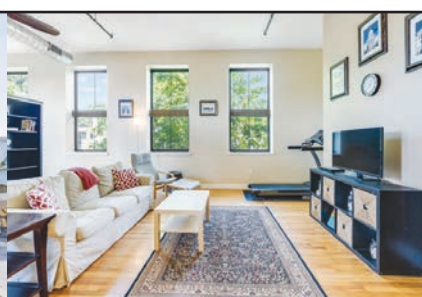


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CHARLESTOWN

PATRIOT-BRIDGE



On July 25, Mayor Michelle Wu attends the Clougherty Pool ribbon cutting ceremony in Charlestown.

The all-new Clougherty Pool is open

Special to the Patriot-Bridge

City officials and residents gathered last Thursday to celebrate the reopening of the all-new Boston Center for Youth and Families

Clougherty Pool in Charlestown.

Mayor Michelle Wu gave the following remarks at the ceremony.

“This total renovation is a direct result of community action.

Charlestown residents decided that it wasn't enough to just restore the Clougherty — they resolved to make it even better for generations

(CLOUGHERTY Pg. 6)



MAYOR'S OFFICE PHOTO BY MIKE SMEJJA

After the ribbon cutting, the pool was open for all to enjoy. See pages 6 and 7 for more photos.

Senior Health

DiDomenico supports sweeping systemic reforms to long-term care and assisted-living facilities

Special to the Patriot-Bridge

Last week, the Massachusetts Senate approved sweeping reforms to the Commonwealth's long term care and assisted living sectors, taking a powerful step towards delivering the high quality and safe care that Massachusetts seniors deserve. Senator Sal DiDomenico supported S.2889, An Act relative to long term care and assisted living, which substantially strengthens oversight and enforcement while also requiring facilities to create outbreak plans should a health issue arise.

The bill also creates an LGBTQ+ bill of rights for aging residents to prohibit discrimination based on their LGBTQ+ identity or HIV status. After robust debate, the bill passed 39-0.

“Our state's older residents are invaluable members of our community, and it is of the highest importance that we ensure the best

quality of life for people living in assisted living facilities,” said Senator Sal DiDomenico. “I am proud to support this legislative package that will move our state forward in helping ensure our long-term care and assisted living facilities are safe and providing quality care throughout the Commonwealth. We are all going to need some form of care when we get older, and it is our obligation in government to guarantee everyone has the right to age with dignity. I want to thank Senate President Spilka, Chair Rodrigues, and Senator Jehlen for shepherding this critical legislation through the Senate.”

The bill includes provisions related to basic health services administered in assisted living facilities and oversight of long term care facilities, including the following.

Assisted Living Basic Health

(SENIORS Pg. 5)

Charlestown Preservation Society Biennial House Tour set for Sept. 21

Special to the Patriot-Bridge

On September 21, The Charlestown Preservation Society Biennial House Tour will be held.

The Charlestown Preservation Society House Tour was first organized in the late 1970's and has become a cherished neighborhood event. The tour showcases restored and renovated homes throughout our neighborhood, celebrating Charlestown's rich architectural history and storied character.

Over the last 40-years, residents have generously opened their homes and buildings on a crisp fall Saturday to celebrate a long tradition of preservation in Charles-

town.

The event provides an inside look at homeowners renovations and designs and highlights the tremendous efforts made to preserve and protect our environment and neighborhood culture.

One of the joys of walking around Charlestown is the endless sense of discovery. The private houses and public spaces you'll see range from grand mansions to restored traditional row houses. You will experience a happy mix of styles as you travel on some of Charlestown's oldest streets. While most of the homes were built in

(TOUR Pg. 5)

EDITORIAL

A REAL-LIFE TWISTER STRUCK REVERE 10 YEARS AGO THIS WEEK

It was 10 years ago this week on Monday morning, July 28, that the neighboring community of Revere made national news when a tornado touched down at Mill Creek at the Chelsea line and tracked up Broadway to Brown Circle, leaving a trail of destruction in its wake that can only be described as something that one might see in a war zone.

When area residents awoke Monday and set out on their business for the day, there was no sign or warning of what Mother Nature would have in store for them at 9:34 that morning. But in the course of approximately five terrifying minutes, an F2 tornado -- in all its fury and unpredictability -- swept down Broadway and adjacent streets, causing tremendous damage to businesses, buildings, and homes.

An excerpt from the front page story of our sister newspaper, the Revere Journal, described the scene in the immediate aftermath this way:

"The sound of a freight train resounded outside the windows of Broadway businesses and homes in the immediate surrounding neighborhoods, a telltale sign of a tornado. Heavy things that aren't supposed to fly around like plastic bags were swirling; the opposite side of Broadway was invisible from one side to the other. The lights went out. The winds howled. Dumpsters were moved several yards. The skating rink roof was ripped off and deposited on Taft Street. City Hall windows on the south side were blown out like bombs had burst -- even computer screens and interior windows burst under the pressure of winds that tossed roofs like Frisbees and tore down granite blocks from the chimneys....Many people, who had no warning of the approaching storm, were outside or driving. They were blown in the winds, emerging from the whirlwind terrified and shaking, hardly able to relay to the Journal what had just happened to them. Just minutes after the storm passed, people who had been outside got up from where they were or emerged from their cars in a zombie-like daze."

Revere's public safety personnel were on the scene within minutes of the tornado's strike, doing everything they could to restore calm and order and to assist residents, almost all of whom had never witnessed a tornado in their lifetimes and who were in a shell-shocked state. In addition, the outpouring of assistance from Revere's neighboring communities and their public safety personnel in the aftermath of the tornado was heartwarming.

