

WEDNESDAY, NOVEMBER 21, 2018

FREE



CHARLESTOWN

PATRIOT-BRIDGE

What's a Spatchcock? It's a good way to cook a turkey

By Seth Daniel

The annual "table picture" of the completely prepared Thanksgiving meal – taken just before everyone tears into the turkey and trimmings – often looks as if it happened effortlessly, as if nothing went wrong or no frantic trips to the corner store for an obscure ingredient were necessary.

But home cooks all over Charlestown know better, and there's no help like that from a professional.

Recently, the Patriot Bridge sat down with the owners of Brewer's Fork – Michael Cooney, John Payne and Kari Cooney – to see how those who work in a professional kitchen celebrate the biggest eating day in America, and just how it is that they make it unique.

"Thanksgiving is my favorite meal of the year," said Chef Payne. "A lot of it is the feeling you get with being together with friends and family. You might eat a lot of things not because you like them, but because your grandmother

made it or your mother made it. Thanks giving equals family and we like to keep it really traditional."

But that doesn't mean there aren't a few twists in the kitchen on turkey day.

THE PERFECT TURKEY

Chef Payne said that he has cooked a turkey a million different ways, but has settled on the 'spatchcock' method. That involves removing the back bone and laying the turkey flat – ensuring an even cooking and also allowing one to be able to turn the turkey over.

He starts by putting a dry brine on the turkey that consists of kosher salt and baking powder, which is quite different from the normal salt water bath brining.

"The baking powder make the skin crispy," he said.

For him, there are a lot of ways to make the turkey, but he said he's settled on this tried and true

(TURKEY Pg. 3)

HARVEST ON VINE TURKEY DINNER DISTRIBUTION



Edward Green, State Rep. Dan Ryan and John Tocco of Encore Boston Harbor spent some time giving back on Tuesday, Nov. 20, as they joined hundreds of volunteers to help the less fortunate at the annual Harvest on Vine Thanksgiving Distribution. Hundreds of families came out to find help for the holiday, and Charlestown once again answered the call. See Pages 4 and 5 for more photos.

Cyan Magenta Yellow Black

STOVEFACTORY ARTISTS GROUP



Photo by Derek Kouyoumjian

Charlestown artist Kerin Scales shows off jewelry work from her store Soliloquy Jewelry during the StoveFactory Artists Group show at the new Rutherford Landing condo building last Friday, Nov. 16. The new building partnered with local artists to showcase great, local work, and to present community awards. The gathering was put on by realtors Diedre Malloy and Susan Charbonnier. See Pages 12 and 13 for more photos.

Ban on thin plastic bags begins Dec. 14

By Lauren Bennett

Boston residents will have to say good-bye to flimsy plastic bags starting in just a few weeks. Last December, Mayor Martin Walsh signed an ordinance to ban single-use plastic bags in the city, which goes into effect on December 14.

Thin plastic bags used to hold produce, newspapers, and dry cleaning will be exempt from the ban, said ISD Commissioner William Christopher, Jr. Stores will have the option of offering thicker bags that contain at least 40 percent recyclable content, whether it be paper or other materials. The bags must be stamped to say that though, Christopher added.

In an effort to encourage people to utilize cloth or polypropylene reusable bags instead, stores are required to charge a minimum of 5 cents per bag, but are allowed to charge even more if they choose. Stores are allowed to keep the fee.

Christopher said that if a store is able to prove they have a hardship (for example, they already have a year's worth of traditional bags), the store can apply for a waiver. He said ISD looks at every case individually, but if the waiver is granted, it will be for one year only and then the store would be required to comply with the regulations of the ordinance.

Plastic bags will not disappear from Boston overnight, however.

The process will be done in phases, Christopher said, starting with stores that are 20,000 sq. ft. or more on December 14.

On April 1 of next year, it will apply to stores that are 10,000 sq. ft. or more, and by July 1, all stores in the city will be included. At that point, the only thing that is exempt is fairs, bazaars, and charitable and religious organizations, he said.

"We give everyone a time to acclimate and it makes it reasonable for everyone," Christopher said.

The fines for non-compliance with the ordinance are, on first instance, a warning, followed by a \$50 fine for the second offense, and a \$100 fine for the third offense.

Each consecutive offense thereafter in a single calendar year, said Christopher, would also be \$100.

Christopher added that the City is trying to promote reusable bags so they are handing out as many as they can to people in neighborhoods across the city. He said there is a focus on people who are elderly and low-income to make sure they have bags they can use.

"We are working very hard to give them out at civic meetings," he said.

He said he also thinks it's a good idea for business establishments to come up with a way to offer these bags to their customers.

"We got no pushback from anybody on this," he said. "We're

(BAGS Pg. 8)

EDITORIAL

HAPPY THANKSGIVING

Thanksgiving is a uniquely American holiday, tracing its roots back almost 400 years to the Pilgrims, long before there was even a thought of a United States of America.

Thanksgiving is the ultimate family-centered holiday. It has no national-celebration connotations, and no required gift-giving. It lacks the commercialism and political overtones of all of our other national observances.

It's a day for schoolboy football, family gatherings, and not much else to do other than enjoy a great dinner with those whom we love and care about.

It is the only day on the calendar when we have no obligation other than to spend the day with those who mean the most to us. It asks nothing more from each of us (other than for the person who is doing all the cooking!) beyond just showing up and enjoying the company of our family and friends and then having a great meal.

Even in this time of divisiveness in our country, we all can agree that Thanksgiving makes us aware of what we have to be thankful for. Despite our present trials and tribulations, Americans are remarkably fortunate to be where we are. Thanksgiving is a national celebration that serves to remind us how blessed we are at a time when circumstances are so cruel for so many others in the world.

Thanksgiving serves as a rare day for relaxation, reflection, and inevitably -- at least for some of us -- a post-dinner nap or early night of sleep. In a time when so many of us are connected 24/7 to some instrument of communication, it truly is a relief to have a day when we can just shut it all off.

We wish all of our readers a happy -- and restful -- Thanksgiving.



THE CHARLESTOWN PATRIOT-BRIDGE,

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GUEST OP-ED

Thanksgiving and very thankful

By Glenn Mollette

This Thanksgiving I am thankful to not have cancer. I hope.

Six months ago my family doctor sent me for a CT scan because I went in to be checked out for something that felt weird which ended up being nothing. However the CT scan did reveal some nodules in my thyroid. A local Endocrinologist did a fine needle biopsy and said one of the nodules was thirty percent suspicious of malignancy. I went to another doctor out of town who did the same test that came back inconclusive and then another test which revealed the same nodule was about forty percent suspicious of malignancy. I asked the question "What should I do," and his response was we need to remove the entire thyroid within two months.

I didn't really want to do the surgery and have read many reports about people living their entire lives with thyroid nodules. I have read many die with thyroid malignancy that never caused them any trouble. Of course, cancer anywhere in your body is never working to your advantage.

I agreed to have the surgery and pathology revealed that I not only had a suspicious nodule but four malig-

nant nodules. According to the extensive report I had three malignant ones on the right lobe of my thyroid and one malignant one on the left side of my thyroid. The pathology report, surgeon and supervising Endocrinologist all have assured me that the malignancies were small and contained within the thyroid and no further treatments are necessary at this time. Of course for the rest of my life I will be visiting my doc for surveillance to see if anything nasty pops back up.

