



Magnificent Water & City Views From this penthouse corner 2-bed, 2-bath brownstone in Chelsea's Historic Waterfront District! The open floor plan is filled with natural light with a rare 4 exposures, featuring a kitchen island with stainless steel appliances, quartz counters and pogenpoll cabinets. The living room has exposed brick, a wood burning fireplace, high ceilings and a slider leading to a private deck

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THURSDAY, NOVEMBER 7, 2024

FREE



CHARLESTOWN

PATRIOT-BRIDGE

CHARLESTOWN HOLDS ANNUAL MONUMENT SQUARE HALLOWEEN TRICK OR TREAT



Boston City Hall Liason to Charlestown Sean Breen, Halloween Wizard Jim Dwayne, USS Constitution Commander Crystal Schaefer, longtime organizer of the neighborhood Halloween fun Diane Valle, and Michael Lepage as Paul Revere. See Pages 5-8 for more photos.



Laura Johnson and Mary Bowers came from Charleston SC to Charlestown to visit their niece Nicole Yorra living here.

Charlestown celebrated its 39th Annual Monument Square Halloween Trick or Treat. Wizardry and magic were thick in the air

Despite expected election outcome, Boston voters back Harris for President

By Dan Murphy

In contrast to the expected outcome of the Presidential Election on Tuesday, Nov. 5, Boston voters resoundingly supported Vice President Kamala Harris over former President Donald Trump in the race.

According to the city's unofficial election results as of the morning of Wednesday, Nov. 6, more than 76.3 percent of Boston voters (187,419 ballots cast) backed the ticket of Harris and her running mate, Minnesota Gov. Tim Walz,

over the approximately 20.2 percent (49,654 ballots cast) of voters citywide who supported Trump and his running mate, Ohio U.S. Sen. JD Vance.

On Massachusetts Ballot Question 1, which would for the first time, give the state auditor the power to audit the state Legislature, more than 74.3 percent (168,625 ballots cast) of Boston voters supported the proposed measure while around 25.7 percent (58,290 ballots cast) opposed it.

(ELECTION Pg. 3)

Wu and Immigrant Advancement announce opening of fourth round of "Weaving Well-Being" grants

Special to the Patriot-Bridge

Mayor Michelle Wu and the Mayor's Office for Immigrant Advancement (MOIA) announced the opening of the fourth round of Weaving Well-Being grants. This was announced at MOIA's first-ever Immigrant Advancement Forum: Our Future Now, held on October 26. This forum is a new annual, family-friendly convening launched to enhance Boston and the region's capacity to welcome, support, and uplift immigrant and refugee residents across neighborhoods. Local immigrant-serving nonprofits are encouraged to apply to the current round of Weaving Well-Being grants with \$200,000 in funding available for the 2025-2026 program cycle. Applications are open until 4:00 p.m. on Thursday, January 16, 2025.

initiative cultivates a stronger network of immigrant-led and-serving organizations seeking to promote Boston immigrant residents, destigmatize mental health in immigrant communities through non-clinical, culturally, and linguistically sensitive interventions, and shift power to communities.

"Immigrant communities often face barriers in accessing mental health services," said Mayor Michelle Wu. "Our community nonprofit partners are providing vital support networks and building systems of care through innovative ways to help people heal. I'm thrilled that the City can support their efforts and look forward to their ongoing work to ensure Boston is a home for all."

MOIA formally launched the Weaving Well-Being initiative in

MOIA's Weaving Well-Being

(GRANT Pg. 3)

CNC MEETING DATES

CNC General Meeting, Thursday November 7, The Charlestown Neighborhood Council will hold an in-person public meeting on Thursday, November 7, 2024, from 7 to 9 p.m. at the BPD substation, located at 20 Vine Street. Captain Sean Martin Commander, District A1, and Sergeant Crossen will provide a public safety update. We encourage you to bring your questions and any neighborhood concerns to the meeting or to email us at cnc02129@gmail.com. For updates and our calendar, please check CNC02129.org.

CNC Development Committee Meeting, Thursday, November 21, 2024, 7 PM - 46 High Street
The Charlestown Neighborhood Council's Development Committee will hold an in-person public meeting at the Mary Colbert Apartments, 20 Devens Street, on Thursday, November, at 7 PM. The sole agenda item will be the proposed 46 High Street project. A presentation by the project proponents will be followed by an opportunity for the committee and community to ask questions about the project.

EDITORIAL

GIVE THANKS TO OUR VETERANS

This Monday, November 11, we will celebrate the 106th observance of Veterans Day in the United States, a day of solemnity and reverence to honor those who have served in our nation's military.

Veteran's Day initially was known as Armistice Day when it was enacted in 1919 to commemorate the first anniversary of the end of World War I, which occurred on the 11th hour of the 11th day of the 11th month in 1918.

World War I was marked by trench warfare in which neither the German-allied nations (Germany, Austria-Hungary, and the Ottoman Empire) nor the alliance among England, France, Russia, and the United States, accomplished anything. Historians to this day cannot even pinpoint a rational reason for why the war began.

The trench lines did not meaningfully shift for the entire four-year period of the war. In the meantime, the European continent was ravaged, with 10 million soldiers and another 10 million civilians losing their lives.