The workers of the city's Department of Public Works labored around the clock to clean the debris that resulted from the tornado and quickly restored a sense of normalcy to neighborhoods that were strewn with wires, trees, branches, and metal objects.

For those who were in the path of the F2 tornado, it is something that they will never forget. Miraculously, despite the immense destruction caused by the twister, which lifted roofs off buildings, uprooted large trees, and tossed cars around like Lego toys, nobody was killed and there were no serious injuries.

The Revere Tornado of 2014 now is a chapter in the history of our area. It will stand alone as an incredible weather event, a reminder of the havoc that Mother Nature can wreak in literally just a few minutes, the likes of which we hope we will never witness again.

CONGRATULATIONS, MAYOR WU

We would like to offer our congratulations and best wishes to Boston Mayor Michelle Wu, who recently announced that she is expecting her third child in January.

Mayor Wu has told the press that she does not plan on taking maternity leave and fully intends to seek re-election next year.

We have no doubt that the mayor's husband, Conor Pewarski, will play a huge role on the homefront, given the incredible demands of the office of mayor.

We wish the mayor and her family all the best in the coming months and we look forward to greeting Boston City Hall's first-ever First Baby!

GUEST OP-ED

A budget that will make a big difference

By Maura Healey

I signed a groundbreaking new budget for our state.

This budget delivers on our shared priorities. It drives our state forward with urgency and purpose.

Massachusetts is the best place in the world to live, work, raise a family, and grow a business. But we face challenges, so we aren't resting. We're going on offense.

We're investing in the areas where we're already leading. But we're not just pushing forward on our #1 ranked schools and our nation-leading childcare policy. We're also tackling our biggest challenges by lowering more household costs and improving transportation.

And we're doing all of this responsibly -- staying within our means and focusing every taxpayer dollar on making life better for everyone who lives and works in our state.

So why is this budget going to make such a big difference? Let me give some examples.

We're making strides on education.

This budget funds Literacy Launch, our plan to provide high-quality, evidence-based reading instruction to every student from age 3 to grade 3.

We're fully funding the Student Opportunity Act, continuing to provide free breakfast and lunch for every public school student in the state, and fully phasing in the tax cuts we passed last year --

which for families now means the most generous, universal child and dependent tax credit in the nation, at \$440 per child.

We're funding a historic expansion of college access in our state. Building on the success of Mass-Reconnect, which eliminated tuition and fees for students over 25, we're establishing MassEducate.

Massachusetts will now have the most comprehensive free Community College program in the United States.

We'll save money for students and families. We'll open the doors of higher education and career opportunity. And at a time when community colleges are critical partners on workforce training, it will help us build the workforce we need in climate technology, healthcare, advanced manufacturing, and more.

This budget also levels up our work to make transportation both more reliable and more affordable in our state.

It doubles our operating support for the MBTA, and funds the T's reduced fare program for low-income riders. It funds fare-free bus service at our 15 statewide Regional Transit Authorities.

We're using \$250 million of Fair Share funding to leverage \$1 billion of investment capacity for transportation infrastructure -- including roads, bridges, and rails. That could mean as much as \$300 million, right away, for the MBTA Rail Enhancement Program that will accelerate our progress eliminating slow zones.

We're doubling down on our commitment to lead on climate. Last year we made history by investing a full 1% of our state's budget into Energy and Environment. This year, we're doing that again.

Our communities are deeply impacted by climate change already. We saw it in the floods last summer -- and this month. So many communities dealt with serious damage. So this budget establishes the permanent Disaster Relief Fund.

These investments make us more competitive for employers to stay and grow here. They make it easier for people to afford to live and work here. And we have so much more coming.

Today's budget was possible due to our incredible partnership with the Speaker, Senate President, and the work of the entire legislature.

And we're going to get so much more done together. Right now, the Legislature is working hard to complete more major bills, including on housing costs and economic development.

I know we are going to continue the incredible progress we are making. And we're going to do it in the way we know how -- by coming together and delivering.

In a country that is so divided, that sense of partnership is what makes us so special. It makes us Massachusetts.

Maura Healey is the Governor of Massachusetts

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Text or attachments emailed to editor@reverejournal.com are preferred.



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LOCAL STUDENTS EARN ACADEMIC HONORS

ORLANDO AWARDED BS IN BIOLOGY DEGREE

Dominic Orlando of Charlestown was awarded a BS in Biology degree during Salve Regina University's 74th commencement.

Salve Regina President Kelli Armstrong conferred 503 bachelor's degrees, 271 master's degrees and 22 doctoral degrees to members of the Class of 2024. In total, this year's graduating class was the University's largest ever at 823.

In presenting the Commencement address, renowned author, scholar and policy analyst Susan Eisenhower spoke to graduates in the context of Salve's focus on mercy leadership and service. "As you begin your post-graduation journey, embrace the unexpected -- even the assignments that may at first disappoint you. Learn from them. Reflect on them. Don't shortchange yourself by living so fast and ambitiously that you miss the enduring lessons that come every day, no matter what job or assignment. You will be the better for it, as will everyone who will come to depend on you."

Eisenhower's recent book, "How Ike Led: The Principles Behind Eisenhower's Biggest Decisions," has earned critical acclaim nationally and internationally, highlighting the qualities of successful leadership demonstrated by her grandfather, President Dwight D. Eisenhower. She is the founder of the Eisenhower Group, Inc., a Washington D.C.-based consulting company, and Chairman Emeritus at the Eisenhower Institute. Eisenhower has been a Fellow at Harvard University's Institute of Politics and a Distinguished Fellow at the Nixon Center, now called The Center for the National Interest.

In offering his congratulations, U.S. Sen. Jack Reed (D-RI) said, "I am confident that all of you in the Class of 2024 will make your own mark and serve a purpose higher than yourself. Today more than ever, our world needs your combination of knowledge, talent and, most of all, mercy."

