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CHARLESTOWN

PATRIOT-BRIDGE

DIDOMENICO INVITED TO WHITE HOUSE FOR BOSTON CELTICS CEREMONY

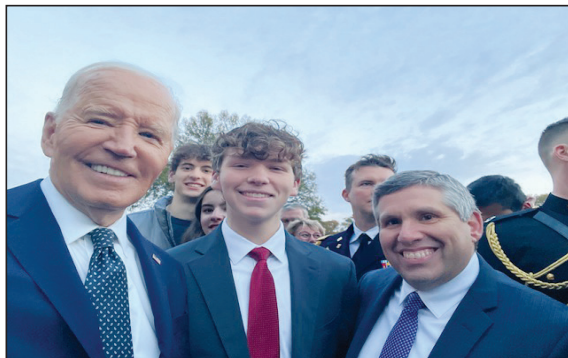
Senator Sal DiDomenico and his son Matthew were recently invited by the Biden Administration to the White House to honor the Boston Celtics on their 18th NBA Cham-

pionship. President Biden praised the efforts of the Celtics, and star players Jayson Tatum and Jaylen Brown presented the President with gifts from the team. Senator

DiDomenico and Matthew were also able to meet President Biden and several of the Celtics during their time at the White House.



Senator DiDomenico with Petrina Martin Cherry, VP at Boston Medical, and Senate President Karen Spilka.



President Joe Biden taking a selfie with Senator Sal DiDomenico and son Matthew. (The President took this picture!)



President Joe Biden with the Celtics players, coaches and owners.

The ball is rolling on Monument Square Landmark District pursuit

By Michael Coughlin Jr.

The journey to make Monument Square a landmark district is progressing as the City Council, at a meeting last month, confirmed several appointments to the study committee, which will be involved in the process that could see the area being landmarked.

Amanda Zettel, President of the Charlestown Preservation Society (CPS), explained that this process began a few years ago when the group submitted a petition to the Boston Landmarks Commission

(BLC) in May 2022 to designate Monument Square as a landmark district.

“Many residents signed the petition and we did not hear any opposition. The boundaries for the district include all of the Monument Square addresses,” said Zettel.

Eventually, the BLC accepted the petition for study, and the area was considered a pending landmark district that July. A draft study report was then completed

(LANDMARK Pg. 4)

DiDomenico’s energy siting bill signed into law

Special to the Patriot-Bridge

This past fall, the Governor signed a climate omnibus bill into law, S.2967, which includes key language from Senator Sal DiDomenico’s energy facility siting bill, S.2113, that will protect his constituents from hazardous energy projects and advance the state’s clean energy infrastructure. For years, Senator DiDomenico has worked side by side with environ-

mental advocates and constituents on this legislation to ensure communities like those in his district have more control over which energy projects get developed in their neighborhoods. Thanks to this language, a larger number of energy facility projects must first seek input and review from the Energy Facilities Siting Board (EFSB) and the affected communi-

(LAW Pg. 3)

Coletta Zapata publishes report on local climate action

Special to the Patriot-Bridge

As Chair of the Committee on Environmental Justice, Resiliency, and Parks, Councilor Gabriella Coletta Zapata (District 1) has published a comprehensive report titled “Boston Rising: Building a Resilient City on a Hill Through Local Climate Action,” following meetings and recommendations

from dozens of environmental advocacy organizations. This 19-page report highlights Boston’s leadership as a model for local climate action, especially in response to potential federal rollbacks of environmental regulations and reduced funding for climate resilience. The report also introduces innovative municipal policy pro-

posals and funding strategies to protect Boston from the adverse effects of climate change.

The report outlines the committee’s accomplishments under Coletta Zapata’s leadership and presents a forward-looking strategy through actionable policy

(CLIMATE Pg. 2)

CNC MEETING DATES

CNC Soccer Stadium Committee Meeting, Tuesday, January 28, 2025, 7 PM with Representative Dan Ryan

The Charlestown Neighborhood Council’s Soccer Stadium Committee is holding an in-person public meeting at the Knights of Columbus, located at 545 Medford Street, Charlestown, on Tuesday, January 28, at 7 PM. Representative Ryan will discuss the soccer stadium legislation and other legislative issues affecting Charlestown. We encourage you to bring your questions and concerns. You can also email us at cnc02129@gmail.com.

New Bluebikes stations coming soon!

Special to the Patriot-Bridge

The Boston Transportation Department (BTD) thanks everyone who provided comments on the potential sites for new Bluebikes stations in Charlestown, East Boston, South Boston, and South Boston Waterfront. BTD received more than 900 comments at open houses, by email, and by survey in October and November.

Last fall, BTD identified 56 potential sites in these neighborhoods. BTD shared them with the public and asked for their help narrowing down the list. Based on the feedback, BTD has prioritized sites for installation. BTD expects to install 21 sites this winter. BTD has started to secure permits, and installation will begin next week.

The public can explore the priority and status of the list of stations at boston.gov/bike-share-expansion.

pansion.

Listed are some of the new stations that will be installed in the coming weeks (pending final permits):

Charlestown:

- Main St at Mishawum St
- Chelsea St at Medford St
- Medford St at McNulty Ct
- Constitution Rd at Chelsea St
- Main St at Salem St
- Main St at Devens St

East Boston:

- Ashley St at Boardman St.
- Bennington St at Marion St.
- Wood Island T Stop - Vienna St at Bennington St.

South Boston and Waterfront:

- Summer St at A St
- Harbor St at Channel St
- O'Callaghan Way at Kemp St (off-street on BHA property)

• Boston Convention and Exhibition Center - we are adding 16

docks to the existing station.

Other stations we have prioritized require license agreements or other approvals and will be scheduled for installation pending resolution of these processes. We will continue to update boston.gov/bike-share-expansion.

Other Station Updates

In addition to the sites we shared at open houses and in the surveys, we have prioritized several sites for installation or reconfiguration that were already in progress in these neighborhoods:

- We are adding 8 docks to the existing Broadway T Stop station.
- We are installing a new station at Congress St at Boston Wharf Rd in the South Boston Waterfront as part of Article 80 requirements.
- We are installing a new station at Rutherford Ave at Bunker Hill Industrial Park in Charlestown as part of Article 80 requirements.



PHOTO COURTESY LEE TOMA / NEPONSET RIVER GREENWAY COUNCIL

New Bluebikes station installed in Pope John Paul II Park.

Beyond these neighborhoods, we're excited to have executed a new agreement with DCR that will bring new stations to their parks and parkways. We have already started to install several sites that have long been identified as pri-

orities, including: Pope John Paul II Park in Dorchester, Christian A. Herter Park in Allston, Jamaica-caway at Perkins St in Jamaica Plain, and Truman Parkway at Fairmount Ave in Hyde Park.

CLIMATE (from pg. 1)

recommendations. In 2024, the committee oversaw more than \$33 million in funding to support Boston's tree canopy, parks, food system, and clean energy initiatives. The committee also held numerous hearings and working sessions to advance Boston's environmental objectives.

