



CHARLESTOWN

PATRIOT-BRIDGE

HOOD CELEBRATES 175TH ANNIVERSARY



Becky Billikas (far right) serves up ice cream sandwiches to frozen dairy aficionados.



Right, Charlotte Feney and Camden Bartlett play in the water fountain at Hood Business Park. See Pages 6 and 7 for more photos.

Charlestown High School receives Brown Rudnick Charitable Foundation grant

By John Lynds

For a third year in a row Charlestown High School will be the beneficiary of a Brown Rudnick Charitable Foundation grant.

Last week the foundation announced its 2021 Relationship Grants, totaling \$200,000 to non-profit organizations that support educational programs in underserved communities in the cities where the firm has a presence. The law firm's charitable entity was established in 2001 as the result of Brown Rudnick's lead work in the state's successful suit against the tobacco industry. Brown Rudnick decided to use a portion of the fees received from this case to create the Charitable Foundation.

Charlestown High School will use the grant money to support a

science mentoring program and a science expo at the school.

"At Brown Rudnick, we take pride in our dedication to giving back to those in our communities who need it most," said CEO Bill Baldiga. "These Relationship Grants not only offer resources to several non-profit organizations who can help do just that — they energize Brown Rudnick volunteers and provide meaningful opportunities to create positive social change. I'm so proud of the Foundation's work and am thrilled to partner with these organizations in our ongoing efforts."

Charlestown High School was one of 56 letters of interest from qualified organizations to the Foundation Grants Committee.

The committee narrowed the

(GRANT Pg. 3)

MGH Charlestown HealthCare Center welcomes Dr. Monteiro

Staff Report

Cheryl Monteiro, MD, recently joined the staff of the MGH Charlestown HealthCare Center's Adult Medicine Department.

Dr. Monteiro grew up in New Jersey and went to Rutgers New Jersey Medical School. She moved to New England for her General Internal Medicine Primary care residency at Brown University's Rhode Island Hospital in Providence, R.I. She returned to Rutgers for an Addiction Medicine Fellowship before making Boston home. Her interests include mental health, treating patients who use substances, harm reduction and shared decision-making.

Dr. Monteiro is available to welcome new patients from the



Cheryl Monteiro, MD

Charlestown community. Please call 617 724-8135 to schedule an appointment with Dr. Monteiro.

Plan announced for 2070-resilient waterfront development to solve urgent sea-level rise issues

Special to Times

The Flatley Company has announced that the 21-acre site of the former Domino Sugar Refinery will be developed and transformed to reconnect to the Charlestown neighborhood and open up the waterfront to the public for the first time since the 1950s. The area will be highlighted by a robust and unprecedented plan to protect areas of Charlestown, Cambridge, and Somerville from sea-level rise.

Located on the Mystic River in Charlestown, 425 Medford St. is adjacent to two parcels also owned by Flatley, the Schrafft's City Center and 465 Medford St. All together, these three parcels total approximately 46-acres of waterfront property. The project now proposed at 425 Medford St.

prioritizes both public access and resiliency by opening up the entire waterfront to the public along all three properties and by addressing existing and future site flooding from predicted sea-level rise and climate change through the incorporation of a 22-foot-high resilient flood barrier constructed to 2070 flood-proof standards.

This flood barrier will be constructed as a more than three-quarter mile long public amenity including a harbor walk extension, various recreational and park areas, a public dock, boat launch, and kayak launch, and several public look-out points. As such, this new waterfront park will not only reopen the waterfront to Charlestown for recreation and enjoyment, but it will also significantly protect over 220-acres of

Charlestown, as well as over 100 acres of Somerville and Cambridge from predicted future devastating flooding.

In addition to the significant resiliency and public realm benefits provided by the flood barrier and waterfront park, 425 Medford will continue to focus on the creation of new resilient and sustainable public open spaces that seamlessly connect to the existing neighborhood. These new waterfront open spaces, connecting pathways, parks and plazas, a community building, and thousands of square feet of public retail and service destinations, will be intermingled with a mix of uses including residential buildings, hotel, and office/laboratory on the 21 acres.

(FLATLEY Pg. 8)

CNC CORNER

The Charlestown Neighborhood Council will hold an in-person public meeting on Tuesday October 5 at 7pm at the Knights of Columbus, 545 Medford Street. We have invited both mayoral candidates—Michelle Wu and Anissa Essaibi-George—to speak to us. Masks are required for attendance.

