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EXTRA -- WARREN-PRESCOTT'S 'NEWSIES JR.' A SMASH



Derek Kouyoumjian photo

The Warren-Prescott School presented a production of the hit musical and film "Newsies Jr." A musical about a true event in New York City in 1899 where newspaper sellers went on strike. It was an impressive production that reflected the talents and hard work of students of the Warren-Prescott School. See more photos on Page 8.

Urban Wild gets nod from Basic Services Committee

BY Stephen Quigley

Urban Wild, a proposed new restaurant, bar, and bowling alley at Hood Park, moved a step closer to opening its doors when the Basic Services Committee (BSC) of the Charlestown Neighborhood Council (CNC) gave its unanimous approval to the proposal at Monday's night meeting.

"This is the right mix to bring to the community and Hood Park," said Mark Rosensheim, the owner and project manager for construction of Urban Wild.

"The developers know Charles-

(URBAN WILD Pg. 2)

Love Your Block spring cleanups announced

Special to the Patriot-Bridge

Mayor Michelle Wu and the Office of Civic Organizing (OCO) announced the Love Your Block spring 2023 cleanups will take place on April 22nd and 29th. Love Your Block is a Citywide community service event that invites community organizations, local businesses, and neighborhood groups to host a spring cleanup in their neighborhood. Groups interested in hosting a cleanup can now sign up here. Additionally the City is seeking volunteers to participate in scheduled cleanups.

(CLEAN UP Pg. 4)

CHARLESTOWN NEIGHBORHOOD COUNCIL CALENDAR

CNC General Meeting, Tuesday, April 4, 2023, 7 p.m.

The Charlestown Neighborhood Council will hold an in-person, public meeting on Tuesday, April 4th from 7-9 p.m. at the Knights of Columbus, 545 Medford Street, Charlestown. Agenda items include presentations from Cycle Boat, Ali Baba restaurant (99A Cambridge St.), and the Charlestown Rehearsal Space Tenant Association (50 Terminal St.) as well as updates from our committee chairs.

CNC Development Committee Meeting, Thursday, April 13, 2023, 7 p.m.

The Charlestown Neighborhood Council's Development Committee will hold an in-person, public meeting on Thursday, April 13, 2023, from 7-9 p.m. at the Knights of Columbus, 545 Medford Street, Charlestown. The sole agenda item will be the proposed conversion of 150 Third Ave, Charlestown, MA (f/k/a The Constitution Inn) into approximately permanent affordable rental

housing and related services for residents. A presentation by the project proponents, the Planning Office for Urban Affairs and St. Francis House, will be followed by an opportunity for the committee and community to ask questions about the proposed project.

Meeting/Event Updates: Council meetings are listed and updated on the CNC calendar, cnc02129.org. Our general and committee meetings are open to the public - so residents do not need an invita-

tion to attend and are not required to RSVP or reserve a space. However, if you would like to receive a calendar invitation for an event and email updates with important meeting updates, then just click an event's RSVP button and provide your email address. As always, please bring your neighborhood questions, concerns, and suggestions to our monthly general meeting. Contact us anytime at cnc02129@gmail.com and find updates on CNC02129.org

URBAN WILD (from pg. 1)

town,” added Rosensheim, whose restaurant group, CT Eatery, also operates Tradesman at 50 Hood Park Drive.

The new facility will comprise approximately 25,000 square feet that will include 14 bowling alleys, a small performance space that will accommodate up to 150 patrons, and a restaurant with a

full-service kitchen and bar.

“We built 100 Hood Park Drive with this in mind,” Rosensheim said. He also added that given the quality of construction of the building and its location far from any neighborhood, “You will never hear what is in the box.” In addition, Rosensheim mentioned that there will not be a need for

anyone to park on Charlestown’s streets because the parking facilities at Hood Park include 800 spaces that will be available to patrons of Urban Wild.

Rosensheim said that security issues will be foremost in the minds of the owners of the restaurant.

“We probably have hired more security than what is needed, but we would rather do it right and have too much than not enough,” he said.

“We’ll be spending a lot of money for security, but it has to be done,” added Peter Simonelli,

who will be the general manager of Urban Wild. “Why take a risk?”

Simonelli also noted that Urban Wild will be holding job fairs in the community and will seek to “hire people from the neighborhood.”

The establishment will be geared toward families. “Little kids and seniors can bowl,” said Rosensheim, who added that the facilities may also be used by neighborhood groups.

“There will be great food and fun,” said Simonelli.

Members of the community in attendance expressed their support

for the establishment, with one local couple voicing the sentiment “now there will be some place to go in Charlestown.”

The next step for Rosensheim and his team is to appear before the entire CNC for its approval, which could be as early as April 4. If the full CNC gives its imprimatur, Urban Wild then will go before the Boston Licensing Commission to obtain its liquor, food, and entertainment licenses. Urban Wild is seeking to operate until 2 AM, seven days per week.

Although Rosensheim said that Urban Wild has not yet set an opening date, “Construction is complete, furniture is in, final inspections are occurring this week, and staff is being hired,” he said in an email. “We anticipate being ready to open in May, contingent upon our final permits, approvals, and licenses, of which the liquor license is one of the last and most important.”

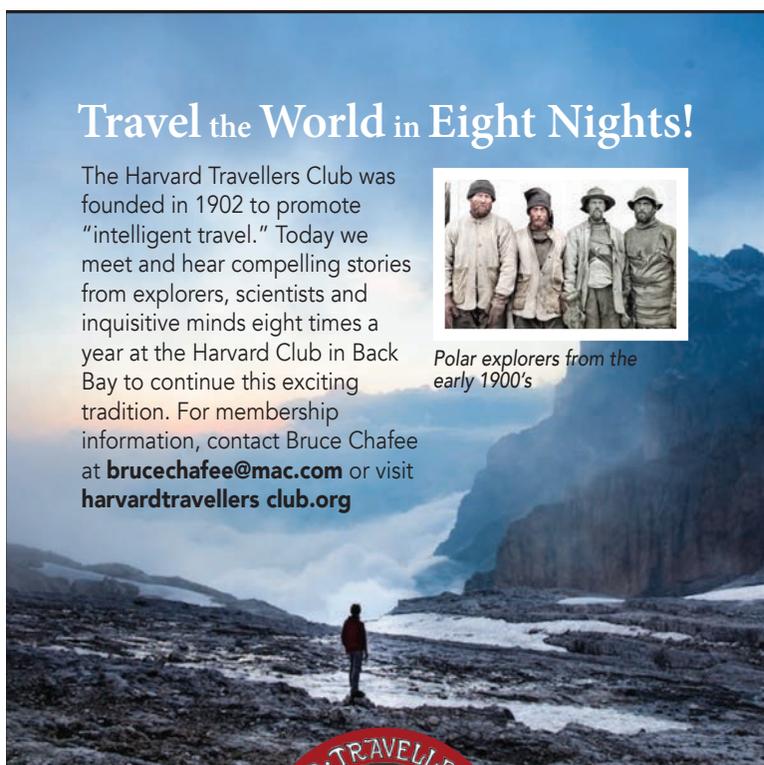
Tom Cunha, the chairman of the CNC, noted that there are already three establishments in Charlestown with 2 AM licenses. He also pointed out that any additional liquor licenses that will occur pursuant to the liquor license expansion plan being proposed by city officials will include all of the neighborhoods of Boston except the North End, West End, Charlestown, and Jamaica Plain.

Travel the World in Eight Nights!