About Salve Regina University: Located in historic Newport, R.I. Salve Regina is a Catholic, coeducational institution of higher education, founded by the Sisters of Mercy in 1947. For more than 75 years, Salve has offered rigorous, innovative academic programming in the liberal arts tradition that prepares students to be global citizens and lifelong learners. More than 2,700 undergraduate and graduate students from around

the world are enrolled at Salve in 48 undergraduate majors, 13 master's degree programs, combined bachelor's/master's programs, and doctoral programs. Every undergraduate student engages in Salve Compass, a four-year transformational framework through which they develop the experience, skills and wisdom required for a fulfilling career and to make a positive difference in the world. Salve's Pell Center for International Relations and Public Policy is a multi-disciplinary research center focused on the intersection of politics, policy and ideas.

TAN NAMED TO SPRING 2024 DEAN'S LIST AT STONEHILL COLLEGE

Felix Tan, a member of the Class of 2024 from Charlestown, has been named to the Spring 2024 Dean's List at Stonehill College. To qualify for the Dean's List, students must have a semester grade point average of 3.50 or higher and must have successfully completed all courses for which they were registered.

About Stonehill College

Stonehill College, a Catholic institution of higher learning, was founded by the Congregation of Holy Cross in 1948. Located on the beautiful 387-acre campus and former estate of Frederick Lothrop Ames in North Easton, Massachusetts, it is a community of scholarship and faith, anchored by a belief in the inherent dignity of each person.

Through more than 100 academic programs in the liberal arts, sciences, business and pre-professional field, Stonehill College provides an education of the highest caliber that fosters critical thinking, free inquiry and the interchange of ideas for over 2,500 students.

Stonehill College educates the whole person so that each Stonehill graduate thinks, acts and leads with courage toward the creation of a more just and compassionate world.

CHARLESTOWN STUDENTS NAMED TO DEAN'S LIST

Ruo Y. Wu, of Charlestown, was named to second honors on the Clark University Dean's List. This selection marks outstanding academic achievement during the

Spring 2024 semester.

Students must have a GPA of 3.8 or above for first honors or a GPA between 3.50 and 3.79 for second honors.

Founded in 1887, Clark University is a liberal arts-based research university that prepares its students to meet tomorrow's most daunting challenges and embrace its greatest opportunities. Through 33 undergraduate majors, more than 30 advanced degree programs, and nationally recognized community partnerships, Clark fuses rigorous scholarship with authentic world and workplace experiences that empower our students to pursue lives and careers of meaning and consequence.

LAKUS EARNS BACHELOR'S DEGREE

Matthew Lakus of Charlestown graduated from Nazareth University with a Bachelor of Science degree in Business Leadership during the 97th Commencement ceremony on campus at the Goliath Training Center on Saturday, May 18, 2024.

Nazareth University is an inclusive community of inspired learners, educators, and changemakers who for 100 years have been driven by a bold commitment to action, empathy, equity, and leading innovation for the common good.

Impact experiences are at the heart of a Nazareth education, preparing each student to discover within themselves the potential to cultivate positive change in their life's work, in any career field, and in a world that is constantly evolving and infinitely interconnected. Our broad academic offerings present a range of study options typical of big universities, yet achieved in our supportive campus culture. Nearly 2,100 undergrad and 600 graduate students enroll in degree and certificate programs and engage in collaborative, transformative learning experiences, preparing them for the professions and society of today and tomorrow. In a learning community that purposefully integrates liberal arts and professional programs, Nazareth University graduates launch lifetimes of changemaking leadership in communities and workplaces near and far.

Nazareth University is an inclusive community of inspired learners, educators, and changemakers who for nearly 100 years have been driven by a bold commitment to action, empathy, equity, and leading innovation for the com-

mon good.

Impact experiences are at the heart of a Nazareth University education, preparing each student to discover within themselves the potential to cultivate positive change in their life's work, in any career field, and in a world that is constantly evolving and infinitely interconnected.

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In a learning community that purposefully integrates liberal arts and professional programs, Nazareth University graduates launch lifetimes of changemaking leadership in communities and workplaces near and far.

MCGINLEY EARNS DEAN'S LIST HONORS FROM EMERSON COLLEGE

Charles McGinley of Charlestown, earned Dean's List list honors from Emerson College for the Spring 2024 Semester.

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

McGinley is majoring in Business Creative Enterprises and is a member of the Class of 2024.

About Emerson College

Based in Boston, Massachusetts, opposite the historic Boston Common and in the heart of the city's Theatre District, Emerson College educates individuals who will solve problems and change the world through engaged leadership in communication and the arts, a mission informed by liberal learning. The College has approximately 4,161 undergraduates and 554 graduate students from across the United States and nearly 70 countries. Supported by state-of-the-art facilities and a renowned faculty, students participate in more than 90 student organizations and performance groups. Emerson is known for its experiential learning programs at Emerson Los Angeles, located in Hollywood, and at its 14th-century castle, in the Netherlands. Additionally, there are opportunities to study in Washington, DC, London, China, and the Czech Republic, Spain, Austria, Greece, France, Ireland, Mexico, Cuba, England, and South Africa. The College has an active network of 51,000+ alumni who hold leadership positions in communication and the arts.

NOTICE OF PUBLIC MEETING

Notice is hereby given that a Community Meeting for a proposed Cannabis Establishment is scheduled for

**Charlestown Cannabis
31 Cambridge St.
Retail Dispensary License**

**Thursday August 8, 2024 at 6 p.m.
Knights of Columbus, 545 Medford St.**

There will be an opportunity for the public to raise comments, questions and concerns.

