowicz.



Chelsea resident Catherine Stec (right), enjoying her birthday celebration with her sister, Susan Stec Bellofatto, at the Danversport Yacht Club.

A SHORT STORY ABOUT GROWING UP WITH AN UNFAIR ADVANTAGE.

POLIO.

As one of the last American children to contract polio, Jeffrey Galpin grew up in a world of iron lungs and body casts, alone with his imagination. His story would be dramatic enough if it was just about his battle with this dreaded disease.

But Jeffrey Galpin did more than survive polio. He went on to a list of achievements in medical research—including being the principal investigator in applying the first gene therapy for HIV/AIDS.

Dr. Galpin actually credits his own incurable condition for giving him the focus that made him so passionate in his research. His story leaves us with two of the most contagious messages we know. Don’t give up, and remember to give back. If Dr. Galpin’s story inspires just one more person to make a difference, then its telling here has been well worth while.



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CHELSEA 400TH ANNIVERSARY COMMITTEE HOLDS MEETING

The City of Chelsea 400th Anniversary Committee met Aug. 30 at the Senior Center, continuing its planning of a series of events in 2024 to com-

memorate the city's quadricentennial milestone. Volunteers are welcomed to join the committee and help in the planning.



Chelsea Director of Elder Services Tracy Nowicki (left) was the host for the 400th Anniversary Committee meeting at the Chelsea Senior Center. Also pictured at the meeting is School Committee Chair Kelly Garcia.



The members of the Chelsea 400th Anniversary Committee and other volunteers are pictured at a meeting held Aug. 30 at the Chelsea Senior Center.



Committee leaders listen as members of the audience make suggestions for activities in observance of the City of Chelsea's year-long 400th Anniversary Celebration. From left, are Police Captain Thomas McLain Jr., City Council President Leo Robinson, Chelsea Planning Board Member Sarah Ritch, CHA Supportive Services Manager Matt Frank, City Solicitor and Committee Chair Cheryl Watson Fisher, Deputy Fire Chief John Quatieri, Chamber of Commerce Executive Director Jennifer Hassell, and Emergency Management Director Steve Staffier.

CITY PAWS

Dog Walking Etiquette

By Penny & Ed Cherubino

September is the month when we meet many new dogs on our walks. Some of these dogs and their people will be familiar with city life and the particular behaviors required of canines and their guardians in crowded urban areas. Others must learn the etiquette, dangers, and joys of walking a dog in their new neighborhood.

The Whole Dog Journal recently published an article by John Strassburger on dog-walking etiquette. Strassburger highlighted a few tips for responsible dog walks. The key ones were "Pay Attention to Your Dog," "Don't Text and Walk," "On Leash," and "Carry Poop Bags." We agree with all of those.

Walks Are Dog Time
The next time you walk

around your area, pay attention to people with dogs. How many of them are tuned into their dog, engaged with and interacting with their companion, and how many are multitasking? It's so sad to see a dog looking up at the person by their side, time after time, only to have the person they adore ignore them.

Yes, there are times when we all have to take

a call or reply to a text. We suggest you stop walking when this happens, ask your dog to sit by your side, put one foot on the leash to hold the pup in place, and keep the distraction as short as possible. If you can find a place to sit on a bench while you're distracted, that's even better.

If this sounds overly restrictive, think about how you would react if you saw the professional you paid to walk your dog on the phone the whole time they were doing their job. You are a dog walker when you hold the leash and should try to perform to the same standard you expect of others.

Obey the Laws

Massachusetts law requires all dogs over six months of age to be licensed in their local city or town. You'll need proof of rabies vaccination to obtain a license. In addition to assisting in reconnecting a lost dog with their family, an accurate count lets the municipality know just how many residents need recreation and other services for their dogs.

Dogs may not be off-



If you have to take a call or reply to a text during a dog walk, pause and have your dog sit by your side or share a bench with the pup while you're distracted.

leash in Massachusetts unless in a legal off-leash recreation area. Cities and towns may have different requirements for the length of leashes, how many dogs you can own or walk, and specific requirements of animal keepers. For example, in Boston, your leash must be ten feet or less in length. This ordinance effectively makes most extendable leashes illegal in addition to being dangerous to you, your dog, and everyone around you.

Pickup After Your Dog

You're required to pick up dog waste and dispose of it properly. It's so easy to carry a roll of pickup bags. Yet, we often find people who only had one bag, and the dog went

twice. We're happy to give them a bag from our stash when we notice their dilemma or they ask.

Extra bags are a great way to deal with scoff-laws who don't pick up. We routinely pick up stray waste. We also offer a bag to someone who begins to walk away without picking up. We get their attention with the words, "Excuse me, you dropped something!" This phrase always causes the law-breaker to snap around to discover what they dropped. We hand them a bag and go on our way.

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

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BOSTON MARATHON JIMMY FUND WALK

YARD SALE

SATURDAY, SEPTMEBER 9TH

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BOSTON MARATHON JIMMY FUND WALK

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www.ebnhc.org

CHELSEA Chamber of Commerce

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Compre en **Chelsea** desde **el 1 al 15 de septiembre**, guarde sus recibos y llévelos a la Cámara de Comercio de Chelsea para obtener un boleto de rifa para participar en el sorteo.