The Harvard Travellers Club was founded in 1902 to promote “intelligent travel.” Today we meet and hear compelling stories from explorers, scientists and inquisitive minds eight times a year at the Harvard Club in Back Bay to continue this exciting tradition. For membership information, contact Bruce Chafee at brucechafee@mac.com or visit harvardtravellers.club.org



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Teamsters Local 25 annual gala for autism raises nearly \$1M to support families

The annual Teamsters Local 25 Gala for Autism drew more than 1,300 people to the Boston Convention and Exhibition Center and raised nearly \$1 Million to support individuals and families living with autism. The Teamsters Local 25 Light up the Night Gala for Autism is the largest New England fundraiser supporting organizations dedicated to helping people and families with autism, and the Teamsters Local 25 Autism Fund is amid its most successful fundraising year since its launch in 2006. The 2023 Gala for Autism honored International Brotherhood of Teamsters General President Sean M. O'Brien, who designated autism as the Local 25 charity early during his first term as president after a member told him about his grandson with autism. Since then, the Teamsters Local 25 Autism Fund has raised millions of dollars for research, housing, schools, and organizations and given a voice to people and families with autism. The event also honored the Federation for Children with Special Needs (FCSN), headquartered in Charlestown. FCSN is a nonprofit organization providing information, support, and assistance to parents of children with disabilities, their professional

partners, and their communities. FCSN is committed to listening to and learning from families and encouraging full participation in community life by all people, especially those with disabilities.

"Teamsters General President Sean M. O'Brien's legacy at Teamsters Local 25 includes many accomplishments, but the Teamsters Local 25 Autism Fund is a shining example of his tireless advocacy in this field. Our other honoree, the Federation for Children with Special Needs, is a strong community partner and is carrying out Sean's mission to make sure families with autism have the support system they need," said Local 25 President/Principal Officer Tom Mari.

Sean M. O'Brien, Teamsters General President

In the autism community, O'Brien has worked to increase funds and awareness for autism. He worked with state leaders to pass the autism insurance law in Massachusetts, and through the Local 25 Autism Gala has raised several million dollars that has been donated back to organizations that help people with autism in school and in the workplace. During his time in Boston, he sat on the New England Board for Autism Speaks.

Federation for Children with Special Needs

The Federation for Children with Special Needs (FCSN) leads Massachusetts and the nation in family-based training and support for both parents of children with disabilities and the professionals who serve them. Our unique approach to working with families, educators, healthcare providers, and other professional partners has allowed FCSN to serve as a forum for information, empowerment, and systemic change. FCSN advocates for inclusive education, strong parent participation, supportive family-school partnerships, and access to high-quality health care services for children. FCSN is the leading organization promoting best practices in family and community engagement in Massachusetts.

The Teamsters Local 25 Gala for Autism was emceed by WCVB TV Chief Meteorologist Cindy Fitzgibbon and featured a performance by the Greater Boston Firefighters Pipes and Drums Band. Boston Bruins' National Anthem Singer Todd Angilly, accompanied by team mascot Blade the Bruin, brought the house down with a stirring rendition of the Star-Spangled Banner to kick-off the evening. "Miracle on Ice"



Photo by Joe Brooks

Pictured at the Teamsters Local 25 Gala for Autism are, left to right, WCVB Chief Meteorologist Cindy Fitzgibbon, FCSN Executive Director Pam Nourse; FCSN Project Director Pat Cameron; FCSN Associate Executive Director Renee Williams; Teamsters Local 25 President Thomas G. Mari.

hockey legends Jack O'Callahan and David Silk were in attendance, along with dozens of federal, state, and local elected leaders, including Massachusetts Governor Maura Healey, Boston Mayor Michelle Wu, U.S. Congresswoman Lori Trahan, Massachusetts Auditor Diana DiZoglio, Boston City Council President Ed Flynn, Boston City Councilor Michael Flaherty, and many others.

Teamsters Local 25 is the largest Teamsters union in New England with 12,000 members. To learn more about the Teamsters Local 25 Autism Fund, please visit TeamstersLocal25.com. To learn more about the Federation for Children with Special Needs, please visit www.fcsn.org, call 617-236-7210, or email info@fcsn.org.

Council hearing scheduled for contraception and menstrual vending machine

City Councilor Gabriela Coletta, Councilor Ruthzee Louijeune, and Councilor Ricardo Arroyo offered an order for a hearing regarding contraception and menstrual product vending machines in the City of Boston on Tuesday, April 4 at 10am in the Iannella Chamber.

"As a city, we need to help break down barriers to provide birth control and empower individuals to make decisions without stress and worry. In addition to offering free menstrual products in the city's public buildings, Boston's pilot program will help us address healthcare deserts across our neighborhoods," said Councilor Coletta. "I look forward to having conversations to see citywide and innovative efforts to ensure access to birth control."

Councilors Coletta, Louijeune, and Arroyo understand the urgency to address and provide access to affordable contraception given the public discourse since the Supreme Court's overruling of Roe v. Wade and Planned Parenthood v. Casey.

"Access to reproductive healthcare services is now threatened for millions of Americans, and especially those who live in the states that are banning or severely restricting abortion care. We must move in the opposite direction" said Ruthzee Louijeune. "The City

of Boston must become a beacon of hope across the Country, and throughout every neighborhood in Boston, that our government is working to affirm the right of all people, especially our Black and Brown communities, to have equal access to contraception and menstrual health care products."

The Councilors seek to bring together community advocates and city stakeholders to discuss vending machines that provide contraception and menstrual products.

"Boston should be a leader nationally in the fight for access to menstrual health and reproductive health and contraception," Councilor Arroyo said. "This proposal will advance those goals and I look forward to its implementation."

Highlights of the Order Include: "WHEREAS: The accessibility of affordable contraception has emerged at the forefront of public discourse since the Dobbs v. Jackson Women's Health Organization U.S Supreme Court decision overruling both Roe v. Wade and Planned Parenthood v. Casey; and

WHEREAS: Having the power to decide if, when, and under what circumstances to get pregnant, carry a child to term, and raise that child increases an individual's opportunities to be healthy, complete their education, and pursue

the future they want. But too many people lack access to safe, affordable birth control and emergency contraception; and

WHEREAS: According to Power to Decide, there are 361,810 women in Massachusetts living in contraceptive deserts with 70,750 women in Suffolk County categorized as "in need" of publicly-funded contraceptives and supplies; and

WHEREAS: As some states seek to restrict reproductive freedoms, Boston University recently launched "Plan-B" vending machines. These machines offer students the "morning after" pill at a price that is significantly less than some over-the-counter options and with privacy not afforded by a trip to the pharmacy; and

WHEREAS: Menstrual products are necessary for half of our population and essential to all menstruating individuals' personal and mental health. Period poverty, or not being able to afford menstrual products, is a common concern for low-income menstruating individuals in high-income countries; and

WHEREAS: According to a 2021 study published in the BMC Women's Health Journal, many young menstruating individuals cannot afford products to meet their monthly needs, especially Black and Brown individuals. This

may impact their mental well-being due to the shame and stigma associated with a lack of income or accessibility to affordable products; and

WHEREAS: As Boston launches a pilot program of vending machines already equipped with menstrual products, and given the urgency to provide birth control and emergency contraception to prevent unwanted pregnancies, the City should consider including all

items in locations with the highest need;"

The Boston City Council will hold a hearing on Tuesday, April 4 at 10am in the Iannella Chamber, Fifth Floor of Boston City Hall. This hearing will be held under the Committee on Public Health, Homelessness, and Recovery, chaired by City Councilor Erin Murphy. Members of the public are encouraged to provide written or oral comments.

CHARLESTOWN GYM HOCKEY

2023 / 2024 GYM HOCKEY REGISTRATION

Registration for our 2023/2024 season is taking place at:
Charlestown Coop Bank (Conference room).

201 Main Street
Charlestown, MA

Saturday April 15th 2023

9:30 am to 11:30 am

Please use the parking lot entrance not the Main Street entrance.

Ages are: 3 - 10 years old. Anyone who turns 11 years old before 2/1/24 is too old. If you cannot make it on the 4/15/23 you can call

Jimbo 617-803-5344, Debbie 617-241-0434, or Kerri 781-732-0517 to make other arrangements.