This is an in person meeting.

If you have any questions or comments about this proposal, please contact:

**Conor Newman
Mayor's Office of Neighborhood Services
617-635-2093
conor.newman@boston.gov**

Please note, the City does not represent the owner(s)/developer(s)/applicant(s). The purpose of this notice is to notify abutters to this project proposal. This notice has been published by the proponents per the city's request.

MGH CHARLESTOWN HEALTHCARE CENTER MEDICAL MINUTE

By Anna Donohue, LCSW, MGH Charlestown Counseling and Behavioral Services Unit

The following article contains themes of mental health. If you or a loved one are experiencing a crisis, you can call or text the National Suicide Prevention Hotline anytime at 988 for support. This resource is available 24/7.

Are you concerned about the well-being of a young person in your life? If so, you are not alone. The Health of Boston Mental Health Report released this year reveals that rates of youth experiencing persistent feelings of sadness increased from 26.7% in 2015 to a startling 43.9% by 2021. Latinx youth report the highest rates of sadness (41.5%) followed by Black youth (35.9%). Young people identifying as female were significantly more likely to experience sadness (47.3%) as compared to their peers identifying as male (27%). Youth who identify as part of the LGBTQ+ community face the highest rates of sadness at nearly 67%.

What is causing this alarming increase in sadness? Of course, the COVID-19 Pandemic disrupted typical themes of child and adolescent development. But if you have spoken with a young person recently, there seems to be a theme of increasing pressures and isolation expanding beyond the recent pandemic.

The CDC recently released data from a qualitative nationwide survey of young people that revealed three major influences on youth mental health. First, youth report a lack of connection with peers, community, and school, with the highest rates of isolation being reported amongst Black and Latinx females. Second, youth who

report a lack of caregiver supervision also tend to report higher rates of persistent sadness. The third major influence on reported sadness is unstable housing, which also has significant impacts on overall health.

What are the warning signs?

If you have concerns for a young person in your life experiencing any combination of the following symptoms, consider discussing with your young person's pediatrician:

- Irritability
- Less interest in activities they used to enjoy
- Changes in appetite or eating behaviors
- Changes in sleep
- Fatigue, loss of energy
- Negative thoughts about themselves, other people, or the world
- Difficulty focusing or concentrating
- Persistent worries or fears
- Nightmares
- Avoidance
- Hypervigilance (always on alert)

How can I support a young person I am concerned about?

Listen, without judgment. Leading with curiosity and avoiding judgment is the first step to approaching an open and honest conversation that will help you understand what they might be experiencing.

Validate their feelings. When young people feel dismissed, this can often deepen feelings of sadness. Provide reassurance that all feelings are important (even the uncomfortable ones) and that feelings often give us important infor-

mation about what we might need or what we care about the most.

Be present. In a world that is almost always rushed and busy, spending time with young people, one on one when possible, can make all the difference. For younger youth, receiving your undivided attention and following their lead in play helps build confidence and cultivate a sense of self. For older youth, sharing interests and time together can help them feel seen and build a strong self-esteem.

Make time for you. A recent study published by Harvard reveals that if you are a caregiver of a young person, making time for you is one of the most meaningful ways you can support a young person. Showing compassion to yourself and practicing self-care can have positive impacts on youth. Caregiver well being is one of the strongest influences on the well-being of a young person. Modeling self-care can be impactful.

Big Picture: How can we support mental health for youth in the Charlestown community?

This is a question we all need to consider in our roles as parents, clinicians, service providers, or community members. As the age old saying goes, it takes a village. So how can we create the community that we want for our young people? When we look at protective factors, connections to the community and connections to a trusted adult are strong indicators of future emotional well-being. How can we foster those connections? Can we work together to create more social opportunities for young people? What are you noticing about the community that

you would like to be different for this next generation?

Local and National Resources

- Charlestown Coalition Trauma Response Team

Phenice Zawatsky, LICSW, Director of the Charlestown Coalition

Contact number: 617-726-0058 9:00am to 5:00pm

After Hours Trauma Hotline: 617-643-0449

Charlestowncoalition.org

- Boston Trauma Response Team

Support Line (24 hours / 365 days): 617-431-0125

- If you or a loved one are experiencing a crisis, you can call or text the National Suicide Prevention Hotline anytime at 988 for support. This resource is available 24/7.

- Walk-in behavioral health evaluations are available through the local Community Behavioral Health Center North Suffolk Community Services located at 14 Porter St in East Boston. They are open 8am-8pm Monday-Friday and 9am-5pm Saturday & Sunday. Please bring your health insurance information when you attend, as this will be requested up front.

- The Mobile Crisis Team is a team of clinicians who are available 24/7 and can provide urgent behavioral health evaluations at home, at school, or in the community. The local Mobile Crisis Team is operated out of the Community Behavioral Health Center North Suffolk Community Services in East Boston. They can be contacted at 888-309-1989.

- The Behavioral Health Help Line is a statewide program that you can contact today for assistance with connecting to behavioral health supports. They are available 24/7. You can contact them at 833-773-2445 and request to speak with a resource specialist.

- The Trevor Project offers crisis support to anyone identifying as a member of the LGBTQ+ community. They are available 24/7 and can be called at 1-866-

488-7386 or you can text them at 678-678.

- The Child Mind Institute offers resources for caregivers, educators, and youth. On their website, under the "Education" tab, you can find resources for checking symptoms, guides for caregivers, and articles about youth mental health. You can visit their website at childmind.org.

- If you are a caregiver of a young person and are experiencing stress related to caregiving, you can contact the Parental Stress Line at 1-800-632-8188. This is staffed by volunteer clinicians who are available 24/7.