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CHELSEA DAY

BCBS supports Urban reforestation efforts

Special to the Journal

In recognition of Environmental Awareness Month, Blue Cross Blue Shield of Massachusetts (“Blue Cross”) is donating \$1 for every ride taken on Bluebikes in September* to the Boston Tree Alliance, a City of Boston program working with Mass Audubon to bolster the City’s tree canopy, the parts of the city that are shaded by trees. The donations will apply to all rides taken across the Bluebikes system’s 13 municipalities: Arlington, Boston, Brookline, Cambridge, Chelsea, Everett, Malden, Medford, Newton, Revere, Salem, Somerville, and Watertown. Blue Cross is the sponsor of Bluebikes, which is owned by the municipalities and operated by Lyft.

The state’s largest health plan is committed to advocating for the environmental health of its communities while expanding public bike sharing as a sustainable and healthy mode of transportation. BCBSMA’s donations will go directly towards the Boston Tree Alliance and its tree planting and care in environmental justice neighborhoods that have been identified in the City’s Heat Plan and Urban Forest Plan. Growing the urban forest will help reduce heat island impacts and public health stressors, increase Boston residents’ access to the physical and emotional benefits trees provide, improve quality of life, and promote biodiversity.

“As a result of redlining and historic disinvestment, communities of color experience heat and public health stressors

disproportionately,” said Mariama White-Hammond, Chief of Environment, Energy, and Open Space for the City of Boston. “We are thrilled about the sponsorship from Blue Cross Blue Shield of Massachusetts, Bluebikes, and Lyft and grateful for their commitment to help us grow the tree canopy in environmental justice neighborhoods, delivering equitable solutions to areas that need it most.”

Biking itself has a positive environmental impact. According to a 2021 study on commuting data from Bloomberg, choosing a bike over a car just once a day reduces an average person’s carbon emissions from transport by 67%. Additionally, based on research from The Adventure Cycling Association, just moderate increases in bicycle use each year could save an estimated 6 to 14 million tons of carbon dioxide.

“The health of our communities is closely linked with the health of our environment and Bluebikes is a key piece of Blue Cross’ pledge to build sustainable solutions to better health,” said Jeff Bellows, vice president of corporate citizenship and public affairs at Blue Cross. “We have a 10-year commitment to reducing our environmental impact and we’re proud to support crucial environmental initiatives like Tree Alliance through Bluebikes.”

Environmental stewardship is a key priority for Blue Cross, which has set a goal to become carbon neutral and zero waste by 2030, thereby reducing its environmental impact. Since 2010, the health plan has dras-

tically reduced the use of electricity, water, and paper, and cut the amount of waste going to landfills by almost 80%. Similarly, Blue Cross launched a Health Justice Partnership and Grant program, providing in funding and pro bono support to support organizations focused on reducing environmental health inequities in local communities. The health plan’s donation to the Tree Alliance aligns with the company’s commitments to a more equitable, sustainable Commonwealth.

“We deeply appreciate Blue Cross’ commitment to environmental stewardship and to helping the Tree Alliance enhance Boston’s tree canopy, which will improve human health, increase wildlife diversity, and battle climate change,” Stacey Beuttell, Senior Director of Mass Audubon’s Nature in the City program. “We encourage everyone to take a Bluebikes ride during this Environmental Awareness Month to show their support for climate action.”

Blue Cross has been the title sponsor of Bluebikes since its launch in May 2018 and remains committed to expanding public bike sharing in Greater Boston as a safe and sustainable public transportation option through its partnership with the municipal owners of Bluebikes and Lyft. In the five years of Blue Cross’ sponsorship, the system has doubled in size, adding 200 stations and more than 4,000 bikes.

*Blue Cross will donate \$1 up to \$10,000 for every Bluebikes ride taken from September 5 – September 30, 2023.

FRESH AND LOCAL

The Urban Kitchen

By Penny & Ed Cherubino

September is a time when many people move into Boston. For some it will be their first experience with an urban kitchen. If you are fortunate enough to have a large kitchen and pantry, you may not have storage and space issues, but you will almost certainly have some lifestyle changes to make.

When we sold our suburban home and moved into our Boston pied-à-terre full time, we went from a very large eat-in kitchen in a single family home to a tiny kitchen in a large condo building. We had to both downsize and change the ways we approached buying, storing, and making food.

Pest Control

Pest control is a fact of life in cities. While you can’t control what your neighbors do, you can make your own food storage rodent-proof by using glass and metal containers for your pantry items.

We’ve solved two food storage issues by lining a hallway wall with shelves that we filled with glass jars of staples, spices, cereals, and snacks. This ensures the items are not attracting mice and frees up space in our kitchen cupboards for canned goods and cooking gear.

Pet food should also be stored in rodent-proof containers. Leaving pet food and treats accessible is not a good idea in an urban home. Litter boxes should be cleaned out each evening since rodents are more active in the overnight hours.

You can schedule a peremptory consultation with an exterminator and have them seal around pipes, scout out other ac-



These shelves filled with glass jars of staples take the place of a traditional pantry in our tiny home.

cess points, and make specific recommendations for your home. Your building may already have a company under contract to do this work and might be able to provide this service as a part of that contract. Check with your management team.