This of course is the short version of the story. The main point is I'm better off with cancer out of my body than in my body. This time last year I was clueless that anything so detrimental to my health was lurking beneath the surface. This year I will celebrate Thanksgiving for a miraculous early detection and a surgery that ended up being the only real choice to make.

My voice is not strong yet after the surgery and I have a little pill to take every day but who cares I am alive, feel good and writing this column. I have to praise God almighty for his grace toward me. I also have to be thankful for medical insurance that provided me a way to go to a place where I chose to go. Two other doctors told me that I only needed half of my thyroid removed and if cancer was found then I could have

the other half removed. Who wants to have two surgeries? I did not. The doctor I sought out could not prove I had malignancy on my left lobe but simply said, "I don't like how it looks and I think the whole thing needs to come out." I am grateful that I got to choose my doctor and my place of surgery. Every American should have the option of choosing their doctor and place of medical care.

Some people are not as fortunate. I have several friends who could not beat cancer and passed on this year. Often times the symptoms was already an indication that things were already too late for them to treat their condition.

As a word of caution I want to strongly say that simply waiting to see what your condition does often ends up being an emergency down the road. If you have an early warning then trying to move forward to aggressively eliminate the problem or treat it is the only way to have a chance of winning. Of course, we are talking about our human bodies and there will always be something to repair or deal with concerning our health. We go from one thing to another if we are blessed to live long enough.

Thus, this Thanksgiving I am thankful - very thankful.

Glenn Mollette contributes to the Beacon Hill Times.

LETTER TO THE EDITOR

THANK YOU

To the Editor:

Those of us that gathered over 650 plus signatures asking the Zoning Commission to keep the present height restriction at the Hood Plant, want to thank the Charlestown Community for your support. We were quite taken aback by the unexpected willingness to sign our petition with enthusiasm and found that most gratifying. We heard you.

However, the Zoning Commission chose to grant the developer his wish, that the building can rise to 275 feet.

The folks on the street

expressed concerns regarding that buildings being too tall increase density, adding to an increase in traffic leading to gridlock and an increase in air pollution. Most importantly, the community gets it that our quality of life is being compromised day in and day out.

The question is, why doesn't the Mayor, the Building Planning and Development Agency and the Zoning Commission get it? Do they hear us? Are they listening? Do they care?

We all will be moving forward to protect our community. "We are One Charlestown", "We the People 02129" and

"Charlestown Cares" invite the community to come together and be heard.

Margaret Mead, an Anthropologist, once said, "Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has."

We are that group and we are ready to take a stand to protect our health and safety now and for future generations. Again, our thanks to those who helped and those who signed the petition.

**Ann Kelleher
Charlestown**

Visit www.charlestownbridge.com

TURKEY (from pg. 1)

method – one that tastes good and feels right.

“I’ve cooked a turkey a million different ways, but the spatchcock is my favorite,” he said. “I don’t like to deviate from the traditional and this makes a very traditional turkey. I’ve smoked turkeys on Thanksgiving before, and it’s fine, but smoked turkey isn’t what you think about on Thanksgiving.”

He also said that he always makes sure to cook two turkeys, one ahead of time so that he can have fresh turkey stock for basting and to put in the roasting pan.

“I always cook two turkeys,” he said. “I cook one ahead of time and use it for stock. If I’m taking the time to make Thanksgiving dinner, I’m not going to buy canned stock.”

To cook it perfectly, one of the tips he offered is to put a bag of ice on the breast for a couple of hours before putting it in the oven.

“One of the biggest issues is the breast cooks to fast,” he said. “The spatchcock method takes some of that problem away, but you can also put ice on the breast before cooking.”

And forget about that little

white pop up timer, he said. Use a real thermometer and take it out of the oven when the breast hits 140 degrees.

DRESSING AND CRANBERRIES – WITH A TWIST (OF ORANGE)

Payne said his Thanksgiving dressing is very simple.

He uses bread, celery, onion, sage and thyme. He adds the fresh turkey stock to that, and blends it with eggs and lots of butter.

“I bake it in a large shallow pan, and you’re looking to get it crunchy on top, but creamy and soft on the inside,” he said.

A key part of making dressing right is keeping the moisture correct, and the fresh turkey stock with eggs should do the trick, he said.

Payne has a very different idea for the cranberries, one that doesn’t include cooking down the New England specialty.

Instead, he grinds up raw cranberries with whole, cut up oranges (peel and all) and sugar.

“I’m not a big fan of cooked cranberry sauces and this is how my grandmother made it,” he

said. “I just grind it all up in the food processor and it’s a great twist on the traditional.”

POTATOES AND GRAVY

Nobody likes mashed potatoes that look like glue, but it is often how things turn out. Payne said he prefers mashed potatoes, but has seen potatoes au gratin work at Thanksgiving too.

For his mashed, he said to get yellow potatoes, cook them, and mix them with scalded (not boiled) milk and butter. He said not to use cream.

One of the most common mistakes is people buy the wrong kind of potatoes, or they don’t mix them correctly.

“You have to mash them by hand,” he said. “People try to save time by using a machine, but that makes them too gluey. You can’t put them in a machine. If you put them in a food processor, they can just stretch out like taffy.”

However, Payne relishes in making the gravy.

“The best part about Thanksgiving is the gravy,” he said. “I do it in the turkey pan right on the stove. It shouldn’t

look like it was made at a restaurant in Paris. It should look like grandma made it.”

He said he uses the turkey fat in the pan, adds flour and cooks it until its brown in color. Then he adds the fresh turkey stock and cooks it until it’s the right consistency.

“I love to scrape up all of that stuff on the bottom of the pan,” he said.

BREWS AND VINO

Kari Cooney, who coordinates the win at Brewer’s Fork, said there are a lot of common mistakes in pairing wine with Thanksgiving items.

“One of the mistakes to avoid is to pair it with a heavy chardonnay or a heavy cabernet because they will overpower the wonderful turkey dinner,” she said. “It’s all you can taste. Acid is great in wine because it helps break down the food and get your palette ready for the next taste. So, it is a good idea to get a wine with some acid in it.”

She said she starts things off with a bubbly aperitif, like a Rosé, to get ready for the big

meal. For the best value, she said medium reds like the Ludovicus Guarnaccia.

Other recommendations include:

- Albarino Granbazan.
- Sancerre Jolivet.
- Illaha Pinot Noir and Viognier.

Michael Cooney recommended brews such as Belgian beers and also Trappist beers afterwards for the football games or family card games.

GETTING IT ON THE TABLE

All in all, they said that organization and delegation are very important to making sure everything gets on the table and ready to eat.

“Anything you can make ahead of time is a good idea,” Payne said. “The cranberry sauces could be done the day before. You shouldn’t do that while you’re cooking the turkey. A little planning helps and getting people to help you also. If you can get someone to make the potatoes for you, that’s good. That’s what we do in a professional kitchen.”

A SHORT STORY ABOUT GROWING UP WITH AN UNFAIR ADVANTAGE.

POLIO.

As one of the last American children to contract polio, Jeffrey Galpin grew up in a world of iron lungs and body casts, alone with his imagination. His story would be dramatic enough if it was just about his battle with this dreaded disease.

But Jeffrey Galpin did more than survive polio. He went on to a list of achievements in medical research—including being the principal investigator in applying the first gene therapy for HIV/AIDS.