More significantly, the "war to end all wars" only set the stage for an even bloodier world-wide conflagration 20 years later with WWII. Indeed, the roots of today's conflict in the Middle East can be traced to the shift in control of that part of the world after WWI from the Ottoman Empire (Turkey) to England, which eventually led to the so-called British Mandate for Palestine after the end of WWII.

In the aftermath of the Korean War in 1954, Armistice Day officially became known as Veterans Day to include the veterans of all of our wars.

There are many ways that each of us can honor our veterans, including attending parades and ceremonies in our communities, visiting veterans memorials and cemeteries, volunteering with veterans organizations, donating to veterans causes, flying the U.S. flag, thanking a veteran for their service, or simply taking a moment to reflect on the great sacrifice made by so many who have put their lives on the line to ensure that all of us can enjoy the freedoms that we hold as Americans today.

If nothing else, Veterans Day should remind us that freedom isn't free and that maintaining our freedom since our nation's founding has required the personal sacrifice of millions of our fellow Americans.

IS DROUGHT OUR NEXT CLIMATE CRISIS?

To paraphrase Bob Dylan, we don't need a weatherman to tell us that our parched lawns and gardens are an indication that there has been a lack of rain in the past month.

But even we were surprised to learn that almost the entire country is experiencing some degree of drought conditions, making this the most widespread state of drought in U.S. history.

In New York City, which had its driest October since record-keeping began in 1869, officials are telling residents "to conserve every drop of water possible."

Climate change, which has been bringing record-high temperatures across the country every month this year -- especially this past summer -- is seen as a key driver of drought conditions.

High temperatures dry out both the atmosphere and the ground, which not only results in less rainfall, but also creates ideal conditions for wildfires, which have been sparking all across Massachusetts in the past few weeks. According to state officials, there are about 15 wildfires in a typical October, but this year there were more than 200 (which brought us that acrid smell of smoke that enveloped our area earlier this week until the direction of the wind changed).

As with everything weather and climate-related these days, our wonderful fall weather has been yet another example of good news/bad news.

Unfortunately, given that the world's efforts to reduce carbon emissions are failing badly, the bad news of the future promises to become even worse.



GUEST OP-ED

Older adults can save money during the annual Medicare open enrollment now through December 7

By Mayor Michelle Wu

With fall in full swing, I'm excited to share some important information that could help you save money on your health insurance premiums and prescription drug payments during the annual Medicare Open Enrollment period from now through December 7.

Now is a great time to meet with one of our certified SHINE (Serving the Health Insurance Needs of Everyone) counselors to

go over your current health needs and find the coverage that's right for you. Our health is constantly changing; reassessing your needs and your plan each year is the best way to ensure that you get the right coverage at the most affordable price.

For our Age Strong Commission, making Boston a home for everyone means ensuring that our older residents have access to the care and services they deserve—at the lowest possible cost.

So, to help you navigate the Open Enrollment process, Boston's Age Strong Commission will be hosting in-person events through December 6th. To see the schedule and location of these events, visit boston.gov/medicare.

Or, if you'd like to set up an appointment with a member of our Age Strong team at City Hall, call 617-635-4366.

Wishing you a wonderful fall.

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Boston's Age Strong Commission to host free Medicare open enrollment events across Boston

Boston's Age Strong Commission, the city agency serving its nearly 120,000 residents aged 60+, will host 15 free in-person events to assist older adults enroll in Medicare and make changes to their current Medicare health insurance and prescription drug coverage plans. These events are open to the public, and will be hosted in 11 neighborhoods across Boston. Make advance appoint-

ments by calling 617-635-4366.

Those not able to attend the events may schedule an appointment with Age Strong certified SHINE (Serving the Health Insurance Needs of Everyone) counselors through December 7.

Older adults are urged to assess their health insurance and prescription drug coverage each year, as health needs and health plans change. SHINE counselors will

help residents get the best coverage for the lowest cost. In addition, Age Strong will screen older adults for other cost-saving benefits including Medicare Savings Program (MSP), fuel assistance, and food resources (SNAP).

To see a full list of in-person events, and information in other languages, visit boston.gov/medicare.

GRANT (from pg. 1)

2022, providing \$70,000 in mini-grants to seven nonprofits that year. Since then, the program has grown significantly, with 18 partners in 2023, 21 partners in 2024, and \$400,000 in grants to date. The complete list of 2024 participating community partners is available on the Weaving Well-Being website. These awarded grants were funded by the City of Boston's FY24 operating budget and are being used through January 2025.

"Chinese Progressive Association is grateful for the partnership with the Mayor's Office for Immigrant Advancement," said Baolian Kuang, CPA's Community Organizer who leads resident-focused programs. "With this grant, residents had the opportunity to connect with and support each other, develop in-depth friendships, and collectively learn about the history and context of our neighborhood and beyond! Residents also get to participate, engage in community processes, and visit other neighborhoods in the languages they are most comfortable in."

"We are thrilled with the recent funding from the City of Boston and other partners in recognition of the stressors that immigrants face and Casserly House's connective role," said Donna Stiglmeier, Director of Casserly House.

"Sociedad Latina is excited to be partnering with the Mayor's Office for Immigrant Advancement to offer greater opportunities for Latine youth to foster positive physical and mental health

by exploring outdoor adventure, movement activities, and mindfulness," said Alex Oliver-Dávila, Executive Director of Sociedad Latina.