Every Last Crumb

Urban living also means cleaning up after your sloppy eaters both two foot and four foot. We had one dog who loved to hide her dog biscuits under sofa cushions. We learned to check her hiding spots daily to be sure we didn’t have that little terrier telling us we had a mouse in the house.

After each cooking session and after eating, we sweep all the counters and the floor to be sure nothing is left behind. Get in the habit of scanning your rooms before retiring for the evening to be sure no one has left food out.

Shopping More Often

We don’t have a car, so we shop almost every day. Even if you do have a car, you might want to do few-

er large grocery shopping trips if they mean carrying load-after-load from the nearest parking space and up flights of stairs.

Once you attune your routine to many smaller shopping trips, you’ll find you may be spending less money and you will certainly waste less food. Daily shopping means you pick up what you need for the next day or so.

It makes you more likely to check what you have on hand, so you don’t have to carry more than you need. In doing that, you can plan to use up what’s already in your refrigerator and buy only what you need to fill out upcoming meals.

You may also find yourself shopping at more small local businesses, farmers markets, and having food delivered via local services. All of this is good for our community and will also help you become a welcome part of your new neighborhood.

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

EEE / CONTINUED FROM PAGE 4

active during warm and humid weather as we are forecast to have this weekend. I encourage everyone to use mosquito repellent when they are outdoors enjoying the last unofficial weekend of summer; you can also use clothing to cover exposed skin and if you notice that you are getting bitten, you should consider moving indoors.”

Avoid Mosquito Bites

- Apply Insect Repellent when Outdoors. Use a repellent with an EPA-registered ingredient (DEET (N,N-diethyl-m-toluidide), permethrin, picaridin (KBR 3023), oil of lemon eucalyptus [p-Menthane-3,8-diol (PMD)] or IR3535) according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30 percent or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age.
- Be Aware of Peak Mosquito Hours. The hours from dusk to dawn are peak biting times for

many mosquitoes. Consider rescheduling outdoor activities that occur during evening or early morning in areas of high risk.

- Clothing Can Help Reduce Mosquito Bites. Wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.

Mosquito-Proof Your Home

- Drain Standing Water. Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by draining or discarding items that hold water. Check rain gutters and drains. Empty unused flowerpots and wading pools and change the water in birdbaths frequently.
- Install or Repair Screens. Keep mosquitoes outside by having tightly fitting screens on all windows and doors.

Protect Your Animals

- Animal owners should reduce potential mosquito breeding sites on their property by eliminating standing water from containers

such as buckets, tires, and wading pools – especially after heavy rains. Water troughs provide excellent mosquito breeding habitats and should be flushed out at least once a week during the summer months to reduce mosquitoes near paddock areas. Horse owners should keep horses in indoor stalls at night to reduce their risk of exposure to mosquitoes. Owners should also speak with their veterinarian about mosquito repellents approved for use in animals and vaccinations to prevent WNV and EEE. If an animal is suspected of having WNV or EEE, owners are required to report to the Department of Agricultural Resources, Division of Animal Health by calling 617-626-1795, and to the Department of Public Health by calling 617-983-6800.

More information, including all WNV and EEE positive results, can be found on the Arbovirus Surveillance Information web page at Mosquitoborne Diseases | Mass.gov, which is updated daily, or by calling the DPH Division of Epidemiology at 617-983-6800.

Gov. Healey declares September Campus Fire Safety Month

Special to the Record

Governor Maura T. Healey has declared September to be Campus Fire Safety Month in Massachusetts, and fire officials are reminding students, parents, and others to be sure their living spaces have working smoke alarms and carbon monoxide (CO) alarms, and that they know two ways out in an emergency.

State Fire Marshal Jon M. Davine said 2,608 fires occurred in student dormitories, fraternities, and sororities in Massachusetts between 2018 and 2022. These fires caused six civilian injuries, 11 fire service injuries, and more than \$3 million in damages. Fire officials are especially concerned about fire safety in apartments and other types of off-campus student housing, where two college students died in separate, unrelated fires in 2013.

“Fire safety is vitally important whether you live in a dorm, apartment, single-family home, multifamily dwelling, sorority, or fraternity,” said State Fire Marshal Davine. “Everyone should have working smoke and CO alarms on every level of their residence and know two ways out in an emergency. In the event of a fire, don’t waste precious time retrieving personal belongings – get out, stay out, and call 9-1-1.”

He also noted that fire safety precautions should remain in place all through the year. Windows, doors,

and stairways should always be clear of boxes, furniture, bicycles, and anything else that might hinder an escape. Fire doors should never be blocked or chocked open. And smoke and carbon monoxide alarms must remain operational all year long, as required by law.

“If your rental doesn’t have smoke and carbon monoxide alarms, insist on them,” said Hyannis Fire Chief Peter J. Burke, Jr, who serves as president of the Fire Chiefs Association of Massachusetts. “Landlords are required to provide them, but don’t spend a single night unprotected in the meantime. For the price of a pizza, you can go to a hardware store and pick up smoke and CO alarms that could save your life. Choose photoelectric smoke alarms with sealed, long-life batteries. Test them once a month to be sure you’re protected, and never, ever disable them.”