You do not have to live in Charlestown to play!
Kids from all communities are welcomed!

**There are 5 NHL players who played
Charlestown Gym Hockey!**

EDITORIAL

ANOTHER WEEK -- ANOTHER MASS SHOOTING IN AMERICA

The news this week of yet another mass shooting, this time in a private school in a wealthy neighborhood of Nashville, Tennessee, in which six persons (including three, nine year-old children) were killed, once again has highlighted the need for our federal government to ban assault-style weapons.

America stands alone in the world for this sort of self-inflicted carnage. In no other country can heavily-armed individuals wreak tragedy upon families and communities because of easy access to military-grade weaponry.

Australia, a country with a Wild West mentality similar to ours, banned assault-style weapons in 1996 after a mass shooting in a cafe in the city of Port Arthur in which 35 people were killed and another 13 were wounded. The tough new laws banned the sale and importation of all automatic and semi-automatic rifles and shotguns; required individuals to present a legitimate reason (and wait 28 days) to buy a firearm; and called for a massive, mandatory gun-buyback. Australia's government confiscated and destroyed nearly 700,000 firearms, reducing the number of gun-owning households by half.

The result? Since 1996, there has been one mass shooting in Australia. New Zealand enacted similar laws in 2019 after a mass shooting in a mosque in Christchurch and since that time, there have been no mass shootings.

The U.S. banned the sale of assault-style weapons in 1994 as part of a wide-ranging anti-crime bill, but that provision of the legislation expired in 2004.

And that's where we stand today -- with mass shootings now a regular part of American life.

With politicians in both parties subservient to the small minority of vocal, one-issue voters, the chances of enactment of common-sense laws regulating the types of guns that can be sold in this country are just about zero, even though a majority of Americans support such laws.

Even more depressing is that laws in states such as Massachusetts that regulate gun ownership and possession soon may be struck down by the U.S. Supreme Court.

To paraphrase the last line of the Star Spangled Banner: America is the land of the free -- and the home of the dead.

THE IRAQ WAR -- NEVER AGAIN

Last week marked the 20th anniversary of the American invasion of Iraq, a conflict that was broadcast into our living rooms on our TV sets in great detail thanks to the many reporters who were allowed to become "embedded" with U.S. troops as they made their way across the battlefields of Iraq.

Some commentators today refer to the War in Iraq as a mistake, but that implies a mere error in judgment. However, that assessment completely ignores the simple fact that the war was predicated on a deliberately-false narrative.

It now has become common knowledge that the war was based on nothing less than complete and total fabrications by the administration of President George W. Bush. When Secretary of State Colin Powell went before the United Nations to claim that Iraq was harboring terrorists from 9/11 and had weapons of mass destruction, those assertions — as Powell himself later admitted — were based on deliberately false intelligence.

Unfortunately, with few exceptions, the U.S. Congress fell hook, line, and sinker for this fabricated intelligence narrative — and we plunged into a war that had no purpose and accomplished nothing to improve the security of either the United States or the world in general.

In fact, the war had just the opposite effect: The ensuing destabilization of the Middle East allowed terrorist organizations such as ISIS to thrive and spread around the world.

This is by means to deny the incredible bravery of the American men and women who served in that war. As soldiers always do, they did their duty, bringing great honor to themselves and their country. Even as our lying politicians were doing their worst, our men and women in uniform were doing their best on the battlefield.

But the bottom line is that millions of innocent Iraqis were caught up in the chaos of war, with nearly a million dead and many more millions displaced. American casualties in the war totaled 4,203 dead and tens of thousands maimed and wounded. In addition, the well-documented psychological scars of that war will endure both for the soldiers themselves and their families for the rest of their lives.

The war in Iraq was an enormous tragedy for all who were touched by it, with its after-effects still reverberating today.

Hopefully, we'll never again be led into a war by duplicitous politicians whose true motives to this day are known only to themselves.

LETTER TO THE EDITOR

AGREES WITH LETTER ON HOMELESSNESS

Dear Editor:

I am writing in support of Dr. Angoff's Letter to the Editor, dated March 16, 2023. The U.S. homelessness crisis is complex and remedies extend far deeper than simply putting a roof over one's head. If it were only that easy. Chronic homelessness is usually the result of complicated and long-documented histories of mental illness, substance abuse, multiple evictions, and joblessness. Studies of homelessness ("Housing Boston's Chronically Homeless Unsheltered

Population: 14-years Later"; Med Care. 2021 April 01; 59(Suppl 2): S170-S174. doi:10.1097/MLR.0000000000001409.) and its real solution depends heavily on support services—mental/physical health support, easy access to transportation, ample services close to housing; grocery stores, pharmacies, banks, post office.

The proponents (St. Francis House, the Planning Office of Urban Affairs of the Archdiocese, and the YMCA) of The Constitution Inn Housing Project have painted a straightforward picture; we all know that an easy fix is far from the case.

When asked on a community

Zoom, what services would be available for residents, the proponents' answers were surprisingly clipped, as if neighborhood concerns were a distraction. The presenters were dismissive and, at times, seemed annoyed by questions. When asked about police presence on the site, they admitted that they hadn't gotten that far.

Without substantial 24/7 resources and security, being documented and organized as the number one priority (not as afterthoughts), the project is set-up to fail. To paint a rosier picture is irresponsible.

Susanne Bronstein

CLEAN UP (from pg. 1)

"Love Your Block has become a beloved tradition in our neighborhoods to come together and beautify corners across Boston," said Mayor Michelle Wu. "Our Office of Civic Organizing is ready to help connect volunteers and provide cleanup tools, so I encourage any interested community groups to identify a spot that could benefit from some care and sign up!"

Cleanups will take place in every neighborhood of Boston over the course of two weekends. The dates are as follows:

Saturday, April 22: Allston-Brighton, Charlestown, Chinatown, Dorchester, Downtown, Fenway-Kenmore, Fields Corner, Leather District, Mattapan, Mid-Dorchester, Mission Hill, Roslindale, Roxbury, West Roxbury.

Saturday, April 29: Back Bay, Bay Village, Beacon Hill, East Boston, Hyde Park, Jamaica Plain, North End, South End, South Boston, St. Botolph (Back Bay), West End, Wharf District.

Some neighborhoods have already had local organizations volunteer to host a cleanup. These partners are listed on boston.gov/love-your-block. Multiple cleanups in each neighborhood are encouraged, so local organizations can still sign up to host in any neighborhood. This year the Love Your Block cleanups fall on Earth Day (4/22) and Arbor Day (4/29).

The Love Your Block program was first created in 2015 with a three-year grant awarded to the City of Boston by Cities of Service. After the grant's expiration in 2018, Love Your Block became a permanent City program under the Mayor's Community Engagement Cabinet.

"Love Your Block is an excit-

ing opportunity for residents to come together, take ownership of our neighborhoods, and exercise our civic power," said Director of Civic Organizing Henry Santana. "We look forward to working with neighbors and community partners to keep Boston clean and green."

"Love Your Block is an event that the Cabinet of Community Engagement's Office of Civic Organizing leads each year. It's our civil responsibility to keep our communities beautiful, so residents and their families can continue to take pride in their neighborhoods," said Chief of Community Engagement Brianna Millor.

In past Love Your Block cleanups, neighborhood groups have picked up litter from streets and sidewalks, beautified local parks, cleaned up vacant lots, urban wilds, and more. For tips on how to plan and host a cleanup in your neighborhood, OCO has created a helpful guide.

"Chinatown Main Street has participated with 'Love Your

Block' for many years," said Debbie Ho, the Executive Director of Chinatown Main Street, one of the organizations that has already committed to hosting a Love Your Block cleanup. "We all want to be sure we have a clean Chinatown and it's important that we involve volunteers within and outside of the Chinatown community to create a unified Boston!"