Hundreds of participants attended the inaugural Immigrant Advancement forum, which included Weaving Well-Being workshops hosted by community-based organizations. Attendees also got to participate in various speaking sessions and featured remarks from Mayor Michelle Wu, members of the Boston City Council, and community leaders. Weaving Well-Being workshops were led by the Brazilian Worker Center (Aromatherapy), Mutual Aid Eastie (Therapeutic Crafts), and EHR Boston Communities (Yoga). Speaking sessions included Activating Immigrant Voting Power: Your Voice, Your Vote; Unlocking Education: College Access for Undocumented Youth; Weaving Well-being: Building a Movement for Immigrant Community-Driven Wellness; The Power of Your Story: Public Narrative for Immigrant Leaders; and Cooperative Solutions for Community Needs: Empowering Boston's Immigrant Communities

"The theme of this inaugural forum is 'Our Future Now'. This is not just a catchy phrase; it's an imperative—a call to action for every immigrant, every child of immigrants, and every ally," said Monique Tú Nguyen, Executive Director of the Mayor's Office for Immigrant Advancement. "The immigrant community is not just

a part of this city's and nation's future—it is its future—and that future is now."

To complement the Weaving Well-Being programming efforts, MOIA also partnered with the Leah Zallman Center for Immigrant Health Research to learn how community-embedded practices improve mental health resources for immigrants. These evaluation efforts help guide the City's future investments and empower residents to speak on the importance of these initiatives in addressing the social determinants of health. To learn more about the reports, please visit these links to learn more: 2022-2023 report and 2023-2024 report.

To explore additional funding opportunities offered by the City of Boston, visit www.boston.gov/grants. For questions regarding City of Boston grant programs, please email grants@boston.gov. For interviews and footage from the forum, contact Bessie King at bessie.king@boston.gov.

About the Mayor's Office for Immigrant Advancement

The Mayor's Office for Immigrant Advancement (MOIA) strives to strengthen immigrants' ability to fully and equitably participate in Boston's economic, civic, social, and cultural life. MOIA also promotes recognition and public understanding of immigrants' contributions to the City. To learn more, visit boston.gov/immigrants.

ELECTION (from pg. 1)

According to the Associated Press, Ballot Question 1 was supported by 71.5 percent (2,092,548 ballots cast) of voters statewide while 28.5 percent (834,026 ballots cast) of the Commonwealth's voters opposed it.

Ballot Question 2, which would eliminate the MCAS exam as a standard graduation requirement for the state's high school students, was supported by more than 56.1 percent (132,760 ballots cast) of Boston voters while nearly 43.9 percent (103,812 ballots cast) of voters citywide opposed it, according to the city's unofficial election results.

According to the AP, 58.9 percent (1,788,506 ballots cast) of the Commonwealth's voters backed Ballot Question 2 while 41.1 percent (1,247,263 ballots cast) of voters statewide opposed it.

Ballot Question 3, which would allow drivers working for ride-share companies, like Uber and Lyft, to unionize, was supported by more than 65.4 percent (148,414 ballots cast) of Boston voters while nearly 34.6 percent (78,385 ballots cast) of voters citywide opposed it, according to the city's unofficial election results.

According to the AP, Ballot Question 3 was supported by 54.1 percent (1,585,726 ballots cast) of the Commonwealth's voters while 45.9 percent (1,346,031 ballots cast) of voters statewide opposed it.

Ballot Question 4, which would have decriminalized the use of certain natural psychedelic substances for people older than 21 and allowed them to grow these substances at home for personal use, was supported by more than 52.5 percent (122,978 ballots cast) of Boston voters while nearly 47.5 percent (111,163 ballots cast) of voters citywide opposed the proposed measure, according to the city's unofficial election results.

According to the AP, Ballot Question 4 was opposed by 56.9 percent (1,703,794 ballots cast) of the Commonwealth's voters, with 43.1 percent (1,291,968 ballots cast) of voters statewide supporting it.

Ballot Question 5, which would have raised the minimum wage for tipped employees incrementally over a period of five years from \$6.75 an hour to the state's regular minimum wage of \$15 an hour by 2029, was opposed by more than 50.6 percent (117,043 ballots cast) of Boston voters while nearly 49.4 percent (114,078 ballots cast) of voters citywide opposed it, according to the city's unofficial election results.

According to the AP, Ballot Question 5 was opposed by 64 percent (1,938,409 ballots cast) of the Commonwealth's voters while 36 percent (1,090,498 ballots cast) of voters statewide opposed the proposed measure.

PUBLIC AUCTION
FRIDAY, NOVEMBER 15TH AT 11:00 AM

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The Patriot-Bridge encourages residents to submit engagement, wedding and birth announcements, news releases, business and education briefs, sports stories and photos for publication. Items should be forwarded to our offices at 385 Broadway, Revere, MA 021We also encourage readers to e-mail news releases and photos to deb@reverejournal.com.

MGH CHARLESTOWN HEALTHCARE CENTER MEDICAL MINUTE

By Lais P Dennis, MS, RD, LDN Clinical Dietitian, MGH Nutrition Services

Understanding how nutrition can help you prevent and manage diabetes.

Diabetes is a chronic condition that affects how the body processes blood sugar (glucose). As the prevalence of diabetes continues to rise globally, understanding its implications and management is essential for individuals and communities alike. This article aims to provide information on diabetes and practical nutrition guidelines that can help manage this condition effectively.

What is Diabetes?