Working alarms, clear exit routes, and a practiced plan for using them are crucial for when a fire breaks out, but students can also take steps to prevent them from starting in the first place:

- Smoking: There is no safe way to smoke, but if you must smoke then do it responsibly. Don’t flick them on the ground, where they can smolder and ignite debris, or grind them out on porches or steps. Use a heavy ashtray on a sturdy surface and put it out, all the way, every time.

- Electrical: Always plug appliances such as air conditioners and space heaters into wall sockets that can handle the current, not power strips or extension cords. Don’t overload outlets with multiple devices.

- Heating: Turn space heaters off when leaving the room or going to sleep. Never leave a space heater unattended.

- Cooking: Stand by your pan! Don’t leave pots and pans unattended on a lit stovetop, and keep flammable items away from burners. In the event of a grease fire, smother the flames with a lid and then turn off the heat. Cook only when you’re alert, not when you’re drowsy or impaired.

- Candles: Never leave candles burning unattended. Extinguish them before leaving the room. Even better, switch to battery-powered candles.

- Lithium-Ion Batteries: Use the charging equipment provided by the manufacturer and disconnect it when the device is charged. Charge phones, laptops, e-cigarettes, e-bike batteries, and other devices on a hard and stable surface – never a bed, couch, or pillow. If you notice an unusual odor, change in color, change in shape, leaking, or odd noises, stop using the device right away. If you can do so safely, move it away from anything that can burn and call your local fire department.

LOST PET?

FREE RESOURCES AND HELP ON FACEBOOK:

www.Facebook.com/Groups/LostPetsNetwork

LOST AND FOUND PETS NETWORK:

CHELSEA, EVERETT, MALDEN, REVERE

LEGAL NOTICES


LEGAL NOTICE
NOTICE OF TERMINATION OF ACTIVITY AND USE LIMITATION
BOSTON MARKET TERMINAL
34 MARKET STREET, EVERETT, MA RTN 3-13158
A release of oil and/or hazardous materials has occurred at this location, which is a disposal site as defined by M.G.L. c. 21E, § 2 and the Massachusetts Contingency Plan, 310 CMR 40.0000. On 31 July 2023, DIV BMT, LLC recorded with the Suffolk County Registry of Deeds and registered with the Land Registration Office of the Suffolk Registry District a TERMINATION of a NOTICE OF ACTIVITY AND USE LIMITATION on the disposal site, pursuant to 310 CMR 40.1080 through 40.1084. The NOTICE OF ACTIVITY AND USE LIMITATION was originally recorded and/or registered on 31 March 2005. Any person interested in obtaining additional information about the NOTICE OF ACTIVITY AND USE LIMITATION may contact Ian Phillips, Haley & Aldrich, Inc., 465 Medford Street, Suite 2200, Boston, Massachusetts, 02129, 617-886-7400. The TERMINATED NOTICE OF ACTIVITY AND USE LIMITATION] and the disposal site file can be viewed at MassDEP website using Release Tracking Number (RTN) 3-13158 at <http://public.dep.state.ma.us/SearchableSites2/Search.aspx> or at MassDEP Northeast Regional Office, 150 Presidential Way, Woburn, MA 01801, 978-694-3200.

LEGAL NOTICE
NOTICE OF ACTIVITY AND USE LIMITATION
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* Single- or multi-family residential uses, dormitories, nursing homes and assisted living facilities, condominiums, cooperatives, rental apartments, elementary or secondary schools, kindergartens, preschools or daycare facilities;
* Active recreational uses such as playgrounds, with the exception for adult recreational sports use within designated areas specifically designed for active recreation with protective surfaces or located within the building that prevents access to underlying contaminated soil and in accordance with AUL Obligations and Conditions;
* The use of the soil at the property for growing fruits and vegetables for human consumption;
* Activities which involve removal of the existing Protective Cover or disturbance of or direct contact with the impacted soils below the existing Protective Cover, with the exception of emergency utility repair as specified above, unless such activities are conducted in accordance with a SMP and/or a RAM Plan developed in accordance with Obligation (v) of the Obligations and Conditions section hereunder, the Protective Cover is restored in accordance with Obligation (iv) of the Obligations and Conditions section hereunder, and the soil and wastewater management procedures set forth in 310 CMR 40.0030 and 310 CMR 40.0040 are followed;
* Activities which involve removal of the existing Engineered Barrier or disturbance of or direct contact with the impacted soils below the existing Engineered Barrier, with the exception of emergency utility repair, unless such activities are conducted in accordance with a HASP and a SMP or a RAM Plan developed in accordance with Obligations (v) and (vi), the Engineered Barrier is restored in accordance with Obligation (iii) of the Obligations and Conditions section hereunder, and the soil and wastewater management procedures set forth in 310 CMR 40.0030 and 310 CMR 40.0040 are followed; and
* Use of contaminated soils that exist beneath the Engineered Barrier or Protective Covers for on-site reuse above the Engineered Barrier or Protective Covers. Any person interested in obtaining additional information about the NOTICE OF ACTIVITY AND USE LIMITATION may contact Ian Phillips, Haley & Aldrich, Inc., 465 Medford Street, Suite 2200, Boston, Massachusetts, 02129, 617-886-7400. The NOTICE OF ACTIVITY AND USE LIMITATION and the disposal site file can be viewed at MassDEP website using Release Tracking Number (RTN) 3-13158 at <http://public.dep.state.ma.us/SearchableSites2/Search.aspx> or at MassDEP Northeast Regional Office, 150 Presidential Way, Woburn, MA 01801, 978-694-3200.