Dr. Galpin actually credits his own incurable condition for giving him the focus that made him so passionate in his research. His story leaves us with two of the most contagious messages we know. Don’t give up, and remember to give back. If Dr. Galpin’s story inspires just one more person to make a difference, then its telling here has been well worth while.



aaos.org/75years



MAINTAINING THE URBAN TREE

Watering, fertilizer and pest control maintenance are the three key ingredients for healthy trees in the urban jungle. Newly planted trees require continued watering, 10 gallons per week on the average throughout their active growing season. If you have a watering hose, set it at low pressure and water once a week for approximately one-half hour or more often during periods of hot weather. Best times to water are early morning or evening.

When fertilizing young trees, one application in the spring is adequate. A slow release, high-nitrogen fertilizer can be used for the first four years. Do not fertilize any tree in midsummer. Mature trees need not be fertilized on a yearly basis.

The days of public spraying of trees with insecticides and pesticides are a thing of the past. Contact a certified arborist to diagnose and manage insect and disease problems.

CHARLESTOWN BEAT

POLICE/COMMUNITY MEETING: Meet the police & discuss public safety issues on the last Wednesday of every month at the police station, 20 Vine Street, at 6:00 p.m., 2nd floor, community room.

POLICE RELATED INFO: Contact the District A-1 Community Service Office at 617-343-4627.

REPORT DRUG DEALING: Contact the District A-1 Confidential Drug Line at 617-343-4879.

CHARLESTOWN POLICE STATION: Contact at 617-343-4888.

RESERVE THE COMMUNITY ROOM: Contact Christine Vraibel at christine.vraibel@pd.boston.gov.

Drugs

11/14/18 - As a result of a drug investigation in the area of Medford Street, an individual was issued a citation for possession of marijuana.

Larceny

11/15/18 - A victim on Austin Street reported while she was at Dunkin,’ unknown person(s) stole her wallet, which was recovered, although her credit cards were missing. The incident was captured by security cameras.

Violation of Auto Laws

11/16/18 - As a result of a traf-

fic stop on Rutherford Avenue, an individual was placed under arrest for operating a motor vehicle without a valid license.

Assault and Battery

11/17/18 - A victim on Pleasant Street reported he was a group of white males jumped him, at which time one of them struck him in the head with a bottle. The suspects then fled in an unknown direction. The victim was transported to Massachusetts General Hospital for treatment. There was further information available at the time of publication.

North Washington Street Bridge Replacement Public Information Meetings

Tuesday, November 27, 2018 at 6:00pm

Nazzaro Community Center

30 N. Bennet Street, Boston, MA 02113

Wednesday, November 28, 2018 at 6:30pm

Shriners Hospital for Children Auditorium

51 Blossom Street, Boston, MA 02114

Thursday, November 29, 2018 at 6:30pm

Knights of Columbus

545 Medford Street, Charlestown, MA 02129

At these public meetings, the project team will present on the project to date, including approvals to install a temporary parallel bridge to speed up construction and reduce traffic and pedestrian impacts. The project team will also discuss construction staging, traffic plans, public outreach, and next steps. Q&A will follow.

All meeting venues are accessible. To request language or access accommodations, please contact MassDOT’s Director of Civil Rights at 857-368-8580, TTD/TTY 857-368- 0603,

Fax 857-368-0602 or by email at

MassDOT.CivilRights@dot.state.ma.us.

To learn more about the project, visit:

mass.gov/north-washington-street-bridge-replacement

For more information, please contact:

NorthWashingtonStreet@dot.state.ma.us

HARVEST ON VINE TURKEY DINNER DISTRIBUTION

The annual Harvest on Vine turkey dinner distribution took place on Tuesday, Nov. 20, outside St. Mary's-St. Catherine's Church in Hayes Square. Hundreds of families lined up on Vine Street and around the corner with umbrellas and carts to receive all the fixings for the traditional meal.

Harvest on Vine – an outreach program from St. Mary's-St. Catherine's – is run by Tom MacDonald. He said the need is greater than ever this Thanksgiving, and despite the booming economy in Boston, many families here are also struggling just to get the traditional turkey and trimmings on the table.

More than 20,000 pounds in turkey were distributed to the needy, as well as all of the things that go with a great meal – including the pumpkin pie.

Dozens of volunteers showed up, as they always do, to help get things moving and keep the efficient operation moving.



Pete LeCam, Sen. Sal DiDomenico and Rene Menard.



Hey Pilgrim! Judy Burton in her best Puritan garb with Donna LeCam and Nancy Murphy.



Staffing the carrots were Jim O'Brien, Jamison Crowley and Kate Crowley.



On onion duty were volunteers from the Kennedy Center, including Krystal Galvin, Miles Byrne, Terry Kennedy and Bridget Buckley.

happy thanksgiving.
CHARLESTOWN!

CHRIST CHURCH
CHARLESTOWN

We thank God we get to be part of this great neighborhood

www.christchurchcharlestown.com
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info@christchurchcharlestown.com

Happy Thanksgiving To All...



The Parish Of
ST. FRANCIS DE SALES
"On the Top of Bunker Hill"
CHARLESTOWN

Family Thanksgiving Mass

Thursday, November 25 9a.m. Upper Church

A loaf of Blessed Bread will be given to each family to enjoy with their Thanksgiving Dinner

Best Wishes for a Happy Thanksgiving!
from The First Church in Charlestown

Pastor Erik Maloy
Sunday Services 10a.m.
Children's Programs
and Childcare available
10 Green Street
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*Wishing everyone in Charlestown
a Safe and Happy Thanksgiving!*



MGH Charlestown HealthCare Center
73 High St. 617-724-8135

Thank You

The Harvest on Vine Food Pantry wants to take this opportunity to thank our friends & neighbors for your overwhelming generosity toward the Annual Thanksgiving Dinner Basket distribution this year. Well over 700 Charlestown families will enjoy a turkey dinner with all the fixings as a result of your kindness. As we here at the Pantry gather with our families & friends in celebration of Thanksgiving, we will be remembering you & yours for your continuous generosity & caring for your less fortunate neighbors.

Thank you.
Tom MacDonald, Director

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Denise Gagnon, Lana Boyers and Lana Tager.



Coordinating pumpkin pie and bread were Daniel James, Margaret Coughlin, John Riley, Corinne Kielbasa, Mary McCarthy and Cat Korn.



Councilor Lydia Edwards gets an assignment from Tom MacDonald and Margaret Coughlin.



Talking Turkey: Handing out the prized birds were Mark Zachem, Bob Irgens and Eddy Loan.



Harvest on Vine Director Tom MacDonald, Frank Doohar and David Hennessey.



Keeping things running orderly were Jane Gricci and Desmon Overshown from Cambridge Savings Bank.

**Special Holiday Shopping Hours:
Thursday Nights & Fridays 10-5!**

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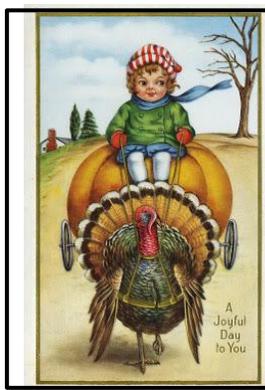
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“e” inc. educators are happy to help you any weekday between 10 and 5 but please call ahead to be certain we are staffed. Phone: 617-242-4700.

We can be reached at 617-242-4700 or info@einc-action.org.