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SENIORS (from pg. 1)

Services. The bill makes it easier for residents of nursing homes and long term care facilities to get timely and efficient care by allowing Assisted Living Residences (ALRs) to offer basic health services such as helping a resident administer drops, manage their oxygen, or take a home diagnostic test. The legislation requires ALRs create service plans that demonstrate the residence has the necessary procedures in place, such as staff training and policies, to ensure safe and effective delivery of basic health services.

The legislation enhances oversight and compliance of ALRs by lowering the threshold for ownership interest disclosure from 25 per cent to five per cent. Under the new law, applicants are required to demonstrate that any prior multifamily housing, ALR, or health care facilities in which they had an interest met all the licensure or certification criteria. If any of these facilities were subject to enforcement action, the applicant must provide evidence that they corrected these deficiencies without revocation of licensure or certification.



Senator Sal DiDomenico.

This bill also gives the Executive Office of Elder Affairs (EOEA) new powers to penalize non-compliance by allowing them to fine ALRs up to \$500 per day. This is in addition to existing EOEA powers to modify, suspend, or revoke a certification, or deny a recertification. Finally, it adds whistleblower protections for staff and residents who report anything happening at an ALR that they reasonably believe is a threat to the health or safety of staff or residents.

Long Term Care Facilities. The bill requires the Department of Public Health (DPH) to inspect

each long term care facility every nine to 15 months to assess quality of services and compliance. It also requires DPH to review the civil litigation history, in addition to the criminal history, of the long term care facility applicants, including any litigation related to quality of care, patient safety, labor issues, or deceptive business practices.

S.2889 requires DPH to review the financial capacity of an applicant and its history in providing long term care in Massachusetts and other states. It requires applicants to notify DPH if it is undergoing financial distress, such as filing for bankruptcy, defaulting on a lending agreement, or undergoing receivership.

It allows DPH to limit, restrict, or revoke a long term care facility license for cause, such as substantial or sustained failure to provide adequate care, substantial or sustained failure to comply with laws or regulations, or lack of financial capacity to operate a facility. It also gives DPH the power to appoint a temporary manager if a long term care facility owner fails to maintain substantial or sustained com-

pliance with laws and regulations. This manager would be brought on for at least three months, at the facility owner's expense, to bring the facility into compliance.

The bill requires long term care facilities to submit outbreak response plans to DPH with clear protocols for the isolation of residents, lab testing, visitor screening, preventing spread from staff, and the notification of residents, family, and staff in the event of a contagious disease outbreak.

The bill prohibits long term

care facilities from discriminating against residents based on LGBTQ+ identity or HIV status, whether through the denial of admission, medical or non-medical care, access to restrooms, or through room assignments. It also requires staff training on preserving LGBTQ+ rights and care.

Versions of the bill having passed both chambers of the Legislature, the two branches will now reconcile their differences before sending a bill to the Governor's desk.

TOUR (from pg. 1)

the nineteenth century, they have been remodeled to accommodate how families live today. You will see how today's homeowners have turned yesterday's nooks and crannies into comfortable living spaces while maintaining the integrity of their houses.

Leave the event with an appreciation for historic homes and inspiration for creative design

Tickets for the event go on sale

August 1. All proceeds benefit the Charlestown Preservation Society, further enabling our mission of protecting our historic architecture and landscapes, advocating for preservation, guiding responsible development, and educating people about the unique character of our community.

For more information, visit: <https://cps-ris.org/walking-tours/bi-annual-house-tour/>.

CHARLESTOWN COMMUNITY CRUISE TO SPECTACLE ISLAND

Visit Boston Harbor Islands National State Park for a free day of music, picnicking, hiking, swimming and learning about your National Park with your friends, neighbors and family in Charlestown.

Bring a picnic lunch and enjoy beautiful views, live music and a day on the islands.



SUNDAY, AUGUST 11, 11:00 AM - 3:00 PM
CHARLESTOWN NAVY YARD PIER 1,
3RD STREET, 02129



TO LEARN MORE AND RESERVE TICKETS GO TO
BOSTONHARBORNOW.ORG/CHARLESTOWNCRUISE

Clougherty (from pg. 1)

of families to come. And that's why, after tons of hard work, public meetings, community surveys and shared efforts to ensure that the future of this pool would be shaped by the people who know it—the renovations have resulted in a space the whole community can be proud of.

Reopening this pool means more opportunities for all of our young people—from new swimmers practicing the skills they learn in our Connect, Learn, Explore swim program, to the lifeguards who keep our pools and swimmers safe. We also partnered with unions across the city to secure contracts that offer greater flexibility and include bonus pay to increase recruitment and

connect Boston's young people to high-quality, high-paying work in their communities this summer.

The brand new lap pool has six lanes and is USA Swimming competition certified, with removable starting blocks and an accessible ramp entrance. The family pool includes a "zero entry" structure that expands accessibility and makes it easier to enter for all of our residents. And there is a new filtration system and fencing, improved lighting and wifi, and expanded seating areas.

It's spaces like this one that bring our community together and make Boston the wonderful home that it is to our residents. Thank you to the Charlestown community for rallying behind one another

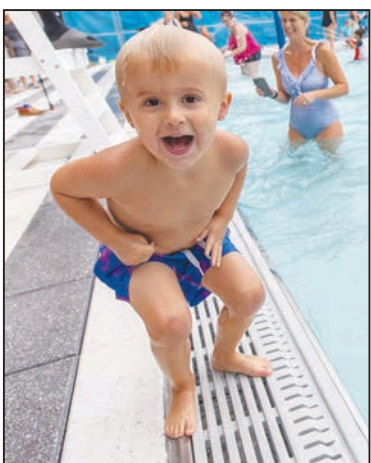
to reopen a safe community space for all."