Recent strategic breakthroughs of the committee include establishing the Office of Climate Resilience, standardizing climate science and environmental justice education in Boston Public Schools, workforce development initiatives in the green and blue economy sectors, reimagining Boston's food systems including the acquisition of a food hub, and adopting BERDO

2.0 and the Equitable Emissions Investment Fund.

New proposals include establishing a municipal climate bank and issuing green bonds, advancing electrification and geothermal solutions, transitioning to clean energy sources, implementing resilient zoning standards and mitigation strategies, reducing polystyrene and plastic waste, integrating climate goals with sustainable mobility initiatives, and developing a Waterfront Business Improvement District (BID).

The report also emphasizes the importance of local climate leadership by leveraging strategic planning and innovative funding mechanisms to compensate for

potential reductions in federal support. Suggested measures include seeking local foundation and grant funding, collaborative legislative advocacy, forming public-private partnerships, utilizing alternative federal programs, and fostering regional collaboration.

"Our goal is clear: to keep Boston on a path toward achieving its ambitious climate goals while ensuring that every voice is heard and every neighborhood benefits from the transformation ahead," said Coletta Zapata. "We cannot afford to wait for others to act; Boston must lead the way with solutions that put our communities first. I extend my gratitude to everyone who contributed to this report and to those committed to building a greener and more resilient future."

"This report is a remarkable breakdown of the City's current

efforts and a great roadmap for the future. Steps like a municipal climate bank can ensure our climate efforts keep going and growing, especially in the absence of major federal climate funding. I am thrilled to see the City Council lead on climate justice. My thanks, especially, to Chair Coletta Zapata and Vice Chair Weber for their leadership of this committee," said Hessann Farooqi, Executive Director of the Boston Climate Action Network (BCAN).

"Investments in the Mary Ellen Welch Greenway and the City's Border Street nature-based protection plan are prime examples of how the City works with neighborhoods to identify and preserve critical assets. While storm waters can cause billions in property damage, our recent summer informed

us that wildfires, extreme temperatures, and air pollution cause immediate and widespread health issues, especially among the poor. The Councilor's report is a gateway report that documents all these issues and offers practical policy responses to these and other issues. Climate advocates and policy wonks should keep it as a handy and easy-read to share with residents of our City neighborhoods," said Philip Giffey, Executive Director of Neighborhood of Affordable Housing (NOAH).

To read Coletta Zapata's report in full, please visit bit.ly/EJ_GCZReport. For additional information please contact the Office of Councilor Gabriela Coletta Zapata by phone at (617) 635-3200 or by email at gabriela.ramirez@boston.gov.

NOTICE OF ANNUAL MEETING FOR THE KENNEDY CENTER

THE BOARD OF DIRECTORS WILL HOLD THEIR ANNUAL MEETING & ELECTIONS JANUARY 24, 2025 6:30 p.m.

AT THE KNIGHTS OF COLUMBUS For further information contact Thara Fuller, Executive Director tfuller@kennedycenter.org 617-241-8866

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Krupa, Andriy	40 Mt Vernon LLC	40 Mount Vernon St #2	\$1,316,000



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Green appointed to BECMA Board of Directors

Special to the Patriot-Bridge

Chelsea resident Eugene Green was recently added to the Board of Directors of the Black Economic Council of Massachusetts (BECMA). Green is the President of Clearscope Technology Solutions (CTS), a company based in Charlestown that he founded with the vision of delivering continuous quality and value to clients through innovative technology solutions. Since its inception in 2013, CTS has grown to become a recognized leader in the IT and business solutions industry, offering a wide range of services including strategic consulting, managed IT, and cybersecurity services. Eugene's leadership has been instrumental in driving CTS's success, providing tailored solutions that align technology with organizational goals.

With a passion for cutting-edge technology and a commitment to operational excellence, Eugene has built CTS into a company known for its ability to help organizations of all sizes optimize their IT infrastructure and digital transformation processes. As a PMI-certified project management leader, Eugene has



Eugene Green

extensive experience overseeing complex business and IT projects aimed at driving operational efficiency, innovation, and business growth. His expertise lies in managing large, cross-functional teams, overseeing multimillion-dollar budgets, and ensuring the seamless delivery of projects in fast-paced environments.

Eugene's approach to leadership is rooted in collaboration, transparency, and building trust. His "One Team Approach" encourages diverse perspectives, ensuring that partnerships are not only built

on shared goals but also foster innovation and mutual success. Under his leadership, CTS has earned certifications like Minority Business Enterprise (MBE) from the National Minority Supplier Development Council (NMSDC) and SBA 8(a) firm designation, making it a respected figure in both the technology and business communities.

As the President of CTS, a company recognized for its diversity, Eugene advocates for the value of inclusion in driving innovation and believes that diverse teams create better solutions. Known for balancing competing priorities and engaging executive leadership, Eugene excels at aligning stakeholders and ensuring that projects meet both strategic objectives and operational goals.

In addition to his leadership at CTS, Eugene is committed to mentoring future leaders, promoting change management practices, and driving sustainable growth through innovative approaches. His ability to deliver high-impact results and his proven track record make him a sought-after leader in both the technology and business sectors."

MassDOT alerts customers of EZDriveMA scam

Special to the Patriot-Bridge

The Massachusetts Department of Transportation (MassDOT) is once again reminding customers to be mindful of text message-based scams, also known as smishing. The scammers are claiming to represent the tolling agency and requesting payment for unpaid tolls.

MassDOT urges customers to be cautious about email, text, and phone scams demanding payment of outstanding toll balances. Some attempts have been made to trick customers into sharing credit card numbers and other sensitive information by directing them to a website to pay their outstanding balances. MassDOT strongly

encourages customers not to click the link contained in those messages.

MassDOT is underscoring that: EZDriveMA will never request payment by text.; and all links associated with EZDriveMA will include www.EZDriveMA.com .

The EZDrive "smishing" scam is part of a series of smishing scams which the FBI is aware of. Smishing is when unscrupulous actors send deceptive text messages to get someone to reveal confidential or financial information.

The FBI recommends individuals that receive the fraudulent messages do the following:

File a complaint with the IC3, www.ic3.gov and be sure to include:

the phone number from where the text originated; and the website listed within the text.

Check your account using the toll service's legitimate website.

Contact the toll service's customer service phone number at (877) 627-7745.

Delete any smishing texts received.

If you clicked any link or provided your information, take efforts to secure your personal information and financial accounts. Dispute any unfamiliar charges.

MassDOT encourages all customers to stay alert to these types of scams and to contact EZDriveMA at www.EZDriveMA.com with any questions about notifications.

Congratulations, Mayor Wu and family

Mayor Michelle Wu and her husband, Conor Pewarski, welcomed their first daughter and third child, Mira Wu Pewarski, at 2 p.m. on Monday, January 13.

"Mayor Wu wishes to express her deepest gratitude to the nurses, doctors, and healthcare staff who made this possible for her family and who work every day to support so many families across the city," according to a city spokesperson.

The newborn, arriving at 8 pounds, 4 ounces and 20 inches, joins her two older brothers, Blaise and Cass.

Mayor Wu is the first Boston Mayor to give birth while in office.

LAW (from pg. 1)

ties, the state must create accelerated timelines for siting clean energy projects, and the EFSB will have guidelines that will make it harder to develop new fossil fuel projects in cities that have borne the brunt of large energy projects for many years.