Diabetes is categorized mainly into two types:

- **Type 1 Diabetes:** This autoimmune condition usually develops in children and young adults, where the body fails to produce insulin, a hormone crucial for converting glucose into energy.

- **Type 2 Diabetes:** This form is more common and often associated with lifestyle factors. It occurs when the body becomes resistant to insulin or doesn't pro-

duce enough insulin. It is primarily influenced by diet, physical activity, and body weight.

Pre-Diabetes: This is a condition where blood sugar levels are higher than normal but not high enough for a diabetes diagnosis. It's a crucial stage where lifestyle changes can prevent the progression to Type 2 diabetes.

The Importance of Nutrition in Diabetes Management

Nutrition plays a pivotal role in managing diabetes. Proper dietary choices can help control blood sugar levels, maintain a healthy weight, and reduce the risk of diabetes-related complications. Here are some essential guidelines for healthy eating:

Nutrition Guidelines for Diabetes Management

- **Carbohydrate Management:** Choose complex carbohydrates: Focus on whole grains, legumes, and vegetables, which provide fiber and help stabilize blood sugar levels. Examples of whole grains: brown rice, whole

wheat pasta, whole wheat bread and bread products, whole grain crackers and cereals.

- **Monitor portion sizes:** Understanding how many carbohydrates are in a meal is crucial. Using tools like carbohydrate counting can aid in meal planning.

- **Incorporate Fiber:** High-fiber foods such as fruits, vegetables, whole grains, and legumes can improve blood sugar control and promote satiety.

- **Protein Choices:** Include lean protein sources like fish, poultry, beans, and low-fat dairy products. Protein can help maintain muscle mass and promote a feeling of fullness.

- **Limit Sugary Foods and Drinks:**

Reduce the intake of sugary beverages, sweets, and processed foods. These can cause rapid spikes in blood sugar levels.

- **Regular Meals and Snacks:**

Eating at regular intervals helps stabilize blood sugar levels. Aim for balanced meals that include

carbohydrates, protein, and vegetables.

- **Stay Hydrated:**

Drink plenty of water throughout the day. Avoid sugary drinks and excessive caffeine.

- **Monitor Blood Sugar Levels:**

Regularly check blood sugar levels to understand how different foods affect them. This can help in making informed dietary choices.

- **Plan Meals Ahead:**

Meal planning can reduce the likelihood of making unhealthy food choices. Prepare balanced meals that align with nutritional guidelines.

- **Physical activity:**

Regular physical activity is an important part of managing diabetes or dealing with prediabetes. When you're active, your body is able to work more effectively to lower blood sugar.

Managing diabetes through proper nutrition is a collaborative effort that requires education, support, and commitment. By following these guidelines and fostering

a supportive community environment, individuals with diabetes can lead healthier, more fulfilling lives. If you or someone you know is dealing with diabetes, consider consulting a healthcare professional or a registered dietitian for personalized advice and support. Together, we can build a healthier community.

MGH Charlestown, Specialties Department - (617) 7724-8135

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MBTA successfully completes critical track work on Orange Line

The MBTA announced the successful completion of critical track work on the Orange Line while service was suspended between Oak Grove and Ruggles October 26 – 27 and between Oak Grove and North Station October 28 – November 1. As a result of unencumbered access to track areas, crews accomplished important work to lift nine speed restrictions, resulting in a safer, more reliable trip for riders.

Following additional Track Improvement Program work that took place on the line earlier last

month, the Orange Line is now completely free of all speed restrictions for the first time since 2010. Currently, slow zones are affecting less than 1% of the entire subway system. The last slow zones are expected to be removed by the end of next month.

During these seven days of unencumbered access to this area of the Orange Line, work crews replaced nearly 17,500 feet of rail and 2,600 ties. During the 30-day Orange Line shutdown in 2022, crews replaced only 6,000 feet of rail and about 2,900 ties.

The tremendous amount of work accomplished on the Orange Line this past month is due to the close collaboration and coordination of multiple work crews on-site and during the pre-planning phases of these service suspensions.

"I would like to thank the MBTA team members who have been part of the Track Improvement Program for their hard work and express appreciation to our riders for being flexible during construction," said Transportation Secretary and CEO Monica Tibbits-Nutt. "Mobility access for everyone is critical and the successful completion of Orange Line projects advances our commitment to leave the communities where we live and work in better condition than we found them. Transportation systems have to work if we want our communities to thrive."

"We made a commitment to the public to deliver safe, reliable trips and upon completion of this most recent work, I'm pleased to confirm another major step forward towards that promise – the Orange Line is now completely free of speed restrictions for the first time in 15 years," said MBTA General Manager and CEO Phillip Eng. "Less than 1% of our subway system is now affected by track-related slow zones, down from March 2023 when we had the entire sys-

tem running at restricted speeds. I'm confident we're on schedule to eliminate all remaining restrictions by the end of this year. This is truly an all-hands-on-deck, cross-functional effort that exemplifies teamwork and determination. Moving beyond this, we are committed to addressing future needs timely and not allowing such conditions to build up, impacting all that depended on us. All the credit goes to my leadership team and our workforce for delivering essential repairs more efficiently and effectively. I'd be remiss if I didn't thank our riders for their patience as we bring them the faster, safer, more reliable, and frequent trips that they deserve."