Happy Thanksgiving!
from everyone
‘Up at the Club’

Charlestown
Boys and Girls Club

Wishing all a very happy holiday!

Zelma Lacey House
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617-241-0328
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TURN IT AROUND

Wishing you a **Happy & Healthy Thanksgiving**

Visit us: CharlestownCoalition.org
To make a holiday donation to Turn It Around contact [Ginaya Greene Murray](mailto:Ggreen-Murray@Partners.org) at Ggreen-Murray@Partners.org

Cyan Magenta Yellow Black

TOWNIE SPORTS

LADY VIKINGS
SET SAIL

In their fourth season as a varsity program, the Salem St. women's hockey team looks to make some noise in the New England Hockey Conference. Early signs are encouraging as a trio of "Townie" skaters are making a huge impact in the Lady Vikings (2-3-0) success. Rugged senior wing Danielle Kelley (career: 11 goals, 13 assists) brings a physical presence both in front of the net and in the corners and senior Jacqueline Sindoris (career: 10 goals, 10 assists) has emerged as one of the league's elite wings and utilizes a terrific skill set to ignite the offense. Whirling dervish junior centerwoman Rose Sullivan (career: 5 goals, 3 assists) is the go-to faceoff specialist (38 of 74 for 52 percent this season) and a workaholic sparkplug.

TOWNIE TANDEM
SHINES AT STATES

The Boston Latin swim team finished in 10th place at the MIAA State Championships (held at Harvard University) as a pair of "Townie" standouts splashed their way to some sensational times. Freshman phenom Keira McGrath, once again, firmly established herself among the state's elite swimmers with a dominat-

ing performance and junior Jolie Doherty added to her impressive Lady Wolfpack achievements.

In the team events, Keira backboned Boston Latin to a third-place finish in the 200 Medley Relay while Jolie anchored the 200 Freestyle Relay squad to an 11th place finish. Both girls played an important role in the Lady Wolfpack finishing seventh in the 400 Freestyle Relay. Individually, Keira shined in both the 200 Medley (where she placed fifth) and the 100 Breaststroke (where she finished second) while Jolie placed 25th in the 200 Freestyle.

Congratulations ladies and thanks for being great ambassadors for Charlestown!!!

NEW ENGLAND
HOCKEY CONFERENCE

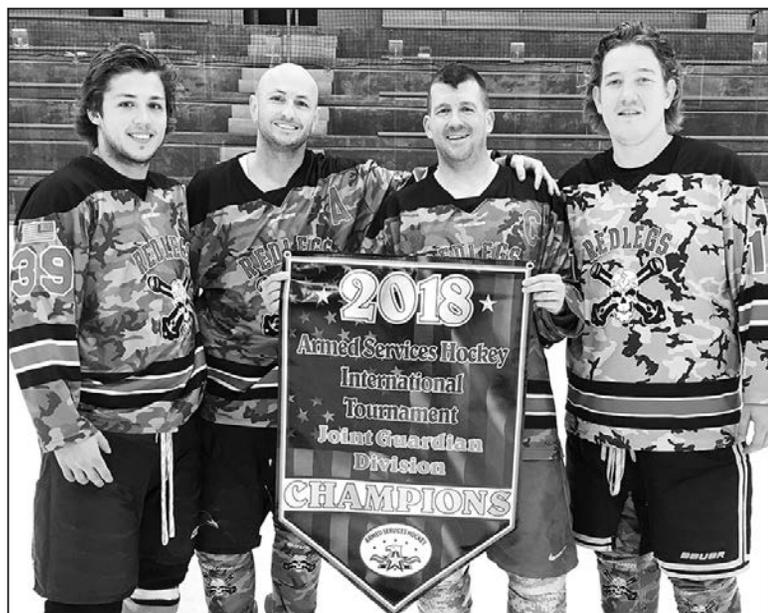
Players of the Week Honor Roll
•Jacqueline Sindoris – Salem State University
(Senior, Forward – Charlestown, Mass.)

Sindoris scored three goals in a 2-0-0 weekend for the Vikings. The senior forward scored the eventual game winner on the power play in Friday's 3-1 victory over Johnson & Wales. She followed that with two goals (including an empty netter) in Saturday's 6-4 defeat of Suffolk.



GIRLS SOFTBALL TAKES 10U CHAMPIONSHIP. The Charlestown Girls Softball team won the fall 10U Metro Boston USA Softball Fall League Championship recently. Front row (L-R) Lilliana Telesford, Jaida Hinton, Natalia Cincotti, Karen Allen, Madison Burrell, and Hanna Flynn. Back row (L-R) Mollie Mahoney, Victoria Toriano, Ryleigh Arroyo Williams, Kyla Vitale, Amelia Fix, and Coaches Erin Mahoney, Justin Flynn and Billy Nugent.

NATIONALS WINNERS



Several Charlestown folks helped the Massachusetts National Guard REDLEG hockey team to win the Nationals earlier this fall in Las Vegas. Shown here are (L-R): Sean O'Halloran, Alternate Captain Dan Doherty, Team Captain Jamie Chambers, and Tyler Moran.

TIER III STATE HOCKEY CHAMPIONSHIP



The Charlestown Youth Hockey Association (CYHA) Girls 19U team won the Tier III State Hockey Championship, going 3-0 in the tournament at Bourne and bringing home another banner to hang on the north end of the Emmons-Horrigan-O'Neil Rink.

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Holiday Gift **GUIDE**

It's time to get ready for Holiday sales. Reach more than 85,000 readers of the Revere Journal, the East Boston Times, the Everett Independent, the Winthrop Sun Transcript, the Chelsea Record, the Lynn Journal, the Charlestown Patriot Bridge, the Boston Sun, the Beacon Hill Times, Jamaica Plain Gazette, Mission Hill Gazette and the Regional Review newspapers.

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Black

State Fire Marshal offers Thanksgiving safety tips

Thanksgiving is a wonderful family holiday, but the day can be ruined with a cooking or candle fire, a burn injury, or a carbon monoxide incident from long-term use of the oven, said State Fire Marshal Peter J. Ostroskey.

There are more home fires on Thanksgiving than any other single day in Massachusetts, twice as many as New Year's Eve which ranks second.

"The good news is that there

are some simple steps you can take to keep your family safe. To start with, every home should have working smoke and carbon monoxide (CO) alarms," Ostroskey added.

Cooking Safety Tips

Cooking is the leading cause of fires in the home and the leading cause of fire injuries, so it is not surprising that 87 percent of Thanksgiving Day fires were caused by cooking. State Fire

Marshal Ostroskey offered these cooking fire safety tips:

- Check to make sure your oven is empty before turning it on.
 - Wear short or tight-fitting sleeves when cooking.
 - Turn pot handles inward over the stove.
 - Remember to "stand by your pan" and stay in the kitchen when boiling, frying or broiling.
 - Use a timer when baking or roasting and never leave the house with the oven running.
 - The best way to respond to a stovetop fire is to "put a lid on it" and turn off the heat.
 - The best way to respond to an oven or broiler fire is to keep the doors closed and turn off the heat.
 - If the fire is not quickly snuffed out, leave the house and call 9-1-1 from outside.
- "Last Thanksgiving, firefighters across the Commonwealth were

busy responding to cooking fires," said Ostroskey.