"I am proud to have passed my energy facility siting reforms into law which will help provide communities in my district with more of a voice when developments are proposed in their neighborhoods while also promoting the deployment of clean energy across our state," said Senator Sal DiDomenico. "These reforms will go a long way towards fighting the climate crisis while also helping people that have faced fossil fuel-related hazards for years protect their community from future polluting energy projects. I want to thank Senate President Spilka, Senator Barrett, and all of my colleagues for working tirelessly to pass this transformational legislation."

The bill consolidates reviews of clean energy siting and permitting, which will speed the pace of planning, constructing, and bringing clean energy infrastructure online to support clean energy technolo-

gies such as solar, wind, and storage to create an electrified future and reduce emissions.

Enhanced community review via new offices is created in the bill, including the Office of Environmental Justice and Equity, the Office of Public Participation at the Energy Facilities Siting Board, and the Division of Siting and Permitting at the Department of Energy Resources. Each office will be charged with engaging with and providing resources to communities and applicants to ensure a thorough, equitable and community-centered review.

In order to help protect residents from bearing the cost of building new infrastructure, when possible, the state will require the Energy Facilities Siting Board to first consider maximizing the efficiency of current infrastructure through the use of innovative technologies such as advanced transmission technologies or grid-enhancing technologies before approving new construction. An online clean energy infrastructure dashboard will also be created to promote transparency and public accountability in real time.

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EDITORIAL

DR. MARTIN LUTHER KING JR. NEVER GAVE UP

For those of a certain age, it is hard to imagine that 2025 will mark 57 years since the assassination of Rev. Dr. Martin Luther King Jr. in Memphis while he was standing on the balcony of the Lorraine Motel on April 4, 1968. Recalling how we felt when he first heard the news of Dr. King's murder still brings chills and a deep sense of sadness that never has subsided.

For those who are too young to have been alive in that era of American history, there are a few things that everyone should know about Dr. King that should provide inspiration to all of us.

First, Dr. King was fearless. He knew from the inception of his rise to prominence of the Civil Rights movement that he would become a target for those who opposed change. Yet, even though he often told others that he believed his death would be imminent, he did not relent in his fight to continue his work in the civil rights movement.

Second, Dr. King stood for the rights of all Americans, not merely those of color. He was in Memphis working with striking sanitation workers, whose pay and working conditions he was seeking to help improve. He was an outspoken critic of the Vietnam War because he knew it to be an unjust war, not only for poor Americans who could not get a college deferment for the draft, but also for the people of Vietnam, whose homeland was being bombed into oblivion at great profit for the American military-industrial complex.

If Dr. King were alive in the present era, there is no doubt that he would have been in the forefront of the Black Lives Matter movement, as well as the effort to reduce the economic inequality that has made attainment of the American Dream possible for a select few.

Dr. King's words ring as true today as they did two generations ago; his "I Have A Dream" and "I've Been to the Mountaintop" speeches are among the most powerful not only in American history, but in all of Western civilization.

All of us should learn from the example set by Dr. King that in each of us is the power to change the world -- that each of us has the capacity to inspire others, whether through our words or deeds, whether on a small or large scale, to make the world a better place. Many of our fellow citizens have followed the path set by Dr. King and many more will do so in the years ahead.

Dr. King often would say that "the arc of the moral universe is long, but it bends toward justice." Admittedly, that "bend" often has taken a less-than-direct path in recent years. But as we celebrate Dr. Martin Luther King Jr. Day this Monday, let us recall not only his memory and the many things that he accomplished, but let us also resolve never to give in to the forces of intolerance, prejudice, and hate that continue to plague our country and the world today.

LOS ANGELES WILDFIRES: A TRAGIC SIGN OF THE TIMES

The apocalyptic images from Los Angeles this past week of the destruction caused by the still-raging fires are unfathomable. They are mindful of the horrific black-and-photos of Hiroshima in the aftermath of the atomic bomb in WWII.

Entire communities have been burnt to the ground, with only the charred foundations and concrete slabs of homes, businesses, municipal buildings, and places of worship serving as a reminder that this was a place where tens of thousands of people once called home.

The Los Angeles fires will affect all of us. With losses estimated at a minimum of \$60 billion, insurance premiums nationwide for homes and automobiles are certain to increase for everybody, just as they have in the aftermath of the hurricanes in Florida in recent years.

In addition, with tens of thousands of families and businesses losing everything in a state that represents 1/7th of the U.S. economy -- and with no hope of being able to return and rebuild -- there will be ripple effects across the economic spectrum that will impact all of us.

In the aftermath of hurricanes Helene and Milton this fall, we noted that Florida is close to becoming uninhabitable. Insurance companies have pulled out of that state, which means that most folks are unable to buy -- or sell -- a home, except at great expense. Moreover, living in the path of ever more-destructive hurricanes is akin to playing Russian roulette -- it's only a matter of time before the chamber spins and you're out of luck.

The same now is true of California because of the threat of wildfires. But the reality of climate change is this: There is no place on earth where we are safe from the destruction of Mother Nature's climate-change-induced wrath -- and the situation is only going to get worse. Way worse.

LANDMARK (from pg. 1)

in June 2023.

Further, Zettel noted that in June 2023, the CPS, Mayor's Office of Neighborhood Services, Planning Department, and BLC nominated individuals for the study committee.

"This study committee is reviewing the history of Monument Square in order to determine if it is able to be designated a landmark district," said Zettel, who indicated the committee was made up of five BLC members and six residents.

"That committee will meet probably once a month or so for as long as it takes to iron out the details of establishing a landmark district."

In terms of what it would mean for Monument Square to receive landmark designation, Zettel described it as an honor.

"It means that the City of Boston is saying, hey, this is one of our most important historic resources, and we want to cele-

brate that," she said.

Moreover, Zettel indicated that if Monument Square were to be landmarked, buildings around the area would undergo design review at the BLC rather than the Planning Department.

"The benefit of that is that the standards and criteria that oversee change to those buildings are established in writing and actually legislated," said Zettel.

"With the BLC process, there's no surprises. Those reviews are sort of based on the established criteria, and that is what this study committee will meet to determine."

As noted, the City Council has already started confirming appointments. However, there is still some work to do.

Stacia Sheputa, Director of Communications for the city's Environment, Energy, and Open Space Cabinet, wrote in an email Monday, "The City is

waiting on confirmation of one or two more nominees and after that happens the study committee will begin to meet."

Ultimately, the study committee seems likely to be able to hit the ground running soon, as Sheputa indicated that the aforementioned confirmations are expected to occur "within the next few weeks."

The appointments confirmed so far, according to the December 11th City Council meeting minutes, are as follows:

Ameeth Deenanath (Alternate)

Senam Kumahia
Fadi Samaha

Jeffrey Gonyeau
Lindsey Mac-Jones

Linda Neshamkin
Julie Hall

Ian Urquhart
Crystal Galvin

Nancy Johnson
Intiya Ambrogi Isaza

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DR. FERNANDA SAKAMOTO GUEST SPEAKER AT BEACON HILL WOMEN'S FORUM MEETING

Photos & Story by Marianne Salza

Physician-scientist and board-certified dermatologist, Dr. Fernanda Sakamoto, MD, PhD, is passionate about helping people. She strives to build patients' confidence while improving and healing their skin. During Dr. Sakamoto's January 14 presentation at the Beacon Hill Women's Forum (BHWF) meeting at the Hampshire House, she described laser skincare treatments that reduce acne and scarring, and explained the scientific discoveries that she learned through extensive clinical studies.