Those interested in hosting a neighborhood cleanup can sign up here to request support, volunteer t-shirts, and tools such as trash bags, gloves, brooms, rakes, and trash pickers. Requests will be accepted until Wednesday, April 5 at 5:00 p.m.

Those interested in signing up as a volunteer can also do so here. OCO will connect you with a cleanup site in your neighborhood once all sites are finalized.

The Office of Civic Organizing is committed to collaborative partnerships and programs that promote engagement, awareness, and service in communities throughout the City of Boston.



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THE CHARLESTOWN PATRIOT-BRIDGE,

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Our Senior Life

FINANCE FOR SENIORS

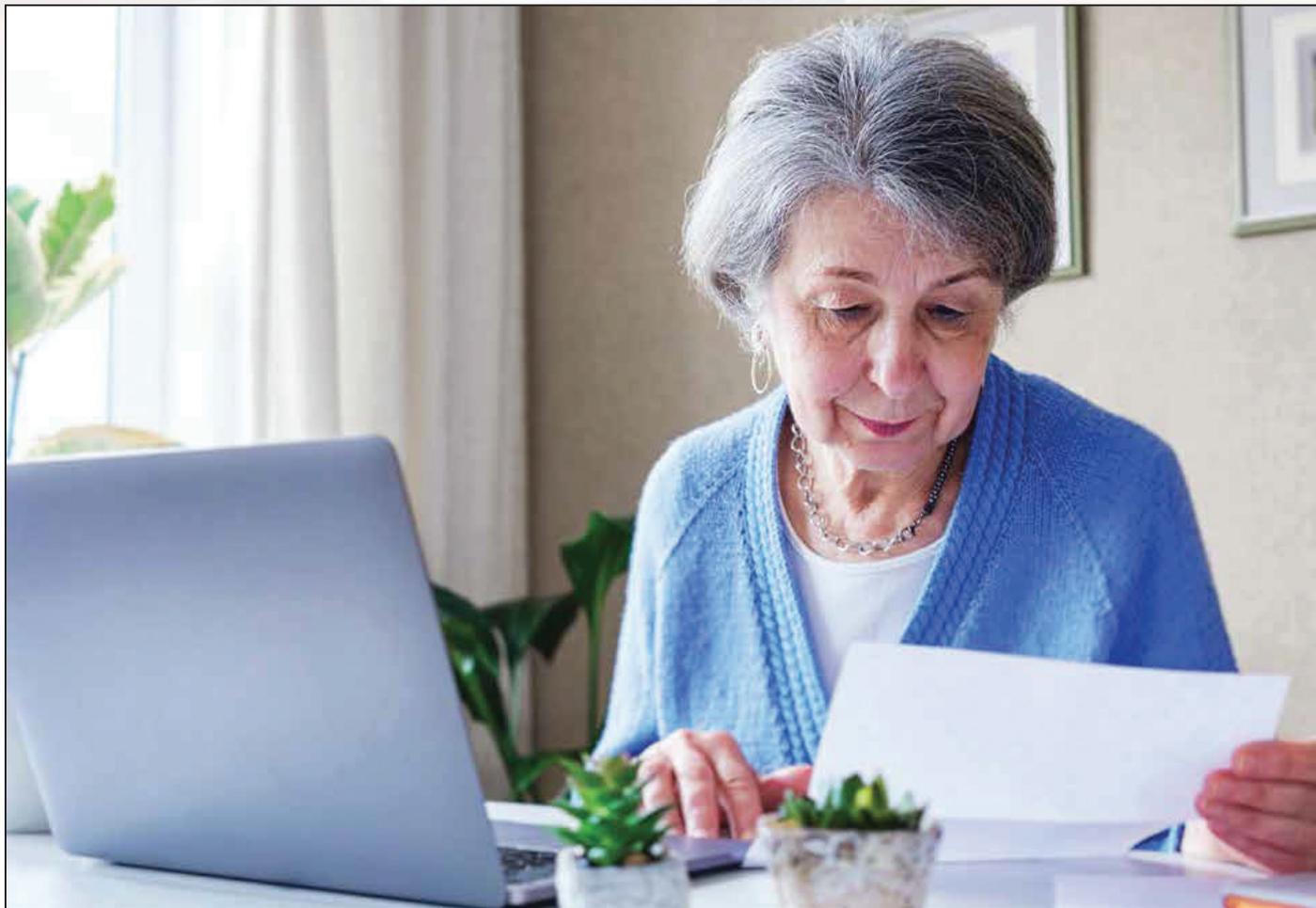
Creating a Budget

It's more important than ever as you transition toward a fixed income

Begin by setting up a budget calendar, then try to limit the amount of money you spend based on your actualized monthly income and savings. Look for the best deals, and trying to leverage as much as you can from available benefits. In the end, you'll find the financial security that so often evades so many seniors.

BUDGET CALENDAR

This straight-forward money-management tool provides a visual aid when dealing with finances. Begin with an honest accounting of all savings and income, then write in when regular expenses come due on a month-by-month basis. Fixed expenses will include rent or mortgages, insurance premiums and any debt payments. Flexible bills include food, utilities and transportation expenses. Those with progressive or chronic illnesses should also build in an expense cushion for regular medical care. Leave some room for personal care, repairs and maintenance and entertainment costs, too. Now you're ready to more closely track expenses and income.



SETTING GOALS

Now that you have a better idea of how much you're spending per month, compare that with how much income and savings you have on hand.

The idea is to stretch these funds through the entirety of your retirement — so you may need cut back. The ideal expenditure levels for everyone follow the 70/30 rule, a budgeting formula that guides spending decisions by limiting them to

70% of total income.

During your working life, that leaves 30% for savings. As a retiree, these savings simply remain in reserve for later use. When you find your expenses moving past 70% of what you've budgeted, consider whether you actually need this item or activity — or if it's simply wanted. Is it time to down-size? If you can't immediately reach the 70/30 goal, make it a near-term goal.

INCOME BOOSTS

The average monthly Social Security

benefit isn't enough to live on. Instead, it's more of a starting point. Seniors typically combine these funds with proceeds from retirement accounts, pensions and savings to make ends meet. Others may continue working part time. But that's not the only way to boost your retirement income. There are also programs, numbering in the thousands, that can help pay for food, utilities, medicine and other everyday expenses, if you qualify. Visit the National Council on Aging's Benefits-CheckUp site to learn more about these programs and your eligibility.



Senior Services
For inquiries and more info, please contact:
Kimberly Kyle, Senior Services Coordinator
617-241-8866 x.1351 or
kkyle@kennedycenter.org
www.kennedycenter.org

Programs

JFK HOMECARE
Personal Care, Homemaking, HHA Services, Companion Services.

Food Security
FREE Grocery Delivery Program for eligible seniors ages 65+

SENIOR ENRICHMENT
Social, Recreational, and wellness programs for ages 55+.

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SARAH COUGHLIN THANKED FOR HER POSITIVE IMPACT IN CHARLESTOWN

DEREK KOUYOUMJIAN PHOTOS

Community leaders and friends gathered on March 23 at the Christ Church in Charlestown to thank Sarah Coughlin for her more than 15 years of community work in Charlestown. Coughlin has worked as the lead person at the MGH Center for Community Health Improvement. Coughlin will continue with community engagement work in Boston. The following is her letter to the community:

“Dear Charlestown –

Coming into this community as a 25-year-old green clinician assigned to Boston Police Department’s District A1-A15, I could not have imagined that I would be drafting this letter 15 years later. To say you have changed me, Charlestown, is an understatement. I am not the same person I was walking into this community. This journey is hard to put into words, but I am forever grateful for every minute of it.