Gas Ovens: A Source of CO
Generally, the confined space of a closed gas oven used for cooking does not produce enough carbon monoxide (CO) to be of concern, unless you are using it for several hours like when roasting a turkey. If you have a kitchen exhaust fan, use it; if not, crack a window for fresh air when using the gas oven for an extended period of time.

Candles

Candles make any holiday table festive, but it is important to follow these safety tips:

- Use candles inside a 1-foot circle of safety free of anything that can burn.
- Think twice about lighting the candles on that lovely centerpiece if it means you can't follow the 1-foot circle of safety rule.
- Use extra care with candles

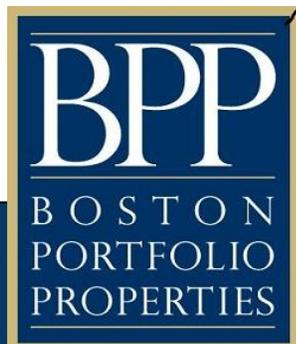
when children and pets are around.

- Consider using flameless, battery-operated candles instead.
- Blow out candles when leaving the room; don't leave candles burning unattended.
- Use non-combustibles holders or saucers.
- Keep all matches and lighters out of reach of children.

Burn Safety

- Keep children 3-feet away from the stove for safety to prevent burns.
 - Run cool water on burns; call 9-1-1 for more serious burn injuries.
 - Remember to stop, drop, cover and roll if clothing ignites.
- For more information contact your local fire department or the Department of Fire Services Thanksgiving web page.

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BAGS (continued from pg. 1)

going to every community group in the city."

He said he believes this ordinance is a better step towards being more environmentally friendly, and the overall response has been good so far.

"We are going to be starting

an ad campaign in the next week or so," Christopher said, "and we really like the idea of face-to-face discussion [at the community meetings]."

Aside from handing out bags in the community, he and a team have also been explaining the

ordinance at different community meetings across the city so people are prepared for this process to start on Dec. 14.

Christopher said the push for reusable bags is very strong—"if everybody does that, we're in great shape."

BE THE TALK OF THE TOWN

The Charlestown Patriot Bridge is interested in publishing the memories of Charlestown residents in print. If you or someone you know would like to share your experiences, please send email editor@charlestownbridge.com

Happy Thanksgiving

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Cost of Thanksgiving meal decreases once again; at an eight-year low

By Seth Daniel

The cost of a traditional Thanksgiving meal has once-again decreased and is at its lowest cost since 2010, according to the 33rd annual American Farm Bureau Federation's (AFBF) Thanksgiving dinner survey.

The AFBF reported late last week that it had found the average cost of a traditional Thanksgiving meal for 10 to be at \$48.90 nationwide, which figures to be less than \$5 per person. It was a 22-cent decrease from last year's low of \$49.12. This year's new low has put the cost of the traditional meal at the lowest cost since 2010.

After adjusting for inflation, the cost of this year's Thanksgiving dinner is \$19.37, the most affordable in more than a decade.

"Since 2015, the average cost of Thanksgiving dinner has declined steadily and is now at the lowest level since 2010," said AFBF Chief Economist Dr. John Newton.

A total of 166 volunteer shoppers checked prices at grocery stores in 37 states for this year's survey. Farm Bureau volunteer shoppers are asked to look for the best possible prices, without taking advantage of special promotional coupons or purchase deals, such as spending \$50 and receiving a free turkey. Shoppers with an eye for bargains in all areas of the country should be able to purchase individual menu items at prices comparable to the Farm

Bureau survey averages.

The shopping list for Farm Bureau's informal survey includes turkey, stuffing, sweet potatoes, rolls with butter, peas, cranberries, a veggie tray, pumpkin pie with whipped cream, and coffee and milk, all in quantities sufficient to serve a family of 10 with plenty for leftovers.

The chief driver of the lowering costs is the most common item – the turkey. AFBF research showed that retail turkey prices are at the lowest costs since 2014, mostly because they are in abundant supply.

The average cost for a 16-pound turkey this year is \$21.71, which is down 3 percent per pound from last year.

"Thanks to an ample supply, turkey remains affordable for consumers, which helps keep the overall cost of the dinner reasonably priced as well," Newton said.

AFBF also highlighted other foods that showed large decreases as well. They included:

- Gallon of milk, \$2.92;
- 3-pound bag of sweet potatoes, \$3.39;
- one-pound bag of green peas, \$1.47;
- one dozen rolls, \$2.25.

Some items did show an increase, however, including Massachusetts' own contribution to the Thanksgiving table – the cranberry. Other items on the increase included pumpkin pie mix and cubed bread, among

other things.

Those increased prices were as follows:

- 12-ounce bag of fresh cranberries was \$2.65;
- 30-ounce can of pumpkin pie mix was \$3.33;
- 14-ounce package of cubed bread stuffing was \$2.87;
- two nine-inch pie shells came in at \$2.47;
- one-pound veggie tray was \$1.75.

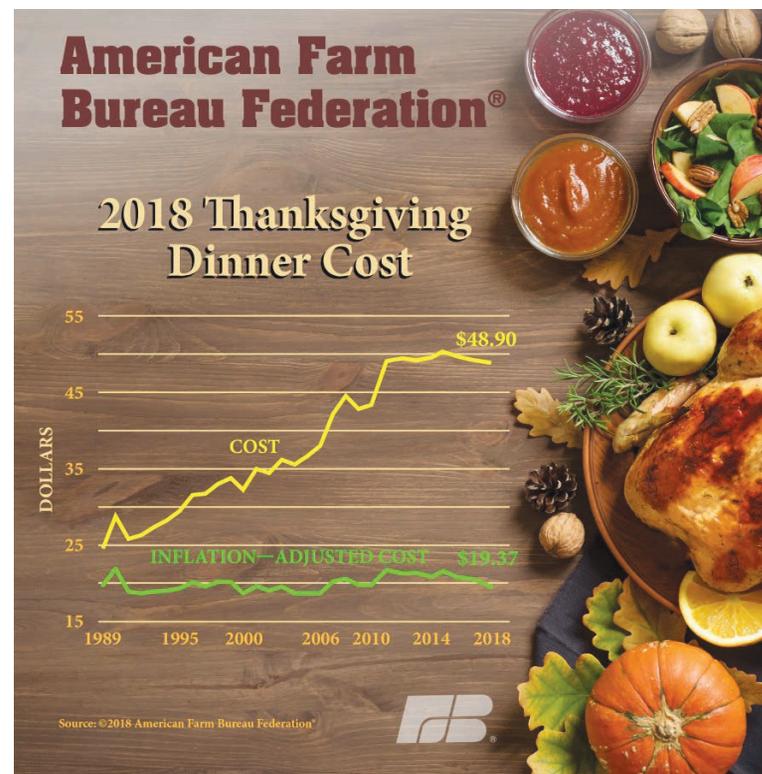
A group of miscellaneous items including coffee and ingredients necessary to prepare the meal (butter, evaporated milk, onions, eggs, sugar and flour) was also up slightly, to \$3.01.

There was no change in price for a half-pint of whipping cream at \$2.08.

To provide information on the increasingly changing Thanksgiving meal, AFBF looked in at hams and other new additions. Adding a four-pound bone-in ham, five pounds of Russet potatoes, and one pound of frozen green beans added about \$1 per person to the overall cost.

"Adding these foods to the classic Thanksgiving menu increased the overall cost slightly, to \$61.72 or about \$6 per person," said Newton.