"My end goal is to help patients," said Dr. Sakamoto, Assistant Professor in Dermatology at the Harvard Medical School, Wellman Center for Photomedicine, and Massachusetts General Hospital. "I love meeting and helping people."

Doctor Sakamoto believes in collaborating with intelligent individuals who she can exchange fresh ideas with and learn from. With the support of fellow dermatologists, engineers, and physicists, Dr. Sakamoto has developed high-end laser technology that uses near-infrared light and does not interact with melanin present in the skin.

"I believe in hard work. I'm super organized. I like to be practical," asserted Dr. Sakamoto, smirking towards her dermatologist husband, Rox, who she noted is lacking in organizational skills.

In 2022, Dr. Sakamoto launched a science-based, cruelty-free cosmetic line, LightWater



Dr. Fernanda Sakamoto enjoying conversation with friends.

Skin. Although the company is no longer in business, she is considering restarting and rebranding it.

"The idea of LightWater was to create the cleanest skincare product," explained Dr. Sakamoto. "Any skincare product will have some preservatives and shelf life. Once you open the jar, they start degrading. The idea was to make something in small, single packages with zero preservatives, and the right active ingredients to make something pure. We also wanted something that would not create reactions and was sustainable. Seventy-percent of the price of your skincare is the jar, not the product. That was upsetting to me."

Doctor Sakamoto was raised in Brazil, where she maintains a cosmetic laser clinic, and is a founding member of the Dream Beam Foundation, which is presently creating



Amanda Currey, Suzanne Daley, and Dr. Fernanda Sakamoto. See Pages 6 and 7 for more photos.

a free clinic and training center in São Paulo.

She has contributed to over 30 scientific and clinical publications in peer-reviewed journals, as well as over a dozen chapters in dermatology textbooks.

Doctor Sakamoto is the recipient of the American Society for Laser Medicine & Surgery's Best Overall Scientific Award, Best Clinical Science Award, Best Basic Science Award, the Horace Furimoto Award for Innovation, and the Ellet Drake Memorial Award for her innovative laser procedures.

"The most successful projects that we have worked on were

based on simple ideas that nobody thought about before," said Dr. Sakamoto. "I think the only way for us to succeed in life is to have a good village, and that includes our work colleagues, mentors, and collaborators."

Although dedicated to her work, Dr. Sakamoto values spending quality time with loved ones. She stresses that having that foundation – as well as a canine companion, and regular exercise – will help one live a longer and more fruitful life.

"Having a healthy life should always be number one," said Dr. Sakamoto, a mother to three

sons: William, 9, Charles, 8, and Andrew, 3. "Life is juggling balls: work, family, health, friends, and spirit. I learned over and over that work always bounces back."

Doctor Sakamoto's Beacon Hill neighbors have contributed to her life, as well. During the holiday season, she attended a Christmas party every other day and was excited to meet people of all ages.

"I love people. Having adult friends is hard, but you have to be open to that," said Dr. Sakamoto. "I think the beauty of humankind is finding something in common. I love that we can do that in Beacon Hill. It feels like a village."



Kelly Wuimm and Cailey Sapienza.



Mary S., Casey Cokkinias, Richelle Gewertz, Emily Roessel, and Lisa.

DR. FERNANDA SAKAMOTO GUEST SPEAKER AT BEACON HILL WOMEN'S FORUM MEETING

PHOTOS BY MARIANNE SALZA



Marti Hopkins and Kim Freedman.



Perla Fernández Saint-Amanda, Vice President, Casey Cokkinias, new member, and Richelle Gewertz, Co-President, and Connections Co-Director.



Renata enjoying cocktail hour with friends.



Jean enjoying conversations with friends during cocktail hour.



Tricia Stone, Co-President, Charlottee Thibodeau, President of The Beacon Hill Circle for Charity, and Richelle Gewertz, Co-President.

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DR. FERNANDA SAKAMOTO GUEST SPEAKER AT BEACON HILL WOMEN’S FORUM MEETING

PHOTOS BY MARIANNE SALZA




Renata, Rachel Von Nieda, Special Events Director, and Diane.



LeaAnne Dunton and Laurie LaConte.



Guest speaker, Dr. Fernanda Sakamoto with BHWF Co-Presidents Tricia Stone and Richelle Gewertz.



Celebrate Catholic Schools Week 2025

January 26 - February 1

#CSW25

Catholic Schools
United in Faith and Community

The Catholic Schools Week (CSW) 2023 – 2026 theme is “Catholic Schools: United in Faith and Community.” Catholic schools have an irreplaceable role in the Church’s evangelizing mission. Building on the central goal of Catholic schools to form saints, Catholic schools teach and embrace the whole person, body, mind and spirit. The fact that all members of a Catholic school community share the Christian vision of faith that Christ is the foundation of Catholic education is what unites the school as a faith-filled community.

While faith is the binding element in Catholic schools, the Church reiterates that parents are the first teachers of their children. Holding this tenet, Catholic school communities expand beyond the walls of school buildings to envelop the family as an integral part of the school community. Together teachers, administrators, staff, students and parents fuel the light of faith by integrating culture with faith and faith with living.

Publishing January 23 & 24

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State officials urge fire safety during open burning season

Special to the Patriot-Bridge

After an unprecedented fall fire season in Massachusetts and as wildfires rage in California, state officials are urging residents to protect themselves and their communities by following local and state restrictions on open burning. State Fire Marshal Jon M. Davine, Department of Environmental Protection Commissioner Bonnie Heiple, and Chief Fire Warden David Celino of the Department of Conservation & Recreation said restrictions on open burning are imposed at the

state and local levels. “Open burning season begins January 15 in communities where it’s allowed,” said State Fire Marshal Davine. “Even where burning is authorized, a permit from your local fire department is always required in advance and it’s your responsibility to be able to extinguish the fire on a moment’s notice. For two years in a row, Massachusetts residents have lost their lives when they couldn’t contain their fires – please make safety your priority when burning.” “Open burning is limited to

protect public health and public safety,” said MassDEP Commissioner Heiple. “The governing laws and regulations are in place to reduce air pollution, property damage, and personal injury. If open burning is allowed in your community, please follow the local and state guidance to keep yourself, your neighbors, and our environment safe.” “This fall, residents across Massachusetts saw just how quickly outdoor fires can grow out of

(SAFETY, Pg. 7)

ICA Watershed launches 2025 season with Chiharu Shiota's powerful installations

Special to the Patriot-Bridge

This summer, the Institute of Contemporary Art/Boston (ICA) opens the 2025 Watershed season with Chiharu Shiota: Home Less Home, on view May 22 through Sept. 1, 2025. The exhibition features two large-scale installations by the Berlin-based, Japanese artist Chiharu Shiota (born 1972 in Osaka, Japan), including the debut of a new commission made for the ICA Watershed. Shiota foregrounds universal stories of migration, home, connection, memory, and survival. Her signature approach combines intricate, immense, and web-like installations built of thread and rope with quotidian objects—such as shoes, suitcases, beds, chairs, dresses, and keys—that serve as symbols for human presence and memory. Chiharu Shiota: Home Less Home amplifies the ICA Watershed as a unique space for public art in Boston and will be included as part of the inaugural Boston Public Art Triennial. The exhibition is the artist's first solo presentation in New England and is organized by Ruth Erickson, the ICA's Barbara Lee Chief Curator and Director of Curatorial Affairs, with Brianne Chapelle, Curatorial Department Coordinator.