Beginning my Charlestown career as a clinical social worker at the A1 Boston Police Station, I was honored to learn from and work with some of the most dedicated public servants. Under the leadership of Captain O’Rourke and Sergeant Lema, and in partnership with my original dream team--

Christine Vraibel, Dave Saddler, Teddy Boyle, Robert Luongo, and Michael Charbonnier--I was able to bear witness to the power of true community policing. They welcomed me into their space, took me under their wing, and inspired and challenged me in ways I will be forever grateful for. While we didn’t always agree on the same approaches, we shared the same passion and commitment towards a safer and healthier Charlestown for all. We were able to share opinions, differing perspectives, and work collaboratively with mutual respect.

Having a front row seat to the criminal justice system helped pave the way for my life’s work--addressing the root causes and the systemic nature of racial and economic inequities and the many injustices of our carceral system. To the families and young people whom I’ve had the honor of working with, you’ve had the most profound impact on my life and career. You allowed me into your homes and lives during some of the most difficult, vulnerable, and painful times, and your resilience and grace has inspired and shaped me in so many ways.

After leaving the police station, with the desire to move



Boston City Councilor Gabriela presents Sarah Coughlin with a Proclamation from the City Of Boston commending her for her work in Charlestown.



Sarah Coughlin with DJ Smokey Cain, Elaine Donovan, and Kim Mahoney.

more upstream, I had the honor of learning from and working under the small yet fierce leader, Beth Rosenshein as the Youth Prevention Director for the CSAC at the Boys and Girl Clubs of Charlestown. Being welcomed into the Charlestown Boys and Girls Club space and witnessing the love and transformative day to day work of the dedicated staff, was and has been awe-inspiring. I have been especially moved watching the commitment and dedication of Derek Gallagher, who has always stayed grounded and maintained members as his top priority though his transition into leadership. And, of course, there has been no one like John Killoran who was somehow able to get me to belly laugh when I was dealing with some of the most difficult

experiences.

When Beth transitioned to get her PhD, I was provided an opportunity at Mass General Hospital’s Center for Community Health Improvement (CCHI) to take over leadership of CSAC and expand our work to address all social determinants of health as we expanded and rebranded into the Charlestown Coalition.

Reflecting on what we have been able to accomplish together as a coalition brings me great pride. For over 10 years of true community engagement, Charlestown, what you taught me most of all was how to listen. You taught me how to meet community where you are, about respect for history and pain, about the power of collective action, and the unstoppable nature of what is possible when Charlestown comes together.

- In the mist of the opi-



Sarah Coughlin with Ryan O’Brien, recovery coach.

oid epidemic when we were losing young and vibrant residents at an alarming rate, under the leadership of one of my greatest teachers, Shannon Lundin, we were able to develop a relationship-based system of linages to continuum of care services to prevent and reduce the risks associated with substance use disorders and occurrences of overdose. The lives transformed through these services are countless. We served as the community champions for the MGH Health Center’s SUDS initiatives. In partnership with the world’s most humble and genuine leader, Dr. Jim Morrill, we were able to change systems of care and delivery in lasting ways.

- Together, we were able to establish the first Recovery Court Specialty Session within the Charlestown Division of the Boston Municipal Court which at its peak developed into the largest drug specialty session in Suffolk County.

- Through our grass roots engagement and regular community health needs assessments, we listened when you told us that

(COUGHLIN ON Pg. 7)

The Parish Families of St. Mary – St. Catherine of Siena & St. Francis de Sales

Harvest on Vine

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Monthly food distributions take place on the second Saturday at 10:00AM, and last Tuesday at 2:00PM.

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SARAH COUGHLIN THANKED FOR HER POSITIVE IMPACT IN CHARLESTOWN

DEREK KOUYOUMJIAN PHOTOS



Sarah Coughlin with Mark Robinson, one of the original Turn It Around members.



Sarah Coughlin with Fatima Fontes and Zaire Richardson.



Mel Soto, Phenice Zawatsky, Lori D'Alleva.



Sarah Coughlin with Transformational Prison Project Executive Director Armand Coleman and Director of Community outreach Robert Lacavello (right) and Laurie D'Alleva.



Sarah Coughlin gets a hug from Stanley Williams.



Sarah Coughlin said hello to Terrell and Love McQueeney.

teens and families were slipping through our social service cracks. We worked collaboratively to form the Charlestown Family Support Circle under the poised, calm, and dedicated leadership of Phenice Zawatsky, the past 9 years have truly transformed care delivery in Charlestown.

- Tired of seeing too many young people cycle into the criminal system or fall prey to substance use and addiction, we were able to work with amazing youth leaders to form the Charlestown Turn It Around program--now one of the city's most effective youth enrichment programs and an official diversion program of the Suffolk County District Attorney's office. With the support and dedication of the most AMAZING young people and many leaders including Gretchen Wager, Olivia Larkin, and Ginaya Greene Murray, we have helped to transform the lives of hundreds of Charlestown teenagers. Now, to be leaving the group in the hands of one of the greatest youth leaders out there, Mswati Hanks, is something I could have only dreamed of.

- With limited trauma resources from the City of Boston, we listened when you told us there were not enough resources available to support the community in the aftermath of traumatic instances of overdose and community vio-

lence. Collectively, we formed the Charlestown Trauma Response Team, and under the guidance and trainings of renowned trauma experts Courtney Grey and Dr. Robert Macy, we worked together to provide crucial support alongside some of Charlestown's most dedicated residents, undoubtedly saving countless lives. Every member of this team has profoundly impacted my life and career in ways that are hard to put into words.

- With a desire to beautify and provide a space for unity and collective healing, we were able to build and then rebuild the Charlestown Peace Park. Although the process was far from peaceful at times, the relentless commitment of so many helped us secure a \$500k grant, and we are in the process of making this a sustainable area for all of Charlestown to enjoy.

- Navigating a national pandemic with you all was one of the more humbling experiences of my career. The way we rallied together to provide food, addiction services, and community support collectively still gives me chills. Another reminder of what is possible when Charlestown bands together through crisis in such powerful and essential ways.

- After the public murder of George Floyd and as our coun-

try was being forced to confront the racism of our past and present, we began our monthly Race Dialogues in partnership with former City Councilor Lydia Edwards. While many other initiatives fell off as media pressure died down, Charlestown has held strong and continued the unifying discussion to address racism as we embark on our third year of these healing spaces.

My sincerest thank you to our local politicians who have committed so much in the fight to secure resources and advocate for the needs of the Charlestown commu-

nity—especially Rep Danny Ryan, Senator Lydia Edwards, Councilor Gabriella Coletta, Sal Lamattina, Sal DiDomenico, Jack Kelly, Chris Breen, and many others.

We have lost way too many beautiful lives in this square mile during my time here, (I am not able to list them all) and I'll hold them with me as I carry on in this work: Steven Jones, Michael Cain, Ryan Morrissey, Ashley Paquin, Fabienne Faublas, Laura Viera, Keith Cunningham, Neil Gillis, Peter Looney, Billy Boyle, Michael Charbonnier, Mimi Wrenn, Luis Rodrigues.

And, finally, to my Coalition team who has become family. Thank you for being brave enough to go on this journey with me. For keeping up with my wild pace and staying on the roller coaster together for so long. I love you all and am forever grateful for each one of you.

I can honestly say that I have given this community all that I have. I have created with you, cried with you, laughed with you, advocated with you, and fought with you. As I transition into a city-wide role within CCHI, I will not stop fighting for Charlestown.



Charlestown Coalition Youth Coordinator Mswati Hanks organizes a circle of people to speak of how Sarah Coughlin has been an impact in their lives.

WARREN-PRESCOTT SCHOOL PRESENTS 'NEWSIES JR.'

DEREK KOUYOUJIAN PHOTOS

The Warren-Prescott School presented a production of the hit musical and film "Newsies." A musical about a true event in New York City in 1899 where newspaper sellers went on strike. It was an impressive production that reflected the talents and hard work of students of the Warren-Prescott School.