LEGAL NOTICE


NOTICE OF HEARING
Case No. 2023-21
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, October 10, 2023
Chelsea City Hall – 500 Broadway – City Council Chambers, 3rd Floor 6:00 p.m.
With reference to the application of: Sorasakhon Chhim For Special Permit and Variance seeking approval for the Application for a Driveway Opening Permit, which fails to meet the requirement for front yard setback, side lot line, rear lot line, and within five (5) feet of a wall containing windows. Also, the change of open space into a driveway area reduces the total usable open space at the premises known as: 115 Willow Street
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
8/31/23, 9/7/23

LEGAL NOTICE


CITY OF CHELSEA
INVITATION FOR BIDS
Fire Alarm Monitoring and Maintenance at Chelsea Public Buildings
The City of Chelsea is seeking sealed bids to provide all labor, tools, equipment, transportation and supervision necessary to accomplish all Fire Alarm Monitoring and Maintenance at Chelsea Public Buildings. Specifications and contract documents will be available on or after Thursday, September 7, 2023 at the Office of the Chief Procurement Officer, City Hall, Room 204, Chelsea, Massachusetts. Bid documents can be downloaded at https://www.chelseama.gov/departments/purchasing/current_bids_solicitations.php. Bids must be sealed and clearly marked "Fire Alarm Monitoring and Maintenance at Chelsea Public Buildings" and submitted to the Office of the Chief Procurement Officer, City Hall, Room 204, Chelsea, Massachusetts no later than 10:00 AM, Thursday, September 21, 2023. Each bid must be accompanied by a certified check, issued by a responsible bank or trust company.

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 bid, to reject and/or all bids 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 bid is in accordance with M.G.L. Chapter 149.
Dragica Ivanis
Chief Procurement Officer
9/7/23


LEGAL NOTICE


CITY OF CHELSEA
INVITATION FOR BIDS
Security System Monitoring and Maintenance at Chelsea Public Buildings
The City of Chelsea is seeking sealed bids to provide all labor, tools, equipment, transportation and supervision necessary to accomplish all Security System

Monitoring and Maintenance at Chelsea Public Buildings. Specifications and contract documents will be available on or after Thursday, September 7, 2023 at the Office of the Chief Procurement Officer, City Hall, Room 204, Chelsea, Massachusetts. Bid documents can be downloaded at https://www.chelseama.gov/departments/purchasing/current_bids_solicitations.php. Bids must be sealed and clearly marked "Security System Monitoring and Maintenance at Chelsea Public Buildings" and submitted to the Office of the Chief Procurement Officer, City Hall, Room 204, Chelsea, Massachusetts no later than 11:00 AM, Thursday, September 21, 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."
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Chief Procurement Officer
9/7/23

LEGAL NOTICE


LEGAL NOTICE
CITY OF CHELSEA
DEPARTMENT OF PUBLIC WORKS
NOTICE OF PUBLIC HEARING
The Department of Public Works will conduct a Public Hearing on Tuesday, September 26, 2023 at 6:00pm at City Hall, Room 305.
Proposed Work and Purpose:
Public Hearing on the proposed removal of a tree in front of 235 Broadway.
Public comments will be accepted during the meeting.
Written comments are accepted by email to cfox@chelseama.gov until 12:00pm on 9/26/23. The public is invited to attend.
Cate Fox Lent
Commissioner
9/7/23, 9/14/23

CHELSEA RECORD
YOUR HOMETOWN NEWSPAPER SINCE 1890
THURSDAY, SEPTEMBER 7, 2023
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DEADLINES: For classified line ads, deadlines are Monday by 4 p.m. Call 781-485-0588

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Five things you can do to keep yourself safe during extreme heat and weather events

This summer has been full of alarming, record-breaking climate and weather events. We’ve seen wildfire smoke blanket the skies across the country, record-breaking global air and ocean temperatures, and flash floods here in New England. The extreme heat and extreme weather events – floods, hurricanes, thunderstorms, tornadoes, and more – have come at a high cost, both human and financial.

For many people, thinking about our changing climate and the increasing frequency of extreme weather events can lead to feelings of fear and despair. While the climate crisis is certainly cause for alarm, it can be beneficial to focus on things that you can do to keep yourself, your family, and your community safe.