"Shiota's awe-inspiring installations address themes of migration and home that resonate meaningfully with the Watershed's location in East Boston and beyond," said Erickson. "She uses common materials to imbue her work with profound and personal connections. We are honored to be able to invite Boston audiences to participate by sharing an image or story of their personal experiences of leaving one home and finding

another, adding another meaningful dimension to this important exhibition."

Visitors to the exhibition will first encounter the installation *Home Less Home – Searching for the Destination* (2014/2025), which the artist has adapted to fill the monumental scale of the Watershed space. In this powerful work, dozens of vintage suitcases are suspended from red rope, some vibrating and shaking with the turbulence of anticipation. For Shiota, who brought only one suitcase when she moved from Japan to Berlin in 1996, the suitcase symbolizes the starting point of a new journey.

The exhibition then leads to the artist's newly commissioned work, *Home Less Home*. Within a field of red and black ropes forming the shape of a house in space, Shiota suspends thousands of documents, including those contributed by local Boston participants. These passports, letters, photographs, immigration papers, and messages hover above vignettes of domestic furniture selected and arranged by Shiota.

For her new work, Shiota invites individuals to share stories and images of what home means, what it feels like to leave home, and what it takes to rebuild it. The collection of personal images and stories will take place in the spring of 2025 through partnerships with local community organizations and an open call to East Boston residents from the artist and ICA. Together, these works consider the journey towards one home and away from another.

Chiharu Shiota: Home Less Home will be included as part of the inaugural Boston Public Art Triennial, the city's first and only



COURTESY PHOTO

Shown is one of the many pieces by Chiharu Shiota to be on display at the ICA Watershed starting May 22.

public art event set to run every three years from May to October.

Chiharu Shiota (born 1972, Osaka, Japan) is a Berlin-based Japanese artist who has been working at the intersection of performance, sculpture, and large-scale installation since the 1990s. Shiota is internationally renowned for her large-scale installations, which she has exhibited globally, with recent solo presentations at the Nakanoshima Museum of Art, Osaka, Japan (2024); Fundació Antoni Tàpies, Barcelona, Spain (2024); Hammer Museum, Los Angeles (2023); Queensland Art Gallery of Modern Art, Brisbane, Australia (2022); ZKM | Zentrum für Kunst und Medien, Karlsruhe

(2021); Museum of New Zealand Te Papa Tongarewa, Wellington (2020); Mori Art Museum, Tokyo (2019); and Gropius Bau, Berlin (2019). Her work has also been included in numerous group shows and international exhibitions, including the 56th International Art Exhibition at the Venice Biennale (2015) where Shiota represented Japan with her installation *The Key in the Hand*.

Since its founding in 1936, the ICA has shared the pleasures of reflection, inspiration, imagination, and provocation that contemporary art offers with its audiences. A museum at the intersection of contemporary art and civic life, the ICA has advanced

a bold vision for amplifying the artist's voice and expanding the museum's role as educator, incubator, and convener. Its exhibitions, performances, and educational programs provide access to the breadth and diversity of contemporary art, artists, and the creative process, inviting audiences of all ages and backgrounds to participate in the excitement of new art and ideas. The ICA is located at 25 Harbor Shore Drive, Boston, MA, 02210. For more information, call 617-478-3100 or visit our website at icaboston.org. Follow the ICA on Facebook, Instagram and TikTok.

SAFETY (from pg. 7)

control," said Chief Fire Warden Celino. "Right now, California is facing an even worse crisis with devastating fires consuming entire neighborhoods. Please don't risk a fire that puts you, your home, or your community at risk. Burn only approved materials and always get a permit from your local fire department first."

These restrictions are authorized by 310 CMR 7.07, which sets baseline requirements based on air quality and allows for "no burn" days; MGL chapter 48, section 13, which prohibits any open air fire unless a permit is issued; and the Massachusetts Comprehensive Fire Safety Code, which

gives local fire chiefs the authority to impose additional limits.

Open burning is prohibited year-round in the cities and towns of Arlington, Belmont, Boston, Brookline, Cambridge, Chelsea, Chicopee, Everett, Fall River, Holyoke, Lawrence, Lowell, Malden, Medford, New Bedford, Newton, Somerville, Springfield, Waltham, Watertown, West Springfield, and Worcester.

In the remaining communities, open burning season runs from January 15 through May 1 with the following limitations. Local fire departments may deny a permit or set additional limitations if circumstances make open burning

hazardous.

Only certain agricultural waste may be burned. This includes brush, cane, driftwood, residential forestry debris, fruit tree and bush prunings, raspberry stalks, infected bee hives, trees and brush from agricultural land clearing, and fungus-infected elm wood if no other acceptable means of disposal is available. It is unlawful to burn leaves, grass, hay, stumps, tires, household trash, construction materials, demolition debris, or brush, trees, cane, or driftwood from commercial or industrial land clearing.

Open burning may only be conducted:

- With a permit issued in advance by the local fire department;
- Between 10:00 am and 4:00 pm;
- At least 75 feet from all dwellings and without causing a nuisance;
- As close as possible to the source of material being burned; and
- When it will not cause or contribute to a condition of air pollution.

Persons who burn unlawfully or allow a fire to grow out of control could be held liable for firefighting

costs or face fines or even jail time.

Open Burning Safety

- An adult should tend to the fire at all times and keep tools to extinguish it close by.
- Burn small amounts at a time.
- Never use gasoline, kerosene, or other accelerants to start the fire.
- Don't wait for the fire department to tell you that it has become unsafe to burn: put the fire out if winds pick up or the weather changes. Most fires get out of control during sudden wind changes.
- If the fire gets out of control, call the local fire department right away.

TSA publishes final rule on REAL ID enforcement beginning May 7

Special to the Patriot-Bridge

The Transportation Security Administration (TSA) published a final rule providing a framework for federal agency phased enforcement of REAL ID requirements. Federal agencies, including TSA, will begin REAL ID enforcement on the deadline—May 7, 2025. Starting on May 7, only state-issued driver's licenses and identification cards that meet the security requirements established by the REAL ID Act will be allowed for official purposes, including board-

ing commercial aircraft. The final rule provides necessary flexibility for federal agencies to begin enforcement in a manner that takes into account security, operational risk and public impact.

Federal agencies that use a phased enforcement approach must also coordinate their enforcement plans with TSA and make them publicly available on agency websites. TSA will provide additional information about its use of phased enforcement authority on TSA.gov.