Medda, a theater owner who gives the Newsies a place to meet and plan their strike, performs "Just A Pretty Face". The role is played by Audrey Dupuy (pictured here) as well as Skyla Njiwptchi.



Newsies Jr. is filled with well choreographed singing and dance numbers.



Race, played by Lucas McCabe, and "Crutchie" played by Max Ehrenpreis, look at the papers they sell.



Elizabeth Plumber, played by Addison MacRoberts, documents the events of the Newsies strike led by Jack, played by Desmond McKenna.



Newsies Davey, played by Gabriel Campbell, and Jack, played by Desmond McKenna, sing "Sieze The Day" to rally the strike



RSM representatives Julia Donabue (2nd from right) and Madison McCabe (right) were presented with a Newsies poster by Warren-Prescott School music teacher Olivia Cichon, science teacher Tina Champagne, and Principal Michelle Davis in recognition of the company's support.



Newspaper boss Joseph Pulitzer (right), played by Graham Katt, uses his henchmen Oscar and Morris Delancey, played by Simon Katt and Boden Drysdale Langone, to bring Newsies strike leader Jack Kelley, played by Desmond McKenna, to offer him "a deal".



Medda, a theater owner who gives the Newsies a place to meet and plan their strike, performs "Just A Pretty Face". The role is played by Audrey Dupuy (pictured here) as well as Skyla Njiwptchi.

DiDomenico unveils bill for Children's Cabinet position

This week, Senator Sal DiDomenico hosted a briefing on his legislation, An Act to Establish a Massachusetts Children's Cabinet (S. 79/H.189), alongside House bill sponsors Representative Kay Khan and Representative Antonio Cabral, and the Children and Adolescent Health Initiative (CAHI) coalition. DiDomenico's briefing highlighted how this bill will empower child-serving state agencies to better communicate and coordinate with each other and more effectively use resources to advance the health and wellbeing of children across the Commonwealth.

This legislation would create a Children's Cabinet comprised of executive office Secretaries and Commissioners serving children.

The Cabinet would be tasked with tracking progress on key child health measures, gathering feedback from children, addressing racial and economic disparities, and reporting to the legislature annually on the status of children and youth in Massachusetts. The bill also establishes an advisory committee to guide the cabinet, which will be made up of child-serving health care professionals, early childhood educators, teachers, school administrators, child welfare professionals, parents, youth, and other relevant experts.

"I am proud to sponsor this legislation so we can ensure the wellbeing of our children is prioritized and elevated across the most powerful cabinets of state govern-



Senator DiDomenico explains his bill for a Children's Cabinet position.

Hearing on safety of light poles, bridges and public infrastructure scheduled

In January this year, City Council President Ed Flynn and Councilor At-Large Michael Flaherty refiled a hearing order to discuss the safety of light poles, bridges, and other public infrastructure in the City of Boston. This hearing is now scheduled for Tuesday, April 4th at 2 pm at the Boston City Council Iannella Chamber. Residents are encouraged to participate and testify in person or via videoconference by reaching out to shane.pac@boston.gov. The hearing will be broadcasted live on Xfinity 8/RCN 82/ Fios 964 and streamed at: boston.gov/city-council-tv.

This hearing was originally filed in September last year, when a pedestrian crossing the Evelyn Moakley Bridge in the South Boston Waterfront was struck and injured by a falling light pole. At the time, the Public Works Department swiftly inspected all city bridges in the area and removed 23 of the light poles that were deemed not completely satisfactory, with two additional poles having already been previously removed. It is critical that the city continues to ensure our city's

public infrastructure is safe and structurally sound, and there are routine inspections and systems in place for maintenance and repair.

"Unfortunately, this incident shed light on our aging infrastructure, light poles, and bridges - especially against the harsh New England weather, sea air and salt water." Council President Flynn said. "Councilor Flaherty and I look forward to receiving an update from our city and state partners on the inspection and audit of all light poles, bridges, and public infrastructure, and any relevant plans to make all necessary repairs in a timely manner. We must work with our bridge engineers and design consultants to prevent an incident like this from happening again."

Councilor At-Large Flaherty said, "We, as a city, have a responsibility to make sure that we regularly inspect roads, bridges, light poles and street signs as a matter of public safety. We live in New England and our area is subject to harsh weather conditions that tend to deteriorate building materials and fixtures quicker than other places."

ment," said Senator DiDomenico, Assistant Majority Leader of the Massachusetts Senate. "Children across our state were some of the hardest hit individuals throughout the pandemic. I look forward to working with my cosponsors, Representatives Kahn and Cabral, to pass this bill so we can coordinate government agencies to

use every lever of power to feed, house, and protect our kids."

"Growing up is getting harder," said Greg Hagan, a Cambridge pediatrician and CAHI member. "Just talk with parents, teachers or anyone working with kids. If children are our future, we need to do a

better job. Massachusetts doesn't have a way to plan for kids' needs across its many departments and programs. By creating a Children's Cabinet, we can make sure that we do right by kids: planning, coordinating, and communicating effectively to better meet the needs of children and families."

The Ken Stone Memorial

Paul Revere Ride



Paul Revere and his horse, Brown Beauty, in City Square Park on his way to Lexington and Concord.

Monday,
April 17th
City Square Park
arrive at
10:00am
Paul Revere
arrives at
10:15am

Organized by the Friends of City Square Park with cooperation from the Department of Conservation and Recreation, the National Lancers and the Boston National Historical Park.



In case of rain please go to: friendsofcitysquarepark.org for information

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NEIGHBORHOOD ROUND UP

ARTISTS' GROUP OF CHARLESTOWN KICKS OFF THEIR 2023 EVENTS

On March 31, the StoveFactory Gallery, 523 Medford St., re-opens this spring with the Artists' Group of Charlestown (AGC) Spring 2023 Exhibition entitled Light and Shadow: Bringing Art to Life. This Exhibition focuses on the behavior of light on subject matter, its shadow, and how this relationship renders depth, dimension and drama as a result.

According to the Gallery Chair, Julie Alailima, Light and Shadow will include a body of work of art from all forms of media - 97 works of art have been selected. Members of the AGC Gallery Team aided in the difficult task of reviewing all the art submissions, and helped ensure that the pieces in the exhibition fit in the theme of the show and were high quality.

Light and Shadow opens with a reception on Friday, March 31st from 5:00 - 8:00 PM. It will continue to run the following Saturdays and Sundays (April 1st & 2nd, 8th & 9th, and 15th & 16th) from 12:00 - 5:00 PM.

About the StoveFactory Gallery and Artists' Group of Charlestown:

The StoveFactory Gallery is a 950-square foot space in a renovated 19th century factory building with exposed beam ceilings,

white walls, and windows.

The Artists' Group of Charlestown (AGC), a non-profit organization, was founded in 1996. With grants, generous donors, and dedicated member volunteers, the AGC exists to fulfill its mission: to showcase artists' works and to promote high-quality cultural programming for the local community. The StoveFactory Gallery and Studios are the home of the Artists' Group of Charlestown, where almost all their programming is held.

WILD AND SCENIC FILM FESTIVAL BENEFITS EINC! - APRIL 29

The Wild and Scenic Film Festival benefits Charlestown non-profit "e" inc.! Learn more about global and local environmental initiatives from this year's selected films and enjoy an evening together with your community.

Throughout the evening, we will have light hors d'oeuvres and a cash bar serving wine, beer, and soft drinks.

All proceeds from the event enable "e" inc to continue to expand their planet science and sustainability education programs for Boston youth.

Tickets at eventbrite: <https://www.eventbrite.com/e/e-inc-wild-and-scenic-film-festival-2023-tickets-573083627557>

FRIENDS OF CHARLESTOWN ELDERLY RAFFLE

The Friends of Charlestown Elderly are raffling off a SENIORS only Easter Basket. You can enter your favorite senior to win or if you are a senior. The raffle will be held on April 6, last day to enter April 5. Call Maureen 617-756-3291 or Mary 617-777-0699 to buy a chance.