Here are some suggestions to help prepare for and respond to extreme heat and extreme weather events:

1. Recognize the signs of heat-related illness.
Heat related illness can progress through several stages, including:
 - Heat cramps—often involving stomach and limbs.
 - Health exhaustion—with sweating, cold / clammy skin, faint / weak pulse, nausea, dizziness, headache, or fainting.
 - Heat stroke—characterized by high body temperature (103 degrees Fahrenheit or above), hot, red, dry, or damp skin, faint pulse, dizziness, headache, nausea with vomiting, confusion, or faintingIf you are with someone who has signs of heat cramps or heat exhaustion, get to a cooler location, elevate their feet, loosen, or remove excess clothing, and administer sips of cool water every 15 minutes. If there is vomiting or other signs of heat stroke, call 911 to get immediate medical attention
2. Talk with your health care team about how extreme heat and the changing climate impacts your health.
Discussing topics like extreme heat, dangerous air quality levels, and flash floods with your providers can help you create a safety plan. Medical providers can offer information on how to monitor for signs and symptoms of heat-related illness, information about medications that might affect your body’s response to heat, and strategies for preventing any chronic health conditions from getting worse.
Some patients have benefited from safety planning and strategies including the following:
 - Covering windows with drapes, shades, or foil-covered cardboard.
 - Staying in air-conditioned places (libraries, grocery stores, homes) or in the shade.
 - Wearing breathable, lightweight clothing.
 - Using transportation programs during storms or days when it is dangerous to walk outside.
 - Wearing a mask on poor air quality days.
 - Avoiding strenuous or high-energy activities.
 - Never leaving a child, adult, or animal inside a

car on a warm day.

- Staying hydrated with a non-sugary beverage throughout the day.
- 3. Keep an eye out for extreme heat and extreme weather events.
The most widely used weather apps and websites provide detailed information that goes far beyond the air temperature. You can use the weather apps to keep track of things like the “feels like” or “real feel” temperature (which combines temperature, humidity, and wind into one index), the Air Quality Index, and alerts from the National Weather Services on extreme weather events.
As we make our way toward the end of summer, we will likely begin seeing more named storms and hurricanes. According to the NOAA, the 2023 Atlantic hurricane season is between June 1 - November 30, with named hurricanes commonly occurring in August and September. You can sign up for the National Weather Services’ Emergency Alert Systems at Active Alerts (weather.gov) or call 211 for local information including state of emergencies, temporary shelters or cooling stations, disaster assistance, and more.
- 4. Spend time in cool spaces during extreme heat.
The best way to stay safe during extreme heat is to spend time in cool spaces. While we know that this is one of the most effective ways to prevent heat illness and exacerbation of chronic conditions, we are also aware that access to cool spaces is extremely limited for many members of our community.
Common spaces that are used for cooling include Centers for Youth and Families, which are utilized as cooling centers during designated Heat Emergencies, air-conditioned spaces, cold showers, public pools and splash pads, and parks with substantial shade. As a community, we can also advocate for increased access to cool spaces and shaded areas throughout the surrounding areas.
- 5. Check in on each other and support the work of community organizations working to strengthen climate resilience and safety.
During extreme heat and extreme weather events, we can all do our part to help keep ourselves and our community members safe. Some people can be more vulnerable to extreme heat, including young children, older adults, people with chronic illnesses, people with disabilities, people experiencing homelessness, people who work outside, and people with substance use disorders.
One of the ways we can broaden our approach to improve the health and safety of our communities long-term is to get involved and amplify the work of community organizations who are working on climate resilience and safety. Consider getting involved with local organizations who are working to mitigate the effects of climate change in local urban communities.

Anthony G. Schena, Sr.

December 7, 1927 - August 30, 2023

Anthony G. Schena, 95, died on Wednesday, August 30, in the peaceful surroundings of his home with his family by his side. He was 95 years of age. His Funeral will begin from the Welsh Funeral Home, 718 Broadway, Chelsea today, Thursday, September 7, at 9:30 a.m. followed by a Funeral Mass at Our Lady of Grace Church, 59 Nichols St. Chelsea at 10:30 a.m. Services will conclude with interment at Woodlawn Cemetery, Everett.

Anthony (Antonio) was born in Grottaminarda, Italy on December 7th, 1927. He was the eldest of nine children of the late Michele and Candida (Minichiello) Schena.

He spent his early years in Italy attending school, working as a farmhand and serving in the Italian Military from 1947 to 1955. During his time in the military, he was stationed in Somalia and Kenya. He was discharged while in Kenya and remained there to work as a construction laborer, working on many projects including the Kenyan International Airport.

He returned to Italy in 1960, where he married Amelia (Annese) in 1962. Together they settled in the US, briefly in Somerville, before making their home in Chelsea (Prattville), raising their family of two sons and one daughter.

Anthony was a member of the Laborers’ International Union Local 22 and worked as a Stonemason and Laborer. He was one of the owners/proprietors of Schena Construction in Chelsea/Woburn.



In his lifetime, Anthony enjoyed home gardening, growing vegetables, wine making and cultivating fig trees around his home. He enjoyed spending time with family and friends socializing and playing cards.

On March 31, of this year, after sharing 60 years of marriage, Anthony was predeceased by his beloved wife, Amelia.

He is survived by his loving, caring children and their spouses: Michael Schena and his wife, Donna of Chelsea, Jacqueline “Jackie” Gaudet and her husband, Dennis of Revere and Anthony J. Schena, Jr. of Chelsea and he was the cherished grandfather of Megan Schena and Emily Schena. He was the dear brother of the late Leonida Ianniciello, survived by her husband, Sabato, Guiseppe Schena and his wife, Marie, Carmine Schena and his wife, Angelica, the late Orazio “Mario” Schena, Gerardo Schena and his wife, Eleonora, Vincenzo Schena, Luigi Schena and his wife, Alice “Cookie” and the late Antonetta D’Alelio, survived by her husband, Armando.