This service change was in place to support critical track and tie replacement work as part of the Track Improvement Program. Workers also maximized the outage by performing signal upgrades, security enhancements, station amenity upgrades, and more.

For more information, visit mbta.com/TrackProgram or connect with the T on X @MBTA, Facebook /TheMBTA, Instagram @theMBTA, Threads @thembta, or TikTok @thembta.

The Massachusetts Bay Transportation Authority (MBTA) opened America's first subway tunnel in 1897, pioneering public transportation in the United

States. Today, the MBTA is one of the largest public transit systems in the country, operating an extensive network of subway, bus, commuter rail, ferry, and paratransit services across 176 cities and towns. The MBTA is undergoing a transformative period, focusing on cultivating a culture of safety and excellence, modernizing infrastructure, and improving reliability and accessibility. Current priorities include accelerating critical infrastructure repairs, expanding accessibility, and reducing emissions. The MBTA is committed to providing dependable, frequent, and accessible service that riders can rely on, while supporting the region's economic vitality. Through initiatives like the unprecedented Track Improvement Program and the Bus Network Redesign and Rail Vision, the MBTA aims to connect communities and improve riders' daily experiences and trips. For questions or assistance, customers are encouraged to contact the MBTA Customer Center at 617-222-3200. Members of the press are encouraged to contact mediarelations@mbta.com. For the latest updates on MBTA services, projects, and initiatives, visit [MBTA.com](https://mbta.com) or follow @MBTA on social media.

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CHARLESTOWN HOLDS ANNUAL MONUMENT SQUARE HALLOWEEN TRICK OR TREAT

DEREK KOUYOUMJIAN PHOTOS

Charlestown celebrated its 39th Annual Monument Square Halloween Trick or Treat in the style of Harry Potter. Wizardry and magic were thick in the air as residents of the neighborhood opened up their homes to welcome the

many trick or treaters hitting the streets. A short stroll down the hill brought Halloween fans to a spooky inflatable village courtesy of Dougie McDonald and his team of volunteers.



Sarah, Tammy, and Mabel Sands welcome trick or treaters to their home.



Tierney Connelly and Isla Smith.



Harper and Sage Auen.



The Gonzalez Family bands together to go out as the branches of the MBTA. Hopefully there are no shuttle busses involved.



Art The Clown.



Isabella Cigna is happy to see the Harry Potter theme this year.

CHARLESTOWN GYM HOCKEY

STANDINGS FOR THE WEEK OF 11/2/2024

	W	L	T
Massport's Finest	6	0	3
Duce 2	5	1	3
Halligan Club	2	2	5
YMCA	1	4	4
McCarthy Bros	0	4	4
A-1 Convenience	0	5	4

PLAYERS OF THE WEEK FOR 11/2/2024

- A-1 Convenience - Marlowe Sullivan, Wylie Whitman.
- Duce 2 - Riley Pearson, Jacob Miller.
- Halligan Club - Clara McNiff, Quinlan Getchell.
- Massport's Finest - Cooper Thompson, Rowan Collier.
- McCarthy Bros. - Martin Forbes, Lee Jones.
- YMCA - Tess DeRosa, Brynn Hurley.

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Open House: December 6-7 from 10am to 2pm

CHARLESTOWN HOLDS ANNUAL MONUMENT SQUARE HALLOWEEN TRICK OR TREAT

DEREK KOUYOUMJIAN PHOTOS



Tiffany Rose makes a new friend in Bob from Beatleguise.



Juliet and Weatherly Cole enjoy their "Kisses."



The Taylor Family has plenty of candy to give out for Halloween.



Mary Crowley is happy on her pasture with her mom Elizabeth.



Rod Laurenz and Amanda Beardsworth.



This house in Monument Square was truly transformed into a magical castle courtesy of Jay Farragher.

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CHARLESTOWN HOLDS ANNUAL MONUMENT SQUARE HALLOWEEN TRICK OR TREAT

DEREK KOUYOUMJIAN PHOTOS



Lydia is taught by her grandmother to enjoy the fun of Halloween.



James and Paula Mahar have plenty of candy for all trick or treaters.



Housed on the neighborhood eye elaborately decorated and welcoming to the trick or treat visitors.



Cali Brown (center) as Lydia from Beatleguise with her mom Christine Scadding as a Light Bright and dad Thomas as "Uncle Bob".



It seems that Cat In The Hat Saida Nisbet has her "Things" Jonah and Micah under control for now...

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Recent Work**

Opening Reception Friday, November 15, 5:30 - 7:00



Detail of "Bits and Pieces", 40" x 16" | Mixed Media, © Sioux Gerow

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All proceeds benefit Frankie's Friends at Charlestown Youth Hockey



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CHARLESTOWN HOLDS ANNUAL MONUMENT SQUARE HALLOWEEN TRICK OR TREAT

DEREK KOUYOUMJIAN PHOTOS



The Halloween inflatable village lit up the historic Training Field park.



Salsa jar Aline with her "taco" Mica compliment Miriam as chips while Leo and Atos take the Teletubbies approach to their costumes.



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FRESH AND LOCAL

Hold the Mayo

By Penny & Ed Cherubino

Mayonnaise is a food, like cilantro, anchovies, blue cheese, and liver, that some people avoid or outright hate. Those who have investigated mayo aversion have proposed estimates that this group comprises 20% to 25% of people. However, scientific research has yet to be conducted on that number.