The pool was shuttered by officials two years ago following the report that detailed the extensive need for repairs. The pool was originally opened in 1949. The bathhouse renovation is expected to be finished next year.

MAYOR'S OFFICE PHOTO BY MIKE SMEJLA



Scenes from Mayor Michelle Wu's visit to the Clougherty pool ribbon cutting that reopened the pool.



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SCENES FROM THE CLOUGHERTY POOL RIBBON CUTTING

MAYOR'S OFFICE PHOTO BY MIKE SMEJJA



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Nantucket Lightship hosts Andrea Doria's Anniversary event

Story & Photos by Marianne Salza

The Nantucket Lightship/LV-112 floating learning center, docked at the Boston Harbor Shipyard and Marina, held a two-day-long series of events on July 25-26 in honor of the 68th anniversary of the collision of the SS Andrea Doria and MS Stockholm in 1956.

"It was a traumatizing event the night of the sinking. The water was very oily, so everyone was covered in oil, and sea sick. It was a very uncomfortable environment," described professional deep-sea diver, Mark Koch, who has been interested in nautical archeology and shipwrecks from a young age, and now manages international deep-sea dives.

The celebration included a memorial service, United States Coast Guard helicopter sea rescue demonstration, and presentation of the film, "Alive on the Andrea Doria: Are the Passengers Saved?" by author Pierrette Domenica Simpson, at the Battery Wharf Hotel. Historians, survivors, and members of the community also

enjoyed a display of SS Andrea Doria artifacts, such as a bell, life preserver ring, and China silverware, salvaged by explorer, John Moyer.

Guests had the opportunity to cruise aboard the SS Andrea Doria Lifeboat Number 1, owned by Koch, a collector of rare antiquities, who spent four years restoring the vessel to historical accuracy in order to teach younger generations about the luxury, Italian liner.

"Our family has been dedicated to preserving history, educating youth – and most importantly – having fun doing it," explained Koch, accompanied by his daughters, Evie and Estella. "We're glad to be here in Boston, working with the Nantucket Lightship Museum. Both of these vessels were used on July 25, 1956. The Nantucket Lightship was used to coordinate communications to save the passengers on the Andrea Doria. Once again, these vessels are side by side and being used to tell the story.

(LIGHTSHIP Pg. 9)



Harbor excursions with survivors on the SS Andrea Doria Lifeboat Number 1. (Photo by John Rogers)



John Rogers and Andrea Doria survivor, Corrado Sigona (Courtesy Photo)



Rose Napoletano, daughter of survivor, Mauro Napoletano, with explorer, John Moyer, who was one of the divers who salvaged the Andrea Doria bell in 1985.



Elio, 5, of Watertown, who was eager to watch the Coast Guard demonstration, seen with a model of the Nantucket Lightship/LV-112.



Survivor, Bruna Porporino Capalbo and her husband, Joseph Capalbo, aboard the Andrea Doria Lifeboat Number 1.



Riders, including survivors, boarding the Andrea Doria Lifeboat Number 1 on July 26 at the Boston Harbor Shipyard and Marina. See Page 9 for more photos.

West Nile Virus detected in nine mosquito test samples

The Boston Public Health Commission (BPHC) announced that nine mosquito test samples obtained from Jamaica Plain, Roslindale, Roxbury, and West Roxbury tested positive for West Nile Virus (WNV). The virus is carried by mosquitoes and can be spread to humans through the bite of an infected mosquito. These are the first samples to test positive for the virus in Boston this summer. There are currently no confirmed human cases of West Nile Virus among Boston residents and the risk of transmission remains low; however, BPHC still encourages residents to protect themselves.

The best way to reduce the risk of West Nile Virus is by avoiding mosquito bites. BPHC recommends the following strategies:

- Avoid spending extended periods of time outdoors from dusk to dawn, when mosquitoes are most active.
- Wear long clothing and high socks to keep mosquitos away from your skin.
- Use EPA-approved insect repellents like DEET, oil of lemon eucalyptus, picaridin, or IR3535.
- Make sure screens in windows and doors fit properly and do not

have any holes.

- Regularly empty out and clean bird baths, unused flowerpots, and other vessels containing standing water to prevent mosquitoes from breeding. Flip over unused kiddie pools and dispose of old tires, which are also known to collect rainwater that attracts mosquitoes for breeding.

- Regularly clean out gutters and remove any debris or blockages.

“We encourage all residents to protect themselves from insect-borne infections like West Nile Virus by wearing insect repellent and long sleeve clothing when spending time outside at dusk or dawn when mosquitoes are most active,” said Dr. Bisola Ojikutu, Commissioner of Public Health and Executive Director of the Boston Public Health Commission. “We are working closely with our partners at the State to monitor mosquito test samples and keep residents updated about the risk of West Nile.”

Most people who are infected with West Nile Virus do not experience any signs or symptoms of illness. In some cases, however, people will experience a headache,

fever, nausea, vomiting, and body aches which can last for a few days or several weeks. In most cases, individuals with mild symptoms recover on their own without needing medical assistance.

People who are older than 50 years of age are at higher risk of developing serious symptoms, including high fever, severe headache, confusion, lack of coordination, and muscle paralysis or weakness. If you or someone you know is experiencing these symptoms, contact a health care provider immediately. More information on WNV and other mosquito-borne illnesses are available on BPHC’s website.

Boston Public Health Commission (BPHC) is the country’s oldest health department. We envision a thriving Boston where all residents live healthy and fulfilling lives. To accomplish this, BPHC works in partnership with communities to protect and promote the health and well-being of all Boston residents, especially those impacted by racism and systemic inequities. Learn more about our work at boston.gov/bphc.