AFBF also surveyed the price of a traditional Thanksgiving meal available from popular food delivery services. This revealed that the convenience of food delivery does



Graphic courtesy of American Farm Bureau Federation

The price of a traditional Thanksgiving meal this year has once-again decreased, showing the lowest costs since 2010. With inflation adjusted, the cost is at its lowest in more than a decade. This year's cost came in at \$48.90.

have a larger price tag.

A 16-pound turkey was nearly 50 percent more expensive at nearly \$2 per pound when purchased from a food delivery service. Nearly every individual item was more expensive compared to the do-it-yourself average and the total cost of the dinner was about 60 percent higher at about \$8 per person.

The AFBF Thanksgiving dinner survey was first conducted in 1986, and the menu has not changed since that time for reliable comparison year to year. While AFBF does not make any scientific claims about the data, it is an informal gauge of price trends around the nation.

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BY MARRIOTT

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NEIGHBORHOOD ROUND UP

ARTISTS GROUP DECEMBER EVENTS AT STOVEFACTORY

This December don't miss out on local art. On Saturday and Sunday December 1&2, from 11 am to 5 pm visit Open Studios and check out the StoveFactory Gallery's December Exhibition. All 3 floors of artist's studios will be open to the public. On Saturday and Sunday, December 8 and 9 from 11am to 5 pm, the StoveFactory Gallery will be open again featuring the December Exhibition, with a closing reception on Sunday the 9th from 3-5 pm. The StoveFactory Gallery is located at 523 Medford St. For more information visit artists-groupofcharlestown.com.

SAVE THE DATE FOR BREAKFAST WITH SANTA

On Saturday, December 1 Santa returns to The First Church, 10 Green Street to enjoy a free pancake and sausage breakfast. There will be a chance to take free photos with Santa, shop with some gift vendors and an "Inflateables Extravaganza". Plan now for a fun morning. For more information call the First Church 617-242-3693 or email office@fccharlestown.com

HARVEST ON VINE FOOD PANTRY

The Harvest on Vine Food Pantry is requesting boxes of cereal and small bags of white rice this week, but any donation on non-perishable foods that you could make would be greatly

appreciated.

Donations can be dropped off at the Food Pantry at 49 Vine St. (Hayes Square), The Cooperative Bank at 201 Main St. and at the Parish Center on 46 Winthrop St. (across from the Training Field). Financial donations can be sent to: Harvest on Vine, Parish Center, 46 Winthrop St., Charlestown, MA 02129. For more information, call Tom MacDonald, director, at 617-990-7314.

CHARLESTOWN LIONS CLUB COLLECTING FOR DISASTER RELIEF

The Charlestown Lions Club is collecting donations to go to disaster relief. The donations will be used to benefit those affected by the local gas explosions and recent hurricanes in the South.

ALL proceeds will be donated - there are no administrative costs.

Checks may be made out to Charlestown Lions Club - LCIF and sent to:

P.O. Box 290474, Charlestown, MA 02129 If you have any questions, please email Moe Gillen Towniemoe@aol.com.

MICRO HOCKEY IS BACK!

Charlestown Youth Hockey has opened registration for Micro Hockey, which is a Learn-to-Play Hockey program for boys and girls, 5 to 8 years of age, who have not yet played organized team hockey. Only basic skating skills are necessary. Younger players may qualify after a coach evaluation. The program will run on Saturdays from 10 to 11:45 a.m. The first session will run through March 9. Space is limited. To register or obtain the required equipment list, go to WWW.CYHA.COM and click on the MICRO HOCKEY tab. Email questions to MICROHOCKEY@CYHA.COM.

BEFORE THE SEASON ENDS



More than 80 people participated in the third annual Sunrise to Sunset Golf tournament to raise money for Dana-Farber Cancer Institute and the Jimmy Fund on October 15. Celebrity Host and Red Sox Legend Jim Lonborg golfed alongside all participants throughout the day. Those who signed up pledged to raise a minimum of \$1,000 and play 36 holes at The International Resort and Golf Club's two premier courses, The Oaks and The Pines. Through their collective efforts, the event has currently raised over \$135,000.

Shown left to right are Hak Morris, Pat Donnelly, Andrew Marsallo of Charlestown and Chris Lovell of Charlestown.

FAMILY SUPPORT MEETINGS

New family support group for people suffering from alcohol or other addictions is meeting Mondays at 7 p.m. at the First Church in Charlestown. For more information call Shawn 781-733-1327.

CHARLESTOWN GIRL SCOUTING AT WARREN-PRESCOTT SCHOOL

The fourth-grade Junior Girls Scouts at the Warren-Prescott school only have five girls in their

troop and are looking for more girls to join. This troop only allows fourth-graders from Warren Prescott. The Troop meets at the Warren-Prescott School every other Thursday from 5-6pm through the school year.

LEAVE IT and LOSE IT!

DON'T BE A VICTIM!

You have been given this notification as a cautionary reminder. Boston Police Officers are reminding you of the following:

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- DO NOT leave your keys in the ignition.
- DO NOT leave your vehicle idling and unattended.

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 - Laptop computers
 - Loose Change
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Shawn Black Photograph

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Boston Marathon Miles For Miracles

Charlestown resident Emily Fleming raises funds for patient care, research, and community health

By Cary Shuman

Charlestown resident Emily Fleming completed the Boston Marathon last year, no small achievement on any day, but the freezing rain and gusty winds made the 26-mile, 385-yard course as uninviting as possible for every competitor in the field.

In April, Fleming, 28, will return to the starting line in Hopkinton as a member of the Boston Children's Hospital's Miles for Miracles Team, helping children and families who receive world-class care at the world-renowned hospital.

Miles For Miracles team members raise funds for Boston

Children's Hospital's areas of greatest need: patient care, medical research, recruitment and training, and community health programs. Runners such as Fleming meet their fundraising goal through personal donations from their families, friends, community, and co-workers.

"My goal is to raise \$10,000," said Fleming, an emergency department technician at a Boston hospital.

"It's such a great charity. I really wanted to run for Children's because I love kids. They really can't raise money for themselves. They're relying on us to care for them. That's why I think it's one of the most important charities

out there. I'm really excited to run for them and I feel fortunate to be a member of the team. To put all my fundraising efforts toward that is really special."

Fleming is set to begin her training next week for the 2019 Marathon, which will be her third official run to Boston.

"The team provides coaches, and we have a workout plan," said Fleming. "We'll do various-length runs throughout the week as well as cross training. Every Saturday the team meets for a team run and that's when we do longer distances."

Fleming's zest for long distance running was inspired by her parents, both successful long-distance runners. Her mother, Lisa, a former star athlete at Barnstable High School, competed in 20 consecutive Boston Marathons (1997-2016), raising thousands of dollars for charity.

"We would usually wait with the family and cheer on my mother at Mile 20 in Newton in the middle of Heartbreak Hill," said Fleming.

Emily's father, Russ, has run in five Boston Marathons. He played college football at Colby College in Maine.

Emily played ice hockey and field hockey at Winchester High



Emily Fleming (center) is pictured at the Boston Marathon finish line in 2015 with two of her friends, Kerry Thomas (left) and Mary King (right).

School and Hebron Academy. She remembers playing hockey games against Charlestown teams at the Emmons Horrigan O'Neil Rink.