Perhaps the “Hold the Mayo” movement protests the food industry’s ubiquitous use of this condiment. It’s slathered on sandwiches, drizzled on entrées, and mixed into salads. In some cases, it is not even mentioned on the menu. You have to ask, “Does this dish contain mayo.” For most, it’s an aversion; for some, it’s an allergy.

Our Experience

For Penny, an emergency room visit for a severe reaction to egg-nog resulted in a lifetime of avoiding mayonnaise and any other condiment or salad dressing with

raw egg as their base.

“Hold the mayo” and allergy-related questions were part of our lives until a few years ago. She was tested for allergies at MGH, and the result was that she was no longer allergic.

Nonetheless, Penny decided that she had lived all these years without mayo and was much happier using the many substitutes she had discovered. They all provided more nutrition and were better for our health.

Pull up a nutrition chart for mayonnaise, and you’ll find that one tablespoon contains 94 calories. The only four numbers listed for our daily % requirements are total fat 15%, saturated fat 8%, cholesterol 2%, and sodium 3%. The other 12 nutrition measurements are listed as 0%.

Mayo Replacements

As our love for international cuisine grows, we find excellent leadership from chefs who use their



This beet, arugula, and goat cheese sandwich is perfect for a “Hold the Mayo” lunch.

native condiments to add moisture and flavor to their dishes. Yotam Ottolenghi, the Israeli-British chef and restaurateur, has taught us to use hummus, tahini, and yogurt as spreads or drizzles for his recipes.

Jamie Oliver educates home cooks on how to prepare simple, nutritious, and inexpensive meals. He uses yogurt, sour cream, oil and vinegar, chili sauces, and prepared condiments like tapenade or mango chutney as flavor bombs to finish a dish.

We’ve been inspired by local restaurateurs like Michael Serpa and Marc Orfaly, who offer alternatives on and off the menu. At Marc’s former restaurant, Pigalle, the special one night was lobster rolls. When Penny declined one because of mayo, she was offered the dish made with crème fraîche and chives. She still declares it the best lobster roll she’s ever had. She also began using crème fraîche as a mayo substitute.

Vinaigrettes (without eggs) are the dressing for our cole slaw, potato salad, and tuna salads. We make egg salad with yogurt or sour cream, and mashed avocado rounds out many sandwiches.

Substitute Resources

Our copy of “The Food Substitutions Bible” supplies a list

of substitutes for any ingredient, including mayo. You can also search online for “mayonnaise substitutes.” We like www.allrecipes.com and www.foodsubs.com for their searchable databases.

If you are a “Hold the Mayo” community member, remember you can’t trust that a menu will mention that the dish includes mayo. You have to ask. We recently had lunch at a restaurant with a menu inspired by Southern USA foodways. Nearly every dish included mayo, which was often integral to the dish. After checking one entree after another, Penny made a meal of appetizers and sides.

Mayonnaise is a primary ingredient in many dishes in the American South. If you travel to that area, remember this and be ready to be told, “Sorry, we can’t hold the mayo.”

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

Mayor Wu announces Open Newbury: Holiday Stroll

Special to the Patriot-Bridge

Mayor Michelle Wu has announced that Open Newbury: Holiday Stroll will be held on Sunday, Dec. 1, and Sunday, Dec. 8, to celebrate the holidays and promote the winter shopping season in the Back Bay.

The expansion of Open Newbury, a pedestrian-only event typically held in summer and early fall, into the holiday season was announced by Mayor Wu earlier this year. Since the start of Open Newbury in 2016, thousands have enjoyed food, shopping, and dining along the mile-long, eight-block stretch from Berkeley Street to Massachusetts Avenue.

“I am thrilled to present the holiday edition of Open Newbury to Back Bay this winter for all of our residents to enjoy,” said Mayor Wu in a press release. “The tradition of Open Newbury that we enjoy during the summer brings so much opportunity for community gathering and economic growth for our small businesses. I am looking forward to seeing the city gather together again for Open Newbury this holiday season.”

Newbury Street will be car-free from 10 a.m. until 6 p.m. on Dec. 1 and 8. The route will be the same as the summer Open Newbury series, with Newbury Street closed to cars from Berkeley Street to Massachusetts Avenue. The City encourages Newbury Street businesses to activate their outdoor spaces with programming with family-friendly activities, pop-up parklets, brand activations, and much more. In case of inclement weather, a makeup date will be held on Dec. 15.

“Introducing Open Newbury to the winter season brings together two traditions: the excitement of holiday markets and the experience of exploring one of Boston’s most vibrant streets from a fresh perspective, free from cars,” Jascha Franklin-Hodge, the city’s chief of streets, said in a press release. “We look forward to continuing our partnership with the local business community, who have made Newbury Street such an iconic part of Boston.”

City Councilor Sharon Durkan added: “We know that our local businesses thrive when residents do their holiday shopping in per-

son! With the trees sparkling with holiday lights and the excitement around a holiday stroll, these two dates will be an exciting chance to support our local businesses and build community. I cannot wait.

Parking will be restricted on Newbury Street and certain cross streets, with enforcement beginning at 6 a.m. Signs will be posted informing drivers of the change. The intersections of Fairfield Street, Gloucester Street, and Herford Street will be car-free. The remaining intersections will be open to vehicular traffic for public safety access and general vehicular traffic flow.