NANTUCKET LIGHTSHIP HOSTS ANDREA DORIA’S ANNIVERSARY EVENT



Survivors and historians gathering for the screening of “Alive on the Andrea Doria: Are the Passengers Saved?” during a July 25 presentation by author and filmmaker, Pierette Domenica Simpson at the Battery Wharf Hotel (Photo by John Rogers)



Members of the U.S. Coast Guard Auxillary: Diallo Ferguson, Public Affairs, Joe Restino, Vessel Examiner, Noah Lewkowitz, Auxiliarist, Don Zidik, Auxiliarist, and Jordan Reed-Estes, Auxiliarist.

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Smithsonian curator named the first Chief Curator and Director of collections at the MAAH

Special to the Times

The Curator of Women's History at the Smithsonian's National Museum of African American History and Culture has been named Chief Curator and Director of Collections at the Museum of African American History Boston | Nantucket (MAAH).

Historian Angela Tate— whose career focuses on telling inclusive and expansive stories of America's past— brings a wealth of experience to her new role. Most recently she was a key member of the team that created the new exhibit, "Forces for Change: Mary McLeod Bethune and Black Women's Activism" at the National Museum of African American History and Culture. Working in a dual role, Tate also served as co-chair for the curatorial committee of the Smithsonian's American Women's History Initiative (now the Smithsonian American Women's History Museum).

As a Smithsonian curator she supported the US Mint's American Women Quarters Program,



COURTESY PHOTO

Angela Tate.

acquired and stewarded collections related to Black Women's history—including the largest collection of Phillis Wheatley Peters materials in a public institution—moderated panels including programs focused on the women of the Black Panther Party and the 50th anniversary of Shirley Chisholm's presidential run, founded an African American quilt history task force, and organized initiatives around Black maternal health.

"Angela Tate is widely recognized for her creativity, her leadership, and her commitment to

education and community engagement," said Dr. Noelle Trent, President & CEO, MAAH. "In addition to curating thought-provoking exhibits, Angela has developed timely programming, symposia, conferences and events that have attracted broad audiences. As we continue to transform Massachusetts' own Museum of African American History, Angela will play an essential role in bringing our vision to life."

A PhD candidate in history at Northwestern University, Tate's dissertation follows the history of Black Women in radio and their influence on the global civil rights movement, with an emphasis on cultural diplomacy and the African Diaspora. Her research has been supported by the Mellon Foundation, the Social Science Research Council, the New York Public Library, and Radcliffe's Schlesinger Library.

According to Tate, her priorities include highlighting the unique role of Black history in Massachusetts by activating spaces that have long been used for community building, education, and engagement.

"Through programs, events and

exhibits, I hope to showcase America's founding through the lens of African American history and the African Diaspora with a special emphasis on the diverse experiences and significant contributions of Black women," said Tate.

Earlier in her career, Tate, a published author and in-demand public speaker, worked at a diverse group of institutions from academic libraries and museums to universities, and cultural heritage centers including the Field Foundation in Chicago, IL, the American Antiquarian Society in Worcester, MA, the Ora Mobley Sweeting Civil Rights Archive in Los Angeles, CA, and the NASA/Jet Propulsion Laboratory in Pasadena, CA.

She was the 2023-2024 Propel Program Fellow at the Association of Art Museum Curators and has served on the advisory boards of the Black Professionals in International Affairs and Cultural DC's Black Futures initiative.

A not-for-profit institution designated a Boston African American Historic Site by the National Park Service, the Museum of African American History (MAAH) began holding exhibitions and public gatherings in 1963. It is nationally

and internationally known for its collection of historic sites on Joy Street in Boston and York Street on Nantucket. These locations anchor the Museum to Black Heritage Trails® in Boston and Nantucket and span the Colonial Period through Reconstruction. MAAH and its portfolio of properties are closely linked to historical leaders, institutions, campaigns and events during the 18th and 19th centuries, such as the Massachusetts General Colored Association which was established in 1826 to combat slavery and racism, the New England Antislavery Society founded in 1832 and led by William Lloyd Garrison, and the voyages of the African American whaling captain, Absalom Boston. Home to four original African American buildings constructed between 1774 and 1835, MAAH sites include two African Meeting Houses, the Abiel Smith School, and the Seneca Boston-Florence Higginbotham House. Through programs, curricula, tours, and exhibits the museum illuminates, interprets, and preserves the birthplace of the abolitionist movement and the continuing struggle for human rights.

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A not-so-difficult irrigation audit

Special to the Patriot-Bridge

Watering is essential for any natural lawn. Whether using sprinklers, relying on rainfall, or employing other irrigation methods, monitoring your lawn's water intake is crucial for both environmental conservation...and even reducing water bills!

The article below explores how to conduct an irrigation audit and make necessary adjustments to ensure your lawn receives the right amount of water efficiently, thus saving resources and money.

How to Do a Yard Irrigation Audit

Step 1: Gather the Right Tools

You'll need some basic tools that are both effective and economical. Collect various containers like empty tuna cans, the bottoms of plastic water bottles or soda cans. These can easily capture water without any need for expensive equipment.

You can also check with your local extension agency for plastic cups upon request. It's important to use the same type of containers throughout your lawn to ensure consistency in your measurements. Ensure you have enough containers to cover various points within the reach of each sprinkler across all irrigation zones of your yard.

What is a zone?

An irrigation zone in your lawn is a specific area watered by a designated set of sprinklers, controlled independently from other areas. Each zone addresses unique watering needs based on plant types, sun exposure and soil conditions, allowing for efficient water management and healthier lawn growth.

How many irrigation zones are in my yard?