A graduate of Assumption College with a degree in Biology, Fleming moved to Charlestown this year. She said she's enjoying her new neighborhood.

Some of the highlights of her previous Marathon runs include being cheered on by Wellesley College and Boston College students along the course.

Fleming is hoping for a considerably better day than the torrential rains she encountered a year ago. "The whole field at the Athletes Village in Hopkinton was inches of mud, so my sneakers were covered in mud," she recalled. "By five miles in to the race, we had so much rain that



Emily Fleming (right) and her mother, Lisa Fleming, at the start of the 2015 Boston Marathon. Emily is raising funds for Boston Children's Hospital in the 2019 Boston Marathon.

my sneakers were cleaned off. I was getting puddles in my jacket sleeves. Nobody was going for PRs (personal bests) at that point - it was, 'because of the weather, I'm just here to finish.'"

We're optimistic that Mother Nature will be bringing the spring-time sunshine on Emily Fleming's noteworthy charitable endeavor come Marathon Monday.

(If you would like to support Emily Fleming, please visit: <http://FundraiseChildrensHospital.org> go to Emily Fleming.)



Charlestown resident Emily Fleming, with her parents, Lisa Fleming and Russ Fleming. The family has raised thousands of dollars for charities through their long distance running.

Real Estate Transfers

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Burns, Mark	Alwine, Angela L	10 Austin St #2	\$750,000
Muner, Pilar S	Aker, Aaron M	83 Cambridge St #2	\$505,000
Caggiano, Paul	Joyce, James M	42 8th St #3206	\$530,000
Terenzi, Thomas	Patricia A Cataldo FT	27-37 Chestnut St #204	\$880,000
Barbera, Elena M	Ford, Michael J	13 Eden St #2	\$690,000
Shortell, Brendan	Skrine, Nicholas	90 Elm St #2	\$850,000
Robillard, Michael	Caruso, Carol	69 High St #3	\$1,325,000
Kendrick LLC	86 High Street RT	86 High St	\$885,000
Moore, Joseph	Sargent, George	9 Mystic St #2	\$1,150,000
Ghirardelli, John J	Cantner, Lauren E	3 Nearen Row #B	\$1,300,000
Hodgson, Alexandra R	Shadroui, Joseph G	29 Parker St	\$545,000
Mcgillycuddy, Bryana	Moore, Joseph	19 Prospect St #1	\$876,000
Lavoie, Matthew	Wickles, Patrick A	12 School St #1	\$820,000
Fink, Stephanie S	Minchello, James B	2 Shipway Pl #2	\$1,160,000
Stayton, Stephen D	Lawless, James	27 Trenton St #2	\$877,500
36 Winthrop Street LLC	Walsh, Marie B	36 Winthrop St	\$1,525,000

CHARLESTOWN GYM HOCKEY

Weekly Standings

November 17, 2018

	W	L	T
Bryan's Pals	6	0	2
MPTA	5	2	1
A/1 Zume's	1	6	1
Duce 2	3	4	1

Players of the week for 11/17/18

A-1/Zume's - Will Perry, Jordan Dominguez
Bryan's Pals - London O., Greyson O., Ryan S., Thomas P.

Duce 2 - Jan Plewa, Jacob Wishansky
MPTA - The few who came.

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SHOWCASING WORK FROM THE STOVEFACTORY CHARLESTOWN'S SIZZLING ART SCENE



StoveFactory artist Dara Pannebaker with her piece "Other Worlds."

Rutherford Landing was transformed into an art gallery featuring work from the nearby StoveFactory on Friday, Nov. 16. Attendees got to see the work of local artists and the inside of Charlestown's latest condo community as well.

Awards were offered by the event organizers to recipients whose efforts have contributed to the people of Charlestown.

PHOTOS BY DEREK KOUYOUMJIAN



Neighborhood legends Paul Anthony and Lorraine Connolly, who was given an award that night for her community contributions through her café, The Coffee Shop.

Founded in 1997 by a small group of resident artists to promote awareness and appreciation of, and participation in, the visual and related arts, The Artists' Group of Charlestown incorporated in 2002. The Group sponsors exhibits, lecture series and classes and provides affordable venues for local artists to practice, show and sell their art.

The AGC's 950 square-foot gallery, the StoveFactory, is lo-

cated on the first floor of a 19th century three-story brick factory building on Medford Street in Charlestown. The building is home to the Artists' Group of Charlestown and 18 art and design studios.

The wide-open entry hall and unique gallery, with exposed brick walls, painted cement floor and open-beam ceiling is a great compliment and background for art of all scale, size, and styles.



Above: Maggie Burke, Scarlett and Sidney Tamburro, Derek Heltzel, and Michael Clancy.



Right: Attendees view the work of Donald Kelley, a legendary and prolific Charlestown artist who passed away in March at the age of 90.

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ART EVENT AT RUTHERFORD LANDING



Claire Shea, Bonnie Widdoes, and former president of The Cooperative Bank, and Bill McCarthy.



Laurel Connolly was full of emotion as she accepted an award, in her mother's memory, for community service given by Deidre Malloy. Lorraine Connolly's Thompson Square staple The Coffee Shop was an important nexus in the community.



The Cooperative Bank was represented by Tom Coots, Celina Pizarro, Jim Picciotto, Susan Schievink, and Mylene Duggan. The bank was presented with an award that night for their invaluable community service.



Coordinators the event, StoveFactory artist Dara Pannebaker with realtors Deidre Malloy and Susan Charbonnier.

Cyan
Magenta
Yellow
Black

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THE KENNEDY CENTER'S SENIOR CHEF COMPETITION



The Kennedy Center's 1st Annual Senior Chef competition was a huge success! Our creative chefs prepared delicious food for all of our guests. Everything was made with love. There were many great dishes, but only two chefs could win. Congrats to Maria Soto and Mayra Martinez! Special thanks to our esteemed judge William G. Gross, Commissioner of the Boston Police Department! For more information about Kennedy Center Senior Services, contact Karen Lawrence, Director of Senior Services klawrence@kennedycenter.org. Bon Appetite!

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Townie Tidbits

By Sal Giarratani

DEALING WITH THE BOOMING ECONOMY IN TOWN

Great letter by Kevin Kelly about the future of Charlestown. Today, tomorrow and into 2030. The vision I see is still troubling to me. We are becoming victims of this over-development we see everywhere. We cannot become a City of extremes. There is lots of snake oil being splashed around about how great everything is going. THANK YOU Kevin for bringing the good, bad and ugly about all this prosperity. Too many of our leaders inside City Hall seemingly fail to see the negatives intertwined with growth at any costs.

ISN'T THIS NICE, HUH!

They rebuild the old Alford Street Bridge a while back and now they are rebuilding it a second time. Apparently, mistakes were made and now must be

corrected. Who is paying for this rebuild project, them or us? Something stinks here.

ABRAHAM LINCOLN

POST 11 CELEBRATES VETERANS' DAY

The Abraham Lincoln Post 11, GAR at Memorial Hall held its annual Veterans Banquet on November 7. It was a somber celebration to honor the veterans in our midst and to remember their sacrifices and to meet with and talk with them about their stories.

I was down in Austin, TX again this Veterans Day and met up with 5 WWII vets who were honored on the grounds of the State Capitol. Each of them was presented with the highest military medal by the Government of France and presented by the consul general himself.

Texas always honors its veterans and takes good care of them too.