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



Joanne M. Quinn

Of Revere, formerly of Chelsea



Relatives and friends attended visiting hours for Joanne M. (Fagone) Quinn on Tuesday, Sept. 5, in the Welsh Funeral Home, 718 Broadway, Chelsea and her funeral was held from the Welsh Funeral Home on Wednesday, September 6 followed by a Funeral Mass at St. Mary of the Assumption Church, 670 Washington Ave, Revere at 10 a.m.

Joanne passed away suddenly on Tuesday, August 29. She was 79 years of age.

Born and raised in Chelsea, a beloved daughter of the late Charles and Theresa “Tillie” (Ulatowski) Fagone, she attended St Stanislaus Parochial School and graduated from Chelsea High School. Joanne was a longtime former resident of Chelsea and has been residing in Revere for the past 25 years. She was married to James J. Quinn for 40 years and was passionately devoted to home and family, raising two daughters.

In her lifetime, Joanne enjoyed being a grandmother of six, spending time with her family, sharing special events together and trips to various casinos.

She is survived by her beloved husband, James

J. Quinn of Revere, her devoted daughters, Chery Finnegan of No. Reading and Joanne Cunneen of Revere. She was the dear sister of Rev. Benedict Fagone, OFM.Conv. and Phyllis Nofle, both of Chelsea, Dorothy Montgomery of Malden, Patricia Malone of Wilmington, Christine Giordano of Florida and the late Nancy DeSalvo. She was the adored grandmother of Joseph Finnegan of Wilmington, Luke Finnegan of Lynn, Shannon Silva of Saugus, Kevin Cunneen of No. Reading, Kelly Ogden of Dover, NH and Keith Cunneen of Saugus, and she is also survived by four adoring great-granddaughters.

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



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Address	# of Units	Unit Size	Rent Price
163 Chestnut	C104	904	30% AMI \$946
163 Chestnut	C202	904	50% AMI \$1,577
163 Chestnut	C302	1549	80% AMI \$2,517

Household Size	30% AMI Low Income	50% AMI Low Income	80% AMI Low Income
2	\$26,100	\$56,100	\$68,320
3	\$29,350	\$63,100	\$75,720
4	\$32,600	\$70,100	\$84,120

All applications and information submitted are subject to verification. Applications are due by Saturday, Sept. 30, 2023. The Lottery will be held on 10/05 and Occupancy is slated 10/30/23, but can't be guaranteed

Please visit to www.chelsearealestate.com/lottery to get the lottery application and apply for the credit and background check. Don't apply for the credit check if you don't qualify for the max income and number of people from 2-4 applicants.

An info session will be held at Chelsea City Hall, from 3-5PM, on Thursday, Sept. 14, in the Inspectional Services Division. It will be recorded live and available on social media.



Sumner Tunnel reopens to motorists

By Journal Staff

The Sumner Tunnel in East Boston reopened Friday, Sept. 1 after a two-month closure due to the beginning of the first phase of a \$160 million restoration and renovation project to the 89-year-old tunnel.

State Rep. Adrian Madaro and State Sen. Lydia Edwards joined Gov. Maura Healey, Transportation Secretary Gina Fiandaca, and other state officials on a walking tour of the Sumner Tunnel last Wednesday, Aug. 30.

Edwards, who represents the entire East Boston neighborhood in the Senate, commented, “We are halfway there. I am grateful we got through two months of closure with little injury. We have a lot to learn and certainly need to reassess our mitigation package for

next year. Finally, I want to thank outgoing Secretary Gina Fiandaca and the whole MassDOT team for their hard work.”

State Rep. Adrian Madaro added, “The weekday openings of the Sumner Tunnel will give residents much-needed relief from the lengthy commutes into the City. I’m grateful for the patience East Boston residents have displayed throughout the summer, and thankful for the hard work of MassDOT employees and the contractors who completed the necessary repairs over the last several months.”

State Rep. Jessica Giannino said, “I want to thank MassDOT and each of the contractors involved in this project for all of their hard work on the Sumner Tunnel renovations. Reopening the tunnel on time was critical as commuters get back from summer breaks.



PHOTOS COURTESY CHARLOTTE HYSEN OF GOVERNOR'S PRESS OFFICE

Gov. Maura Healey, Secretary of Transportation Gina Fiandaca, Undersecretary Monica Tibbitts-Nutt, Highway Administrator Jonathan Gulliver, State Rep. Adrian Madaro and MBTA General Manager Philip Eng tour repairs to the Sumner Tunnel on Aug. 30, ahead of its reopening last Friday, Sept. 1.

“I also want to thank the efforts of Gov. Maura Healey and each of the surrounding communities impacted by this closure for working collaboratively in order to minimize disruptions to our commutes by increasing options for reliable public transportation

during the shutdown. This project was a group effort, and I believe the process went as smoothly as it did because of this. I am very happy to know that commuters can return to their normal routes again, in the improved Sumner Tunnel.”