“Congress passed the REAL ID

Act in 2005 to enhance security standards for identification, directly in response to the security vulnerabilities highlighted by the 9/11 attacks,” said TSA Administrator David Pekoske. “Identity verification is foundational to security. I urge those who use a driver's license or state-issued identity card as their primary form of identification to access federal facilities or board commercial passenger aircraft, to ensure these credentials are REAL ID-compliant. We are committed to engaging with the public, licensing jurisdictions and

states to facilitate a smooth transition to REAL ID enforcement beginning May 7, 2025, which this rule supports.”

All states are issuing REAL ID-compliant driver's licenses and identification cards. TSA continues to urge travelers to obtain a REAL ID-compliant state-issued driver's license, state-issued identification card or another form of acceptable ID before May 7, 2025 to avoid delays at airport security checkpoints.

The REAL ID Act, enacted pursuant to a 9/11 Commission

recommendation, established minimum security standards for state-issued drivers' licenses and identification cards that federal agencies may accept for purposes of boarding federally regulated commercial aircraft, accessing certain federal facilities and entering nuclear power plants. Enforcement of the REAL ID Act and regulations enhances the security of these documents and the ability of federal agencies to accurately verify an individual's identity.

For more information on REAL ID, please visit TSA.gov/real-id.

Rockland Trust launches Scholarship Program

Special to the Patriot-Bridge

Rockland Trust is pleased to announce the launch of its 21st Annual Scholarship Program. This program is open to students who are enrolling in part-time or full-time post-secondary studies for the first time at an accredited two—or four-year college, university, or vocational-technical school for the entire upcoming academic year (2025-2026). Rockland Trust will award up to sixteen \$3,000 renewable scholarships this year. Applications are available online at RocklandTrust.com/Scholarship.

“It's an honor that for 21 years Rockland Trust has been able to provide scholarships for students across our service area. It reaffirms our commitment to individuals through the power of education,” said Andrea Borowiecki, Vice President of Charitable Giving & Community Engagement. “By providing these opportunities to advance post-secondary learning, we continue to invest in the potential of our communities and the bright futures of those we serve.”

Applications will be considered based on financial need, academic performance, and unusual

personal or family circumstances. Applicants must reside in a county Rockland Trust serves. To learn more about guidelines, and eligibility criteria, and access the application, please visit RocklandTrust.com/Scholarship.

The Rockland Trust Charitable Foundation's mission is to strengthen the communities served by the Bank. We enable individuals and their families to access opportunity and improve the quality of their lives. To date, the Foundation has distributed more than \$30 million in grants to qualified non-profit organizations in the communities served by Rockland Trust. For information about the Rockland Trust Charitable Foundation, please visit www.RocklandTrust.com/CharitableGiving.

Independent Bank Corp. (NASDAQ Global Select Market: INDB) is the holding company for Rockland Trust Company, a full-service commercial bank headquartered in Massachusetts. With retail branches in Eastern Massachusetts and Worcester County as well as commercial banking and investment management offices in Massachusetts and Rhode Island, Rockland Trust offers a wide range of bank-

ing, investment, and insurance services to individuals, families, and businesses. The Bank also offers a full suite of mobile, online, and telephone banking services. Rockland Trust was named to The Boston Globe's “Top Places to Work” 2024 list, an honor earned for the 16th consecutive year. Rockland Trust has a longstanding commitment to equity and inclusion. This commitment is underscored by initiatives such as Diversity and Inclusion leadership training, a colleague Allyship mentoring program, and numerous Employee Resource Groups focused on providing colleague support and education, reinforcing a culture of mutual respect and advancing professional development, and Rockland Trust's sponsorship of diverse community organizations through charitable giving and employee-based volunteerism. In addition, Rockland Trust is deeply committed to the communities it serves, as reflected in the overall “Outstanding” rating in its most recent Community Reinvestment Act performance evaluation. Rockland Trust is an FDIC member and an Equal Housing Lender.

Federal funds to help mitigate Blue Line flooding

Special to the Patriot-Bridge

The state has secured more than \$9.9 million in federal funding through the Federal Emergency Management Agency's Building Resilient Infrastructure and Communities (BRIC) grant program. The funding, administered by the Massachusetts Emergency Management Agency (MEMA), will support the Massachusetts Bay Transportation Authority (MBTA) in preventing flooding impacts, strengthening the administration's efforts to mitigate climate change effects, and build a more climate resilient transit system.

“Protecting our infrastructure and implementing new and innovative ways to mitigate and respond to the ever-changing effects of climate change is crucial to providing safe, and reliable public transportation,” said Governor Maura Healey. “We know that Blue Line riders have had to endure frequent flooding for years, and these funds will help put a stop to those service disruptions. We're grateful to FEMA for recognizing the significance of this work and congratulate MEMA and the MBTA for their efforts to secure this funding.”

Lieutenant Governor Kim Driscoll said these infrastructure upgrades will improve flood resilience and help prevent water leaks and corrosion to protect this route for years to come.

The project will fund a series of improvements to the Blue Line Tunnel portal, which connects the tunnel to the airport, to protect the transit line from flooding impacts.

Much of the MBTA's Blue Line is below sea level and at increasing risk of coastal and stormwater flooding. Portals like the Airport Tunnel Portal are large entry points

(FUNDS Pg. 10)

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Project Bread seeks applicants for 2025 Council of Experts

Special to the Patriot-Bridge

For the second year, Project Bread is building a Council of Experts with Lived Experience. Launched in 2023, the Council of Experts integrates the lived experiences of individuals and families facing food insecurity into Project Bread's decision-making, programming, and policy initiatives. The nonprofit invites residents to contribute their expertise and co-create solutions that will make it easier for others living in Massachusetts to access and afford food with dignity.

Members of the 2023-2024 cohort contributed to projects like improving evaluation tools with the research team, refining communications for The Walk for Hunger fundraiser, increasing awareness of summer hunger programs with the Child Nutrition Outreach Program, and meeting with legislators to steward the launch of the statewide Make Hunger History coalition. Their involvement has enhanced outreach, resource sharing, policy strategy, and program development, ensuring that the needs of the community are met in a sustainable way.

"The Council of Experts inaugural cohort showed that experts with lived experiences in food insecurity can make a difference for systemic change," says Project Bread Vice President of Engagement, Catalina López-Ospina. "As a council member, you will

have the opportunity to be part of strategy development, planning, and decision-making for statewide initiatives. Professional development training will strengthen your leadership skills, and your contributions will help us create impactful and effective solutions to food insecurity."

Eligibility requirements include:

- You are 17-years-old or older.
- You live in Massachusetts.
- You are active in your community and work to build strong, positive connections.
- You have time and interest to work with Project Bread staff, anti-hunger groups, and lawmakers to create partnerships in the future (like joining coalitions).
- You feel comfortable sharing your personal experiences with food insecurity to raise awareness, inspire others, engage funders, and create change.
- You understand that ending hunger and social injustice requires breaking down racist systems.
- You enjoy working with people from different backgrounds and are open to learning new perspectives.

Experts will serve on the Council from February 2025 to November 2025, committing 10 paid hours per month. During this time, Council members will have the opportunity to learn about Project Bread's role as a leader in the anti-hunger movement. They will collaborate with Project

Bread's teams on key programs and strategies as thoughtful partners while learning and sharpening their skills as community and civic leaders who can drive change within their communities across Massachusetts.