The amount of irrigation zones are determined by each irrigation system and how many square feet each irrigation head covers. Most irrigation systems come sprinkler heads that cover 6-9 zones.

Step 2: Place the Cups in the Proper Zones

The next step is figuring out how much water your sprinklers are delivering. Just place cups in each zone to catch the water during a normal irrigation cycle. Once they're set, turn on your sprinkler system for its usual run time.

How do I locate each zone in my yard?

Check any system documentation or diagrams from when your irrigation system was installed; these often show where each zone's valves are located. Additionally,



Photo courtesy Sod Solutions

Place some sort of measuring cup near your sprinkler system to measure how much water your plants are receiving.

you can observe the order in which the sprinklers activate. When you turn on a specific zone, the sprinklers that pressurize first are typically closest to that zone's irrigation valve.

Step 3: Measure the Results

After each zone finishes running, check the water in your cups to make sure the amounts are similar. Record the results and proceed to the next zone until you've covered the whole lawn.

You're aiming for a consistent half-inch of water in the lawn of each zone, which adds up to the ideal 1 inch per week—split into two watering sessions. There are some exceptions—shaded regions may need less water than those exposed to full sun to keep disease outbreaks at bay.

Pro Tip: Over-watering can cause diseases in your lawn. Consider turning off your irrigation during rainy seasons and winter, and watch for signs of thirst in your grass, such as leaves folding inward.

Remember, typical lawns use two kinds of irrigation heads: rotating rotors for large areas and stationary sprays for smaller spots. Since these heads deliver water at different rates, it's crucial to set them to run for the right amount of time. Also, ensure all heads in a zone are the same type, as mixing sprays and rotors in one zone can lead to uneven watering.

Step 4: Make Adjustments

If your zone is getting too much

water...

Now you're ready to adjust your irrigation to get the right amount of water to each zone. If a zone needs more water, you can either:

1) Install larger nozzles or extend the watering time—assuming this doesn't conflict with any HOA rules. Or...

2) Extend the run time, which is the simplest and cheapest solution. If you can't increase the time, then switching to larger nozzles is your next best option.

If your zone is getting too little water...

On the other hand, if a zone is getting too much water, reduce the run time or switch to smaller nozzles.

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. To view this article on Sod Solutions website, click here. Sod Solutions is celebrating 30 years of successfully developing and releasing turfgrasses with over 20 market-leading varieties like Palmetto® St. Augustine, Celebration® Bermudagrass, EMPIRE® Zoysia and more. Based in Charleston, SC, Sod Solutions is your go-to expert resource for lawn and garden content. For media inquiries and visual materials, reach out to Cecilia Johnson at cecilia@sodsolutions.com.

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PLEASE RECYCLE

FRESH AND LOCAL Stand-by salad

By Penny & Ed Cherubino

One smart strategy for summer meals is to always have a hardy, filling salad ready in the refrigerator. These salads, packed with nutrients and accompanied by a side of protein, offer a practical and healthy meal option. They're a great way to achieve the goals of "five servings of vegetables and fruit a day" and "eating the rainbow."

A few of our favorite stand-by salads are tabouli, greek salad, Israeli salad, carrot salad, corn salad, and an Italian salad mix that we can add to lettuce when we serve it. This summer, we're adding a twist with more bean salads and a few that add fruit to the mix.

Mediterranean and Middle Eastern

Look for inspiration along the shores of the Mediterranean Sea. This region's diet is acclaimed for its healthy use of vegetables as the meal's centerpiece. Many of the offerings in the traditional mezze platter of dips and salads are sold pre-made in supermarkets, as take-out, or at Farmers' Markets. Obviously, these are all fine when made ahead.

Most are relatively easy to make at home and personalize for your

tastes. Tabouli recipes typically have parsley, tomato, bulgur, onion, olive oil, lemon juice, and salt as the main ingredients. However, as you move from one culture to another where this salad is a mainstay, you find variations. Pomegranate seeds are substituted for the tomato, or the ratio of grain to parsley is changed.

Moreover, using tabouli as a grain and herb salad allows creative cooks to experiment. Other grains are substituted for the bulgur, and peppers, cucumbers, and other vegetables are added. Our version adds chickpeas to the mix, which, when working with the grain, makes a complete protein when we have it stuffed in a pita or scooped up with lettuce leaves as a lighter meal.

The same is true for versions of the chopped salad often called Israeli salad but served throughout the region under other names. It contains tomato, onion, and cucumber and can also include pepper, carrot, scallion, and herbs dressed with lemon juice and olive oil. We find this is better when the ingredients have been together long enough for their flavors to merge.

From Near and Far
We don't use mayonnaise, so



Here are four favorite "stand-by salads:" potato and egg, chickpea, tabouli, and classic French grated carrot salad.

our potato salad and coleslaw recipes are made with oil and vinegar. This makes for a lighter and longer-lasting salad. We also use recipes for these "all-American favorites" from other cultures.

We love German potato salad, salad nicoise, and Asian coleslaw. Cabbage is easy to have on hand, and coleslaw can be a side dish or a sandwich topping and can take on dozens of profiles. Our favorite one has scallions, grated carrots,

fennel, and a sprinkle of mustard seeds added to its apple cider vinaigrette.

Classic French grated carrot salad is wonderful with its standard mustardy dressing. However, we make versions with a tad more honey and some raisins added. Recently, we had a container of muhmmara, the Middle Eastern red pepper and walnut dip on hand when making carrot salad and decided to mix that in to change the flavor profile. It was a smoky, spicy success.

Think about coming home on a hot summer day to a bowl of something cool and refreshing waiting to fill your dinner plate. Just add some protein from your freezer or left from another meal. Or, you could always pick up a bit of fish or a take-out kabob on the way home.

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

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