Acting Revere Mayor Patrick Keefe was pleased to see the Sumner Tunnel reopen on schedule.

“The tunnel’s reopening is a great sigh of relief to the residents of Revere as we start to wrap up the summer,” said Keefe. “I’m hopeful the learnings

we all experienced by relying on public transit and expanded offerings will be sign on more permanent transportation investments that can benefit our community when it comes to our regional traffic mitigation measures.”

Fall garden maintenance tips

Special to the Record

As the autumn season approaches, it’s an excellent time for homeowners to examine their gardens and prepare them for the cooler temperatures to come. Although you may think of gardening

only during the summer months, caring for your garden during the fall can help it survive the winter season and produce a healthy crop next year.

Whether you’re growing a vegetable garden, flower bed or even trees and shrubs, these fall gar-

den maintenance tips will ensure your entire landscape is ready for temperatures to drop.

1. Clean Up Vegetable/Herb Gardens

If you’re not sure where to begin on your fall garden maintenance checklist, the best place to start

is by removing all dried plants and weeds in your garden bed. Keeping such plants in your garden over the winter could lead to pests and disease, thus preventing a healthy garden next year. For this reason, be on the lookout for any spent crops, as well as plants that are infested with disease. Tilling your garden is an excellent way to expose any dried plants or weeds. It will also reveal any pests hiding in your garden, including fall armyworms, which are most active during the fall.

As you remove plant debris from your garden, now is also an excellent time for removing gardening supplies. Items such as stakes, cages and labels should be gathered and put away to be used again next spring.

2. Prepare Your Perennial Garden for Winter

Although the gardening season may be coming to a close, your perennial plants will continue growing until they go dormant in late fall. To prepare them for the colder temperatures, be sure to remove all weeds and any parts of the plant infested with disease or pests. If you’re planning on adding more plants to your garden, consider planting spring-blooming bulbs this fall while the soil is still warm.

Don’t forget to continue watering your perennials at least once a week until the ground freezes. Once the ground does freeze, cover the crown of your newly planted perennials with a 4 to 5-inch layer of bark mulch. This mulch may also be used to cover perennials that are sensitive to frost.

3. Care for Trees and Shrubs

For those who have trees

and shrubs, autumn is the perfect season to check on your shrubbery and prepare them for winter. One way to care for your trees this fall is to cover the soil around them with mulch. Adding a fresh layer of mulch around the base of your tree will protect the roots from harsh winter conditions. Avoid covering the trunk with mulch, however, as this could cause rot and other diseases. In addition to mulching, fall is also an ideal time to prune your shrubs once dormancy has started.

If you’re looking to establish more trees and shrubs on your lawn, fall is the best time to plant while the ground is still workable. Generally, the ideal time to plant new trees is six weeks before the first sign of hard frost. Planting anytime between September through November will allow your new trees to establish their roots before winter sets in.

4. Plant a Cover Crop

A cover crop may be spread over your garden to prevent erosion and weed growth. It may consist of mustard, clover, peas or even a combination of cover crops. Once spring arrives, the cover crop may be turned over to add nutrients to the soil.

5. Plant Fall Crops

While the summer growing season may be over, there are still many plants you can grow over the winter. The most common frost-tolerant crops for fall planting include broccoli, cauliflower, kale, lettuce, parsnips, garlic, cabbage, collards and spinach. Many of these crops not only grow well during the fall, but they taste better after a light frost. Be sure to cover your plants as soon as any frost is forecasted to ensure your garden survives the winter.

6. Apply Fall Pre-Emergents

Pre-emergent weed killers are used for controlling

weeds before they appear above the ground. To promote a weed-free garden next year, consider applying fall pre-emergents to your garden once all plant debris is removed.

7. Apply Fall Fertilizer

Similar to fall lawn care, many gardens and trees can benefit from fertilizer before winter sets in. Fall fertilizer is best applied in late fall before the first frost, as it will help plants endure the approaching cold temperatures.

The Lawnifi® Fall Fertilizer Box, in particular, has three separate bottles of liquid fertilizer in it that help your garden recover from the hot summer temperatures it just endured as well as prepare for the colder temperatures ahead. This product is a great fall fertilizer for lawns and gardens.

If you prefer traditional, granular fertilizers, Lawnifi Foundation is a slow-release granular fertilizer option that comes in a 25-pound bag and lasts for three months. With a 29-0-5 NPK formulation, Lawnifi Foundation is the perfect granular fertilizer for lawns and gardens. The two percent iron included in Lawnifi Foundation’s mixture helps plants carry oxygen throughout the leaves, roots and other parts of the plants to promote a green, healthy yard.

Following these simple fall garden maintenance tips will help your plants survive the cold temperatures of winter. Whether you plan on growing a cool season crop, or you simply want to protect your garden, this fall garden checklist will ensure a healthy, thriving garden next spring.

Want to learn more about achieving a great lawn? Check out more Sod University tips here and subscribe to our weekly newsletter.

This article was written by Sod Solutions Content Strategist, Valerie Smith.



PHOTO COURTESY SOD SOLUTIONS

A fall garden can still add some pop of color to your yard this season.

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