The application is available in Spanish, English, and Portuguese. If you would like to receive the application in another language or as a paper form, please email us at council_experts@projectbread.org. Members will be compensated for their time and commitment. Individuals who apply and are accepted to the Council of Experts with Lived Experiences are expected to act as anti-hunger ambassadors in their communities, and to be ready to fully engage and network within the program. Immigration status is not required to apply.

Applications will be accepted through Feb. 3, 2025. For more information and to apply to become a member of Project Bread's Council of Experts, visit: <https://www.projectbread.org/council-of-experts>.

Project Bread, the leading statewide food security organization in Massachusetts, connects people and communities in Massachusetts to reliable sources of food while advocating for policies that make food more accessible—so that no one goes hungry. For more information, visit: www.projectbread.org.

FUNDS (from pg. 9)

for flood waters, which can then damage the Blue Line and connecting subway tunnel systems and disrupt service while repairs are made. The Blue Line Tunnel runs underneath the Boston Harbor from East Boston to downtown, carrying thousands of passengers each day and serving communities in the East Boston area.

Specifically, the project will include the installation of flood doors that will close off the two tunnel portal openings during a flood event. Work will include updates on the track, traction power, signal and pump rooms to accommodate the new flood doors. The project proposal accounts for increased flooding events related to climate change and is designed to provide protection against impacts as far out as 2070.

"The Healey-Driscoll administration has been proactive in taking steps to address the challenges of climate change, and this federal funding will position the Blue Line to withstand some of the worst weather that leads to flooding in the corridor area," said Transportation Secretary and CEO Monica Tibbitts-Nutt. "Our vision for the MBTA is to build infrastructure that supports reliable and resilient service, and this grant will help us protect assets, safeguard the fleet, and keep service running for customers."

The funding will not only help us protect the Blue Line Tunnel, a vital corridor connecting East Boston to downtown and Logan Airport, but it will also strengthen long-term efforts to create a safer,

more sustainable transit network, said General Manager Phillip Eng.

"As the state agency charged with administering BRIC grants, MEMA recognizes the importance of utilizing these funds to help cities, towns and the state mitigate risks to community lifelines such as transportation," said MEMA Director Dawn Brantley. "The technical assistance and guidance that MEMA's Mitigation Unit provides for these grant applications has been instrumental in successfully moving these grant projects forward in a nationally-competitive selection process. The team managed more than \$300 million in hazard mitigation grant projects during 2024, which represents a single-year record for the agency."

As detailed in the state's hazard mitigation and climate adaptation plan, ResilientMass, the MBTA has completed climate change vulnerability assessments and flood screening reports of its entire operations to better understand the risks and vulnerabilities to natural disasters and take measures to increase resilience. This project advances implementation of one of MBTA's priority actions in the ResilientMass Plan, the Tunnel Flood Mitigation program.

The cost for construction of the Blue Line Tunnel project is estimated at \$13.4 million. The BRIC grant will cover approximately 75% and the state will contribute \$3.3 million. The total project cost is \$20.7 million. The project has also received a \$1 million grant for design through EEA's Resilient-Mass Implementation Funding.

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Tickets now available for 2025 MYS

Special to the Patriot-Bridge

Mayor Michelle Wu and the City of Boston's Office of Youth Engagement (OYEA) announced free tickets are now available for the 2025 Mayor's Youth Summit (MYS), an annual, citywide celebration of the contributions of young people to Boston's culture. With support from many local, youth-serving partner organizations and City departments, the 2025 Summit will be held 5:00 - 8:00 p.m. on Saturday, February 22 at the Artists For Humanity EpiCenter, a vibrant arts center for youth, located in South Boston. The Mayor's Youth Summit, which resumed last year under Mayor Wu's leadership, builds on her commitment to making Boston a home for everyone and ensuring our city's youth have the tools to reach their fullest potential.

"Boston's future is in our young people, and we're lucky to have their leadership and energy to build a city for everyone. We were so excited to bring back the Mayor's Youth Summit last year for the first time in decades, and this year we will be expanding it based on high demand," said Mayor Michelle Wu. "I look forward to

another exciting summit held in partnership with local organizations doing great work with our youth."

The 2024 Summit, which was held by the City for the first time in 20 years and marked 30 years since its inception, brought over 200 youth attendees from around the city. This year, the Summit is expanding to 500 free tickets available for teens ages 14-19 and 100 tickets for adult providers in the youth work space. It will feature free food, speakers, giveaways, and live performances from local youth of Beat the Odds and 617Speaks, among others.

"The Mayor's Youth Summit is more than just a gathering—it's a platform to celebrate young people, showcase their talents, and build connections," said Pedro Cruz, Executive Director of the Office of Youth Engagement and Advancement. "Together, we are shaping a city that reflects the dreams and ambitions of our future leaders."

"This annual event is a testament to the power and potential of Boston's young people and I'm thrilled that we are able to expand our capacity this year," said José F.

Massó, Chief of Human Services. "We invite every young person to join us and enjoy the space, while helping drive the change they want to see in Boston."

Two awards will be given at the 2025 Summit. The Youth Leader Award will honor two Boston residents between the ages of 14 and 19 years old who demonstrate high levels of leadership among their peers and/or a commitment to civic engagement. The Youth Organization Award will be given to two organizations who demonstrate exceptional dedication to empowering and supporting Boston's youth.

"We are honored to offer Artists for Humanity as the venue for this important annual event, which celebrates and brings together youth voices and leadership. We hope the space inspires creative collaborations," said Anna Yu, Artists for Humanity Executive Director. "We are so grateful that the City of Boston continues to invest deeply in youth engagement and youth employment."

To learn more about and reserve free tickets for the 2025 Mayor's Youth Summit, please visit boston.gov/youth-summit.

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FRESH AND LOCAL

Controlling food waste

By Penny & Ed Cherubino

Food waste is a hot topic these days. More of us have taken our first steps on the pathway that will lead us to waste less food. We cannot afford to make this resolution in January and forget it by March. However, it is a lifestyle change you can decide to develop slowly over the next few years.

What's Working for Us

As carfree city dwellers, we shop for food in the European style. We buy what we can carry or, at most, what will fit in our shopping cart. We think about one or two meals at a time rather than trying to purchase food for a week or two. We visit farmer's markets, bakeries, and specialty stores to support small food producers.

As food writers, we've learned how to select and care for the food we buy. We check the dates on packages and avoid prepacked produce when we can. At home, we transfer packaged produce, like berries, to a clean container and immediately use any damaged items.

When we dine out, we often share food rather than ordering more than we can finish. We also bring our trusty little bento box container with us in case we don't finish our food. We can also use

this if we want something on the menu to take home for another meal. Most restaurants will be reluctant to put take-out in your container. However, you can order that shepherd's pie or tiki masala with the rest of your meal and tuck it into your reusable container.

Shop Your Pantry & Leftovers

Try playing the "Use these ingredients" game, which is popular in food competition shows. However, you get to choose the ingredients. There is a joke among food writers about how many times they've added chickpeas to their shopping cart because they couldn't remember if they had some.