AROUND THE CITY

A CHARLIE BROWN CHRISTMAS

Making its Boston debut at the Boch Center Shubert Theatre, Tremont Street, Boston, is "A Charlie Brown Christmas Live on Stage, Nov. 29-Dec.2.

IT'S A WONDERFUL LIFE

Greater Boston Stage Company presents the Christmas classic, Nov. 29-Dec. 23, 395 Main St., Stoneham. \$45-\$55; seniors, \$40-\$50, students with valid ID, \$20. Nov. 29, 7:30 p.m., Thrifty Thursday, \$15 at the door. 781-279-2200, greaterbostonstage.org.

RUDOLPH THE RED-NOSED REINDEER, MUSICAL

Lowell Management Group presents the beloved TV classic production of the children's story musical, on stage, Lowell Memorial Auditorium, Merrimack St., Lowell. Sunday, Dec. 2, at 3 p.m., \$29-\$79. 978-937-8688.

1776

New Repertory Theatre presents Sherman Edwards' exciting musical, with book by Peter Stone, Nov. 30-Dec.23, featuring a large, Boston, star-studded cast, Mosesian Center for the Arts, MainStage Theater, 321 Arsenal St., Watertown. Times vary. \$25-\$72. student, senior, group discounts, 617-923-8487.

THE NUTCRACKER

Boston Ballet's production of Mikko Nissenin's spectacular, extravagant classic production of the timeless ballet is performed Nov. 29-Dec. 30, Wednesdays-Saturdays, 7:30 p.m.; Sundays, 1:30, 6 p.m., and more matinees, at Boston Opera House, Boston. bostonballet.org, 617-695-6955.

BREATH AND IMAGINATION

Award-winning actor Maurice Emmanuel Parent directs Lyric Stage Company of Boston's production of Dan Beatty's musical, the story of globally acclaimed African-American classical vocalist, Nov. 30-Dec. 22, 140 Clarendon St., Boston. 617-585-5678, boxoffice@lyricstage.com.

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Charlestown scheduled to get Fios under new contract provision

Staff Report

A new amendment to the City's cable contract will bring the Verizon fiber network Fios to the Charlestown in the coming year, Mayor Martin Walsh announced on Tuesday.

Building on the partnership formed in 2016, Verizon will expand its local wireless network speed and capacity to its local 4G LTE network, expand Fios internet and cable television to all neighborhoods in Boston, including Charlestown, and collaborate with Boston on Smart Communities solutions.

"Our partnership with Verizon reflects one goal: to make sure all of Boston's residents have access to the most advanced digital technology both now, and in the future," said Mayor Walsh. "We're making sure Boston is the best digital city in the nation, and through partnerships with companies like Verizon, residents will have better, more affordable options, as we work together to create inclusive growth for our city."

These technology enhancements are in addition to Verizon's original \$300 million investment to build a 100 percent fiber-optic network platform across Boston.

Verizon and the City of Boston are amending the existing TV license agreement to expand Fios TV services. More than half the homes in Boston now have access to this all-fiber network, and Fios service is already available in Dorchester, Hyde Park, Jamaica Plain, Mattapan, Roslindale, Roxbury, Seaport, South Boston and West Roxbury.

The new amendment will enable Fios TV expansion as the fiber network is built in Charlestown, South Boston, South End, Allston, Brighton, Back Bay, East Boston, Fenway and Downtown.

The expansion of Verizon's

wireless small cell network now almost doubles that investment to nearly \$600 million total. Verizon will also be contributing \$1 million over eight years to the Boston Digital Equity Fund to help support programs that provide affordable access to broadband to underserved residents.

Under an a new 10-year wireless agreement, Verizon will significantly expand its wireless small cell network throughout the city to bring more speed and capacity to its existing 4G LTE network.

The City of Boston will provide Verizon with a streamlined permitting process for the installation

of new small cells and Verizon plans to provide a host of Verizon Smart Communities products and services that will enable Boston to achieve efficiencies in areas such as traffic management, safety and energy efficiency.

Verizon today also announced further plans regarding its long-term lease of more than 450,000 square feet for its technology workforce at The Hub on Causeway. Verizon's presence at the Hub on Causeway will include 16 floors of innovatively designed space, of which, five floors will be reserved for incubators, accelerators, and partners.

CITY PAWS

Give thanks to our animal friends

by Penny & Ed Cherubino

As you gather with friends and family to give thanks for the good things in your life, don't forget the animals who not only fill our days with unconditional love, but also help keep us healthy and safe. Just think about how our lives are improved by the cat that snuggles on our lap, the dog who runs to the door and is always glad to see you, the specially trained K9 teams that serve and protect, or the highly trained service dog that enables a person with a disability to do more things safely.

Furry Family and Friends

First there are the com-

panions that share our lives. Besides our own dog Poppy, this includes the animals others have brought into our sphere. There are the dogs we play with when visiting friends at home, the pals we walk with, and the cats we don't see as often but feel as though we know through tales of their adventures and antics.

A great honor is to be selected by a dog or cat as a special friend, even though you were never part of their family. Poppy has selected a few members of our circle to adore. While we don't know why these particular humans are on her list, we do know they are all special people in their own right and that she has very good taste.

Working Dogs

"Sending the puppy!" is a favorite response by one of the Boston Police dispatchers to a request by an officer for a dog to help search a building, track a suspect, or locate drugs or weapons. In addition, dogs are used to investigate fires, locate bombs, find people in disasters, and provide comfort to victims.

Penny had the opportunity to meet one of the therapy teams that visits patients at Massachusetts General Hospital. The pair was in the lobby adding some bling and personality to their street wear. The human half of the pair said they have been doing this for years and enjoy bringing a bit of fun into the days of both patients and staff. We hadn't thought about how a therapy



(Photo: iStockPhoto)

Give thanks for mobility assistance dogs trained for tasks like bracing and balance, opening and closing doors, retrieving items, or pulling wheelchairs.

dog might reduce stress for the care teams.

Service Dogs

Most of us recognize a seeing eye dog by the special harness and the way the team of a dog and person works together. You may see a sighted person walking or in a wheelchair with a mobility assistance dog wearing a different type of harness. These dogs are trained for tasks like bracing and balancing, opening and closing doors, retrieving

items, or pulling wheelchairs.

Hearing ear dogs alert a person with hearing loss to sounds they might miss. Medical assistance dogs have the ability to let a person know of changes in blood sugar levels or an oncoming seizure. Psychiatric service dogs assist people who are suffering from issues like depression, anxiety, post-traumatic stress disorder, autism, and fetal alcohol syndrome.

As you think about and give thanks for all the creatures who

make our day-to-day lives better, also consider ways you might be able to improve their lives in the years ahead. It may be as simple as making time for your own animals or learning how you can support and advocate for all the other classifications of animals who serve the public.

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

LEAVE IT and LOSE IT!

DON'T BE A VICTIM!

You have been given this notification as a cautionary reminder. Boston Police Officers are reminding you of the following:

DO NOT leave your vehicle unlocked.
DO NOT leave your keys in the ignition.
DO NOT leave your vehicle idling and unattended.

PLEASE REMOVE YOUR PERSONAL PROPERTY IN PLAIN VIEW!

this includes:

Cell phones
GPS devices
Laptop computers
Loose Change
Bags/Luggage



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Cyan Magenta Yellow Black