FRIENDS OF RYAN "DUCE" MORRISSEY SCHOLARSHIP FUND

The Friends of Ryan "Duce" Morrissey Scholarship Fund is pleased to announce that scholarships totaling \$27,500 will be offered in 2023. Scholarships are available to college freshman, college upperclassmen, and high school students. Details and application forms may be obtained from our website. www.ryanmorrisesyscholarship.com Questions: ryanmorrisesyscholarship@gmail.com

FRIENDS OF CITY SQUARE PARK BOOK CLUB

Join fellow residents as we read and discuss nature-inspired books, as chosen by the group. If you are interested in joining, please contact Grace Bloodwell, bloodwell@gmail.com.

FREE AFTER SCHOOL HOMEWORK CLUB

Charlestown Lacrosse & Learning Center welcomes all Kindergarten through 9th graders to join our weekly in-person homework support! Homework club runs Tuesday and Wednesday from 4:30pm-6:00pm (except for dates on which BPS is closed for weather, school breaks or otherwise) following the BPS school calendar and will run through the end of the school year. Email Blake Riley, cllcllearningdirector@gmail.com for more information.

APPLICATIONS NOW BEING ACCEPTED FOR '23 QUINN SCHOLARSHIPS

Applications for 2023 Michael P. Quinn Scholarships are being accepted through April 15.

All applicants must be a resident of Charlestown for the past five years, as well as a graduate with the Class of 2023

Be advised this scholarship award is for \$16,000 for the recipients first year of college only. Applications can be picked up at Guidance Department at Charlestown High School, Boston Latin, Boston Latin Academy, the Boys & Girls Club, Charlestown Library, and Malden Catholic High School.

If you have any questions

regarding the scholarship, call Ronan J. FitzPatrick at 617-242-5493 or email maryfitzpatrick10@comcast.net.

ANDROID CLASSES AT GOLDEN AGE CENTER

The Golden Age Center's Technology Program continues with an Android class. To be held April 3, 10 and 24 at 10:00AM. Bring your ANDROID device (Samsung, Google, HTC, etc) to class to learn tips and tricks for using them. Classes are progressive, so plan to attend all three. There will be one-on-one sessions from 9AM-10AM and 11AM-12PM.

THE KEN STONE MEMORIAL PAUL REVERE RIDE

On Monday April 17, Paul Revere will be stopping at City Square Park at 10:15AM to begin his trip to Lexington and Concord. In case of bad weather visit friendsofcitysquarepark.org for additional information. Event organized by the Friends of City Square Park with cooperation from the Department of Conservation and Recreation, the National Lancers and the Boston National Historical Park.

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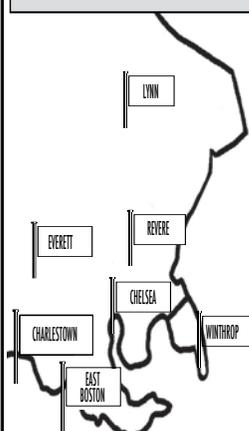
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Afternoon of brass concerts returning to Boston

After several critically and commercially acclaimed shows since 2019, the team at North-bridge Brass Endeavors is proud to present the “Afternoon of Brass #2: Memorial Weekend Spectacular” concert series. The two patriotic-themed concerts are planned for Saturday, May 27 at the Old South Church in Boston and Sunday, May 28 at Mechanics Hall in Worcester. Concertgoers can expect a spectacular and rousing flag-waving experience with unparalleled music at this family-friendly event.

Featuring Boston Symphony Orchestra and Pops brass players, the program includes some of the most demanding works ever written and arranged for brass including “Crown Imperial” (Walton), “Finlandia” (Sibelius), “Variations on America” (Ives), “Resurrection Symphony Finale” (Mahler), “Irish Tune from County Derry” (Grainger), “Nimrod” (Elgar) and “Semper Fi” (Sousa). Also on the program

are “Taps” and “Retreat” (Butterfield) specially arranged for the “The President’s Own” United States Marine Band by former USMC arranger Thomas Knox.

And there is more than just brass. Mezzo-soprano Heather Gallagher sings the “Star Spangled Banner” and “America the Beautiful” with unique arrangements for solo voice and brass. In addition, Shakespearean scholar Robert Lublin, PhD, Professor of Theatre Arts, UMASS Boston, sets the mood with a special presentation prior to “Romeo and Juliet” (Sergei Prokofiev arranged for brass by Joseph Kreines). We will also be joined by WGBH/WCRB’s Brian McCreath as our emcee and Lawrence Isaacson as our Music Director.

For tickets to Worcester click here and for Boston click here. Discounted tickets are available to active-duty military and veterans, first responders, dependent family members, as well as EBT, WIC, and CC cardholders. Free

tickets are available exclusively for Everett resident, whose Local Cultural Councils (LCCs) granted support* to the event.

Ticket purchasers using the LCC discount must bring a photo ID (with matching town address) to the venue entrance (otherwise the ticket is invalid). Quantities of discounted tickets are limited. Tickets go on sale March 17, 2023 at 12:00 AM. All attendees are required to have a ticket.

*The Afternoon of Brass #2 is supported in part by grants from 19 (nineteen) Local Cultural Councils (LCCs), including Bolton, Boylston, Concord, Dudley, Everett, Grafton, Holliston, Lancaster, Lincoln, Medford, Millbury, North Reading, North-bridge, Paxton, Revere, Spencer, Sterling, Uxbridge, and Wilmington as well as state-level grants from the Mass Cultural Council (MCC). Our sponsors include UniBank and Whitinsville Family Dentistry

USS Constitution begins summer visitation hours

USS Constitution has started their summer hours schedule their hours of free public visitation now in effect.

During Summer hours of operation, Constitution will be open to the public Tuesday through Sunday from 10 a.m. to 6 p.m.

All guests, age 18 and older, are required to show a valid state or federal photo I.D. or a passport to board the ship.

While aboard, guests may walk the ship at their own pace and ask questions to the ship’s active-duty Navy Sailors.

In addition to answering guests’ questions, Sailors give presentations on the ship’s history every 30 minutes.

USS Constitution, is the world’s oldest commissioned

warship afloat, and played a crucial role in the Barbary Wars and the War of 1812, actively defending sea lanes from 1797 to 1855.

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

USS Constitution was undefeated in battle and destroyed or captured 33 opponents.

The ship earned the nickname of Old Ironsides during the war of 1812 when British cannonballs were seen bouncing off the ship’s wooden hull.

LEGAL NOTICE

LEGAL NOTICE COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT

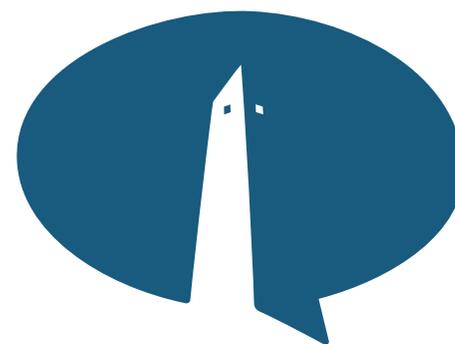
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Shirley Doherty
Date of Death:
02/20/2023
To all interested persons:
A Petition for Formal Adjudication of Will with Appointment of Personal Representative has been filed by Joseph F. Doherty, Jr. of Charlestown, MA requesting that the court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that: Joseph F. Doherty of Charlestown, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond unsupervised administration. **IMPORTANT NOTICE**
You have the right to obtain a copy

of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 05/02/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you. **UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC) IMPORTANT NOTICE**
A Personal Representative ap-

pointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration. **WITNESS, Hon. Brian J. Dunn, First Justice of this Court.**
Date: March 21, 2023
Vincent Procopio
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3/30/23
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for a stronger community!