“The Back Bay Association is looking forward to seeing how the Open Streets Holiday Stroll benefits the Newbury Street businesses and brings value to the retail corridor at such an essential time of year,” Meg Mainzer-Cohen, president of the Back Bay Association, said in a press release. “We are proud to have secured funding to provide holiday lighting which will coincide with this event, enhancing the atmosphere for shoppers and tourists, alike, and benefitting our business community.”

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Healey-Driscoll Administration announces grant opportunities for fire safety education

The Healey-Driscoll Administration announced that applications are being accepted for \$2 million in grants to support fire and life safety education for children and older adults, the people most vulnerable in the event of a fire at home.

The Student Awareness of Fire Education (SAFE) and Senior SAFE grant programs are administered by the Executive Office of Public Safety & Security and the Department of Fire Services. They send local firefighters to schools, community groups, senior centers, councils on aging, and other venues to teach age-appropriate safety lessons to children under 18 and adults 65 and older.

“The SAFE and Senior SAFE grants are a smart investment in

fire protection, fire prevention, and fire safety for the most vulnerable members of our communities,” said State Fire Marshal Jon M. Davine. “I want to thank Governor Healey, the Executive Office of Public Safety, and the Legislature for supporting these programs, and I encourage every fire department to apply.”

The SAFE grant program has contributed to the steepest decline in child fire deaths in Massachusetts history. In 1994, there were more than two dozen child fire fatalities; the SAFE grants were launched the following year and child fire deaths never again reached even half that number. Massachusetts recently went more than two and a half years without losing a child to fire.

The Senior SAFE grants were

created in 2014 to provide education, smoke and carbon monoxide alarm installation, and other services to reduce fire-related fatalities among older adults, who now represent the age group most likely to die in a fire.

Fire departments of every city, town, fire district, and eligible state authority can apply to share in funding for SAFE grants, Senior SAFE grants, or both. Departments must meet certain requirements, including mandatory fire data reporting, to be considered. The Notice of Funding Opportunity, grant application, and eligibility requirements are available on the Department of Fire Services’ website. Applications must be submitted by 5:00 pm on December 10.

NEWS BRIEFS

185TH ST JOHN’S HARVEST FAIR AND TURKEY DINNER ON NOVEMBER 16

On Saturday 16th November meet up with neighbors and friends at the 185th Harvest Fair and Turkey Dinner hosted by St John’s Church. All are welcome at

this community gathering. Enjoy a delicious Turkey Dinner with all the trimmings, browse for holiday gifts, books, and baked goods, bid for great seats at Bruins or Celtics games, and check out the Face painting table with your kids! Located at 27 Devens Street the St John’s Harvest Fair is from 10am to 2pm with the Turkey Dinner served from 12pm to 2pm.

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Suffolk Probate And Family Court
24 New Chardon St.
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CITATION GIVING NOTICE OF PETITION TO EXPAND THE POWERS OF A CONSERVATOR
Docket No. SU22P0539PM
In the Interests of:
Susan Holaday

Of: Charlestown, MA RESPONDENT Incapacitated Person/ Protected Person
To the named Respondent and all other interested persons, a petition has been filed by Central Boston Elder Services, Inc of Roxbury, MA in the above captioned matter requesting that the court: Expand the powers of a Guardian
The petition asks the court to make a determination that the powers of the Guardian and/or Conservator should be expanded, modified, or limited since the time of the appointment. The original petition is on file with the court.
You have the right to object to this proceeding. If you wish to do so,

you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of 11/12/2024. This day is NOT a hearing date, but a deadline date by which. You have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.
IMPORTANT NOTICE
The outcome of this proceeding

may limit or completely take away the above-named person’s right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.
WITNESS, Hon. Brian J. Dunn, First Justice of this Court.
Date: November 04, 2024
Stephanie L. Everett
Register of Probate

11/7/24
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Goldkang, Rebecca	33 Green Street Rt	33 Green St	\$1,734,000
Morris, Evelyn K	Anderson, Paul C	34 9th St #34	\$1,655,000
Bliss, Aidan T	Krauss, Kelly	354 Medford St	\$960,000
Jade Ridge Collective LLC	Soley Street Ft	4 Soley St	\$3,495,000
Cain, Anne E	Frohlich, Lillian	463 Rutherford Ave #202	\$809,000
Genest, Simon	Henderson, Christophe	5 Common St #5	\$2,015,000
8 Monument Sq LLC	8-9 Monument Square LLC	8 Monument Sq #4	\$1,700,000



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617-349-4396

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Hartford, CT 06106-1561
860-541-3400

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802-828-2480

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Concord, NH 03301-9053
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Over \$4.5 million in Complete Streets Funding Program awards announced

Special to the Patriot-Bridge

The Healey-Driscoll Administration is awarding over \$4.5 million to 11 communities as part of the Fiscal Year 2025 Round 1 of grants for the Complete Streets Funding Program.

These grant awards will be used by recipient municipalities to fund local multimodal infrastructure projects that improve travel for pedestrians, public transit users, bicyclists and people using other forms of transportation.

A Complete Street enables safe, convenient, and comfortable travel for users of all ages and abilities regardless of their mode of transportation. Administered by the Massachusetts Department of Transportation (MassDOT), the Complete Streets Funding Program aims to teach communities about Complete Streets and encourage the integration of Complete Streets into regular local planning practices. Of the 11 projects selected, 8 will benefit Environmental Justice communities.

