

# The Boston Globe

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THURSDAY, FEBRUARY 12, 2026

## Taking it out on takeout

Customers say they're reaching their limits on what they'll pay

By Bryan Hecht  
GLOBE CORRESPONDENT

Takeout may be on the way out. Increasingly customers across tax brackets said they're done eating the costs of inflated prices on restaurant meals, which rose more than 3 percent in 2025.

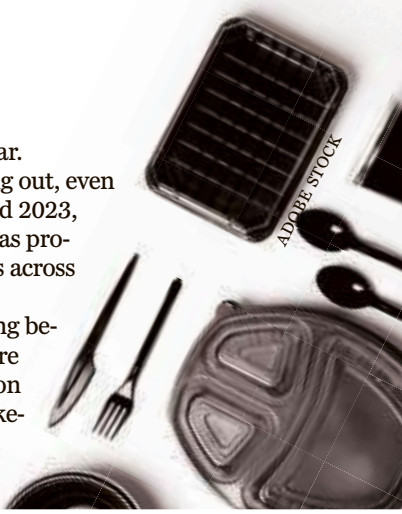
The gulf in value between takeout — long positioned as the most economical and popular way to avoid cooking — and a homemade meal is only widening. Restaurant inflation

nearly doubled that seen at grocery stores last year.

Some consumers who came to rely on ordering out, even doing so during larger price increases in 2022 and 2023, said this last year made them finally call it quits, as prolonged high prices continue to fatigue consumers across New England.

"It's a broader concern about everything having become more expensive. Electricity costs, health care costs — you look across the board and the question becomes, what can you cut out? And ordering takeout food is one of those things that you can cut out," said Alexander Murray, a Quincy wine di-

TAKEOUT, Page A7



## Recruit was back in ring despite injury signs

State Police instructors let Delgado-Garcia box a day after possible concussion

By Sean Cotter  
GLOBE STAFF

The guidance provided by the national governing body for amateur boxing is clear: A boxer who is concussed during a bout should not fight again for at least 30 days.

But on Sept. 12, 2024, according to prosecutors, State Police defensive-tactics instructors let trainee Enrique Delgado-Garcia fight another recruit despite having shown signs of a concussion from a bout the day before. During the match, the 25-year-old took more blows to the head and collapsed. A day later, he died.

Four instructors at the academy were indicted on manslaughter charges this week and a special prosecutor investigating Delgado-Garcia's death said they acted recklessly in allowing him to fight on that second day. His death also has resurfaced broad questions about training practices at the State Police academy, which has a strict paramilitary structure and unusually high rates of dropouts and injuries.

Defenders have said the stress-based training is a necessary crucible to forge troopers who may

TRAINING, Page A10

## Want a crack at the Charles? Don't.

Of course it's tempting, but the river is never safe, no matter how cold it's been



FINN GOMEZ FOR THE BOSTON GLOBE

By Spencer Buell  
GLOBE STAFF

Surely, at some point during this year's supremely cold and icy Boston winter, you've been tempted.

Perhaps you've glanced out the window of a Red Line train on the way to work, seen the frozen expanse of the Charles River, and imagined yourself traipsing across it to the office.

Or glanced up from a textbook at Harvard or MIT and pictured yourself doing snow angels out there in the wintry splendor between Boston and Cambridge.

A hot cup of coffee and a stroll



GLOBE FILE

Top, people strolled on the Charles earlier this week, perhaps not realizing the risk they were taking. Above, in 1979, a woman had to be rescued after falling in.

atop the ice with some pals, views of both cities on either side? At sunset?! How lovely.

But once again, and likely not for the last time, the various groups and public officials who oversee the Charles are sharing the message they've been sending to would-be adventurers for many years: Please don't.

Walking, skating, biking, or doing anything else on the frozen Charles is "just not safe," said Laura Jasinski, executive director of the Charles River Conservancy. "We want people to be able to use the Charles as many ways as pos-

CHARLES RIVER, Page A10

## Lawmaker from N.H. shocked Trump tried to prosecute her

By Sam Brodey  
GLOBE STAFF

WASHINGTON — Representative Maggie Goodlander of New Hampshire was on the floor of the House casting votes Tuesday night when her phone suddenly began blowing up.

The New York Times reported the Justice Department tried to get her and five Democratic colleagues indicted over a video they recorded urging military members to refuse illegal orders from President Trump and his administration.

This was news to her.

Although a grand jury in Washington declined to indict the six, Goodlander got texts from constituents and "a frantic phone call from my mom," she said in an interview Wednesday.

The first-term, who previously worked at the Justice Department under former President Joe

GOODLANDER, Page A6

## State's silence on payments for homes taken for Cape bridges raises questions

By Matt Stout  
GLOBE STAFF

Weeks after they began seizing homes in Bourne to clear space for a new \$2.1 billion Sagamore Bridge, Massachusetts officials are refusing to disclose how much taxpayer money they're giving individual property owners. They also argue that, under state law, they may not have to release that information for years to come.

The Healey administration's decision to obscure the payments has raised fresh

questions about transparency around the state's eminent domain law, a doctrine rooted in the Massachusetts Constitution and the basis by which the state is taking roughly a dozen homes as part of the Cape Cod bridge megaproject.

The state's rationale appears to be edging onto new legal ground about what can, and cannot, be disclosed while the state unilaterally scoops up private property, according to First Amendment and eminent domain law attorneys.

PAYMENTS, Page A7

**Federal officials blamed Moderna as they stood by the FDA's decision** not to review the Cambridge biotech's new flu vaccine. **D1.**

**Boston City Councilor Ed Flynn wants to ban delivery app drivers from using e-bikes, mopeds, or other motorized scooters.** **B1.**

**Attorney General Pam Bondi combatively defended her leadership at the Justice Department** to House lawmakers amid sharp criticism of her work. **A2.**



JOHN LOCHER/ASSOCIATED PRESS

## A medalist again

Vermont's Ryan Cochran-Siegle won his second straight Olympic super-G silver. **C1.**

## Break the banks

**Thursday:** Seasonable. High 35-40. Low 17-22.

**Friday:** More of the same. High 37-42. Low 20-25.

Sunrise: 6:45 Sunset: 5:12

**Weather and Comics, D5-6.**

VOL. 309, NO. 43

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