That makes this a great ingredient to grab for your mystery supper. Now, pull out the produce, condiments, grains, and spices you love with chickpeas. Google "recipe generator," enter your ingredients, and you'll find some options for supper.

Sisters Irene and Margaret Li of Mei Mei Dumpling fame have a great book to keep in your kitchen, "Perfectly Good Food: A Totally Achievable Zero Waste Approach to Home Cooking."

The book came out of their equally helpful website, www.foodwastefeast.com. As food truck pioneers and restaurateurs,

they saw how food waste impacts the bottom line and found ways to use the items you and I might have tossed to make delicious food.

"Perfectly Good Food" introduces readers to "hero recipes" like fried rice, soups, dumplings, pancakes, frittatas, and fruit crisps. Once you master the technique, you can switch up the ingredients.

Another great resource is Tamar Adler's *The Everlasting Meal Cookbook: Leftovers A-Z*. This award-winning author lets you

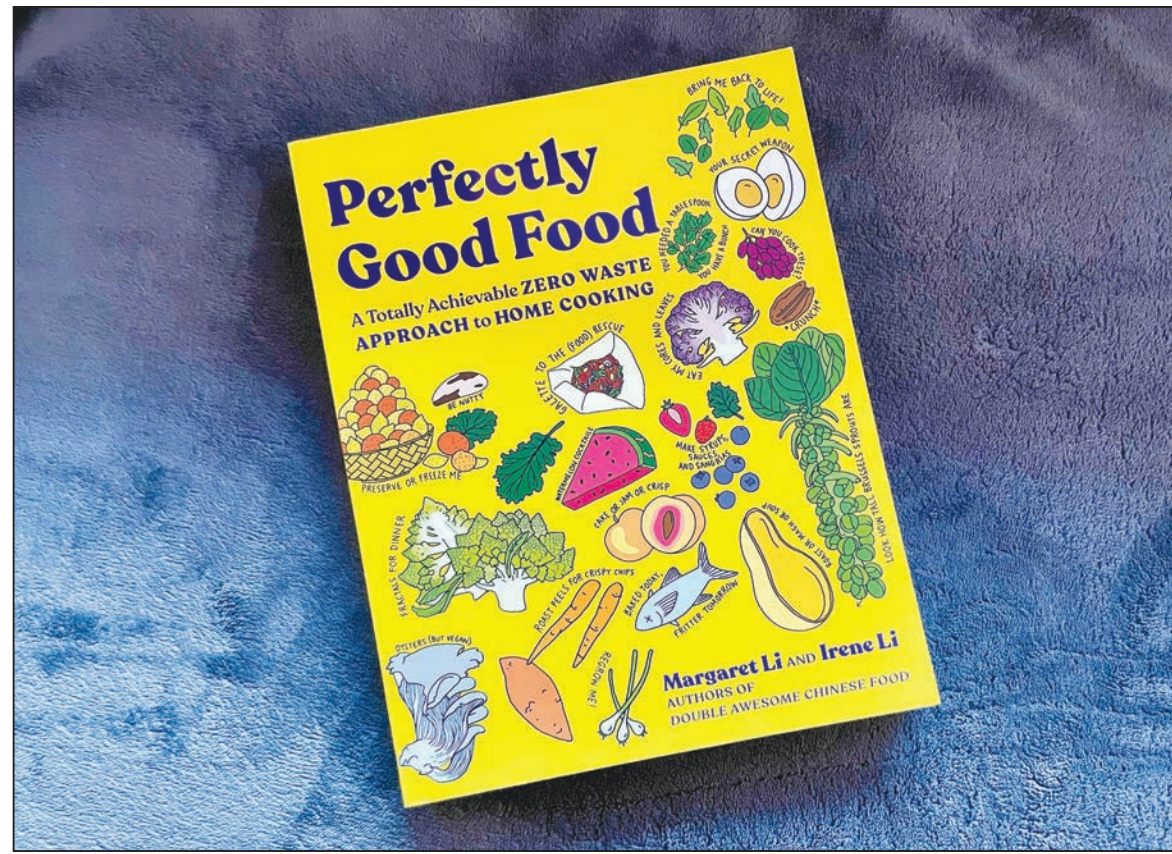
look up what you have, including items you might not have considered using, like banana peels and almost empty food jars. The book includes more than 1,500 recipes.

Know Yourself

Will a big pot of your favorite soup keep you happy for a week, or will you grow tired after a few days and finally toss out what you haven't eaten? If so, make smaller batches or freeze some of what you make.

If you find yourself near the checkout counter with too many impulse buys too often, consider a final stroll through the store to put a few things that might become food waste back on the shelf. If you still want it next trip, you can buy it then.

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



"Perfectly Good Food: A Totally Achievable Zero Waste Approach to Home Cooking" can help when standing in the kitchen wondering what to make for supper.

Old North Church & Historic Site presents 'American Nations' with award-winning journalist and historian Colin Woodard

Join New England-raised award-winning journalist and historian Colin Woodard for a special discussion of his book, *American Nations: A History of the Eleven Rival Regional Cultures of North*

America, on Wednesday, Feb. 12, from 7 to 8 p.m. In *American Nations*, Woodard contends that North America is made up of eleven distinct nations, each with its own unique history and

ideals. In this engaging book chat, he will explore how these regions, from the Deep South to Yankeeedom, continue to shape America's identity and political landscape today. Attendees are encouraged

to read the book and share their own thoughts and experiences during this lively discussion. This virtual event is accessible with a donation of any amount to support Old North Illuminated, the nonprofit that stewards Old North Church. The 2024 Speaker Series is brought to you in part by HUB Town Tours. To register, please visit: <https://www.oldnorth.com/events/>.

A SHORT STORY ABOUT A MOTORCYCLE AND A SUDDEN TURN.

When she was a young college student, Elisabeth Marra had a serious motorcycle accident that ultimately changed her life. Two years after the crash, her painful open fractures had failed to heal. Then she heard about a new and complex surgery pioneered by a surgeon who used a patient's own stem cells to concentrate the healing process. This time, her surgery and subsequent therapy were successful.

Elisabeth's experience caused her to redirect her own career aspirations. Inspired by the medical professionals who helped her reclaim her active lifestyle, she changed her major to study physical therapy—a profession where her own experience could help other patients prevail through difficult recoveries.

We tell Elisabeth Marra's story here to illustrate two of the most profound messages we know. Don't give up, and remember to give back. If reading it inspires just one more person to achieve something special, then its telling here has been well worth while.

BOOK CHAT: AMERICAN NATIONS WITH COLIN WOODARD

A DIGITAL SPEAKER SERIES EVENT

WITH COLIN WOODARD
AUTHOR OF AMERICAN NATIONS: A HISTORY OF
THE ELEVEN RIVAL REGIONAL CULTURES OF
NORTH AMERICA

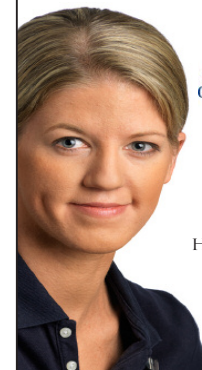
FEBRUARY 12, 2025
7:00 - 8:00PM

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