"We are excited to announce over \$4.5 million for 11 cities and towns as part of the first round of funding of the Fiscal Year 2025 Complete Streets Funding Program," said Transportation Secretary and CEO Monica Tibbits-Nutt. "These grant awards will assist municipalities with the implementation of Complete Streets projects, which will greatly improve safety, connectivity, and access for all roadway users. We look forward to working together with local leaders as they begin planning and implementing their projects."

"Our Complete Streets program has been a valuable funding source for our cities and towns, with hundreds of projects receiving grants in the past eight years," said Highway Administrator Jonathan Gulliver. "We're ready to support our municipal partners as they make these key improvements to roadway safety and multimodal access."

The MassDOT Complete Streets Funding Program was launched in 2016 and provides technical assistance and construction funding to eligible municipalities to plan and implement Complete Streets. Prior to this round, the Complete Streets Funding Program has awarded 278 construction project grants across the Commonwealth, totaling over \$100 million.

This round of funding provides funding to the following communities:

- Concord received \$500,000 to widen and pave an existing stone dust sidewalk on Magnolia

Street, the construction of a new sidewalk on Walden Street to Brister's Hill Road and construct a pedestrian/bike path from Walden Street to the Alcott Elementary School. The project will also include ADA compliant ramps, crosswalks, and signage.

- Everett received \$500,000 to reconstruct a 12-foot-wide sidewalk on the western and eastern sides of Broadway between Maple Avenue and Timothy Avenue. The project will also include ADA-compliant curb ramps and high-visibility crosswalks. In addition, the project will reconstruct a new bus stop at the Lexington Street intersection and include new five-foot-wide bike lanes on both sides of Broadway, the installation of a bus-only lane, and new bike racks.

- Medfield received \$500,000 for the construction of new five-foot-wide sidewalks on Dale Street, Adams Street, and Winter Street. The project will also include new pedestrian ramps, detectable warning panels, crosswalks, and new signage to help improve pedestrian accessibility, mobility, and safety.

- Melrose received \$450,803 for the construction of new five-foot-wide asphalt sidewalks on one side of Swains Pond Avenue from the intersection with Penney/Dexter Road to the intersection with Beech Street. The project includes ADA curb ramps, crosswalks, narrowed travel lanes, new

trees, and will close a current sidewalk gap.

- Newton received \$500,000 for the construction of a 6.5-wide asphalt sidewalk on the northern side of Nahanton Street from Wells Avenue to Dedham Street. This project will help increase access to the Wells Avenue complex. The project also includes ADA-compliant pedestrian curb ramps, high-visibility crosswalks, audible pedestrian signals, and pedestrian push buttons.

- North Attleborough received \$500,000 for the construction of new five-foot-wide sidewalks on both sides of Landry Avenue between the J.W. Martin Elementary School and Route 152. The project includes new narrowed road lanes to allow bicycle safety, ADA-compliant curb ramps, tactile warning panels, a high-visibility crosswalk, and Rapid Rectangular Flashing Beacons.

- Oxford received \$60,225 to connect two sidewalks on Monument Drive and Charlton Street with a new five-foot-wide sidewalk on Monument Street from Corbin Road to Charlton Street. This project will improve the safety of pedestrians in this corridor.

- Rockland received \$500,000 for the construction of new five-foot-wide sidewalks on the northern side of North Avenue from Union Street to the town limit. The project includes ADA-compliant curb ramps, detectable warning panels, signage, narrowed road

lanes, crosswalk improvements, and the installation of Rapid Rectangular Flashing Beacons.

- Wareham received \$500,000 for multiple projects. The grant will construct new ADA-compliant ramps and detectable warning panels at various locations on Main Street from Trinity Christian Church to Sandwich Road and on Onset Avenue from Union Avenue/South Boulevard to East Boulevard. The project includes modifying curbs and the addition of Rapid Rectangular Flashing Beacons. The next project will create the "Walters Alley Pedestrian Zone" between Main Street and Merchant Way and finally, the grant will provide Speed Feedback signs at various locations.

- West Stockbridge received \$112,612 for pedestrian improvements at the Swamp Road/Main Street intersection. The project includes the relocation of a crosswalk, the installation of ADA-compliant curb ramps, and improvement at the intersection for drivers by building permanent bollards to better direct turns.

The project will also improve the walkability at the Depot Street Municipal Parking Lot by building a pedestrian zone and a new sidewalk segment while also relocating a crosswalk to better connect visitors parking in the lot to the town sidewalk.

- Weymouth received \$444,685 for intersection improvements at Pleasant Street and Ralph Talbot Street. The project will first reduce the corner radius which will help halve the length of the current pedestrian crossing. Also, the project will construct seven-foot-wide sidewalks to better connect to the current sidewalk network and include curb extensions and new lighting.

Municipalities may apply for up to \$500,000 in construction project funding in one application. Examples of project elements that can be implemented through the program include sidewalks, multimodal paths, bicycle lanes, improved street lighting, and pedestrian signalization at crosswalks or intersections.

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CONGRATULATIONS



Congratulations to the Charlestown High School Girls volleyball team for a great season ending at 15-2. In the state tournament round the girls beat Mystic Valley 3-2 to advance to the next round. Their spectacular season ended with a 3-0 loss to Mt. Greylock on Saturday, Nov. 2.

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