CharlestownVoice.com

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CITY PAWS

Special needs animals

By Penny & Ed Cherubino

There are animals with life-long special needs and some who, with their families, have to adapt due to injury, illness, or aging. Thankfully, there are ways to support these animals and many devices to help them live safer and more rewarding lives.

Vision

One of the sweetest stories we've heard over the years was about a senior dog who gradually lost his vision. One day the guardians noticed their younger pup blocking the older one from a stairway.

As time went by, they would see the two coming up and down the stairs, moving in unison, with the senior member of the pair safely positioned between himself and a wall by the youngster. The family never taught the dogs any of this behavior. However, they did reward both dogs as it progressed.

Stairway gates are one adaptive device recommended for blind animals. A halo harness for blind dogs

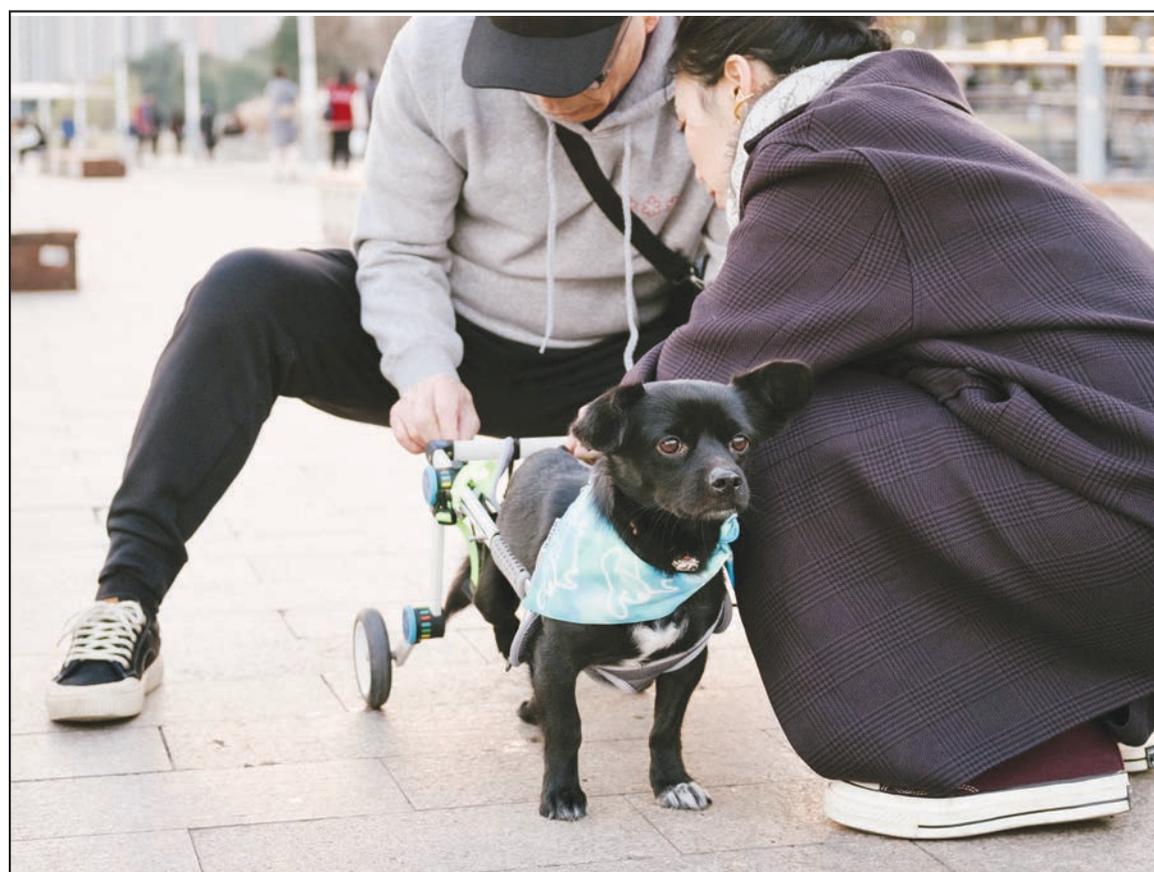
protects their heads by bumping into things before the dog does. Scented toys allow a blind animal to find and play with a toy.

Hearing

As our Maggie Mae lost her hearing in old age, we were happy we had taught her to respond to hand signals. Now research is testing the ability of dogs to learn both American Sign Language and "K9Sign" language. This communication can be used when a dog or a family member is deaf. Best Friends Animal Sanctuary is one place using this training.

You can test the dog's range of deafness to see if you can use their remaining hearing. Dogs start with far better hearing than we do. A dog may not hear your voice but may pick up the sound of a dog whistle beyond the range of human hearing. You can also shake a can of pennies or squeak a toy.

If that fails, turn to other strong canine senses. Vibration is a great tool. As you approach, you can



Canine wheelchairs are available for dogs and cats of all sizes, from tiny to giant.

make your footsteps heavier, setting off vibrations the dog can feel. If the dog is on a dog bed or sofa, gently tap the cushion. There are "vibration only" communication and training collars. Be sure the device you choose does not have an electric shock option.

Arouse that finely tuned nose with an odoriferous treat like dried mussels, salmon jerky, or smelly cheese.

Mobility

In the Boston area, we're fortunate to have an excellent source for custom dog mobility carts—Eddie's Wheels in Shelburne, MA. We've been following the amazing work of Ed Grinnell since we met our first of his canine customers more than 15 years ago. Penny admits to visiting the website www.eddies-wheels.com for the joy of reading his success stories.

Pet strollers are another option. They are perfect for keeping an older dog in the social game. This is the solution if your pooch loves to be out and about with you

but can't walk to a favorite spot. A stroller lets you provide just enough exercise and a ride for the rest of the way.

Your veterinarian, groomer, or local pet supply store can be a resource for the latest assistive harnesses and support devices you can use as needed. More and more of these products come to the market each year.

You and your special needs animal may enjoy better quality time together if you explore and use the many options available to a specific situation.

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

Holy Week

IN THE CHARLESTOWN
CATHOLIC COMMUNITY

Palm Sunday

4 pm Saturday Masses at both Churches

Palm Sunday Services - all are asked to wear red, palms will be distributed.

8 am Mass at St. Mary's Church

9:30 am Mass at St. Francis de Sales

11 am Mass St. Mary's Church, with with Palms Procession.

6 pm Mass at St. Mary's Church

Holy Thursday

9 am Morning Prayer at St. Catherine's Chapel at St. Mary's Church

5:30 pm Liturgy of the Lord's Last Supper @ St. Francis de Sales Church

7:30 pm Liturgy of the Lord's Last Supper @ St. Mary's Church

Good Friday

9 am Morning Prayer at St. Catherine's Chapel

3 pm Stations of the Cross in both churches

5:30 pm Liturgy of the Lord's Passion at St. Francis de Sales Church

7:30 pm Liturgy of the Lord's Passion at St. Mary's Church

Holy Saturday

9 am Morning Prayer at St. Catherine's Chapel

5:30 pm Easter Vigil at St. Francis de Sales Church

7:30 pm Easter Vigil at St. Mary's Church

Easter Morning

8 am Mass at St. Mary's Church

9:30 am Mass at St. Francis Church

11 am Mass at St. Mary's Church

Join us on our website: stmarystcatherine.org

HOLY WEEK

At Saint John's

Palm Sunday - April 2

10am Holy Eucharist

Blessing of the Palms

Maundy Thursday - April 6

6pm Agapé Meal and Eucharist

Good Friday - April 7

7pm Liturgy for Good Friday

Holy Saturday - April 8

12pm Holy Saturday Liturgy

7pm Easter Vigil

Easter Sunday - April 9

10am Easter Eucharist & Egg Hunt



27 Devens Street, Charlestown

www.stjohns02129.org