EDITORIAL

LET'S BUILD A DRUG TREATMENT AND HOMELESS FACILITY IN DOVER

Back in the 1970s and '80s, when there was talk of expanding Logan Airport to the detriment of residents in the communities of Winthrop, Revere, Chelsea, and South Boston, among others, then-State Senator William Bulger of So. Boston suggested constructing a second major airport for the Boston metro area in the town of Dover, the upper-class suburb west of Boston.

Bulger knew that his idea would never fly (pun intended), but the point he was making was this: Residents of low-income communities should not have to be the only ones to bear the burden of the noise and air pollution from Logan Airport.

Similarly, we view the ongoing controversy regarding the growing problem of homeless and drug-addicted persons at the Mass. and Cass intersection in the same light. The extraordinary statement released last week by Revere Mayor Brian Arrigo in response to the suggestion that a hotel in Revere be converted into a homeless shelter and treatment facility highlights the unequal burden being placed upon the communities of the immediate Metro Boston area of dealing with the scourge of drug addiction, which goes hand-in-hand with homelessness.

As Mayor Arrigo's statement points out, this is not NIMBY-ism. Revere and Boston already shoulder a huge share of the burden. But he states quite frankly -- and truthfully -- that the problem is a regional one and requires a regional solution. Indeed, it has been reported that 70 percent of those who live on Boston's streets are not Boston residents.

However, we think that truly solving the problems of drug addiction and homelessness has to be even more systemic in order to address their root cause.

First and foremost, we must end the war on drugs. The best evidence that our Forever War on Drugs (now more than 50 years old) has been a total failure is this: In 2020, there were more than 93,000 drug overdose deaths in the United States, a number that shattered the previous record. The U.S. now has one of the highest rates of drug-related deaths in the world. Indeed, it is fair to say that it is the War on Drugs itself that is directly responsible for the deaths of tens of thousands of Americans.

Massachusetts spends about \$60,000 per inmate per year in our prisons. For those whose sole "crime" was simple possession of a drug or a failed urine test with a Probation Officer, incarceration is merely a revolving door that accomplishes nothing, either for the individual or society, at a great financial cost to all of us.

We call upon our state's political leaders to show a little bit -- just a bit -- of courage in order to enact legislation similar to what the voters in Oregon approved in 2020 when they decriminalized the possession of all drugs.

Second, the state should establish clean injection sites with appropriate mental and physical health capabilities. Portugal has been doing this for 20 years and has by far the lowest rate of drug-overdose deaths in Europe at six per million of its population. By contrast, Scotland has a rate of 335 drug-related deaths per million for persons ages 15-64 -- which is about the same rate as we have here in the U.S. -- and which is 15 times greater than the rate for the rest of the nations in Europe (and exponentially more than Portugal's).

Clean injection sites in Portugal (and Switzerland) provide addicts with drugs that are not dangerously-laced with fentanyl or other substances, while also offering services for their physical and mental health. In addition, safe injection sites avoid the problem of dirty needles, which still ranks as one of the chief causes for the transmission of AIDS and other serious diseases which, by the way, seep into our population as a whole.

There presently are bills pending before the legislature to establish clean injection sites and we call upon our legislature to pass this legislation expeditiously.

Third, we need to get creative in order to build affordable housing for those who presently live on the streets. Our present policy of doing next to nothing for the homeless is a tragedy that is played out every day at Mass. and Cass.

There will be a large cost at the outset for any housing program for the homeless. But in the long run, there will be huge savings of tax dollars when we abandon our present failed model of arrest-prosecution-incarceration, as well as finally making progress in addressing the problem of substance abuse that afflicts so many.

Oh, and we also suggest that our state officials look into placing drug-treatment and homeless shelters in hotels and other potential sites in the areas of our wealthy suburbs, such as Dover, Wellesley, Weston, etc., so that those communities can do their part to solve the twin crises of drug

GUEST OP-ED

Resilience in the midst of such suffering

By Cardinal Sean P. O'Malley

On September 6, I was able to visit Haiti to meet with Cardinal Langlois of Les Cayes, to survey the challenges now confronting the Haitian people and to express the solidarity of the Archdiocese, home to one of the largest Haitian communities in the United States, with the Church and the nation of Haiti. I was delighted to spend time with a fine young priest in Haiti, Fr. Louis Merosné, who was raised in St. Angela Parish in Matapan and then returned to Haiti to pursue a vocation to the priesthood.

Even a brief visit two weeks ago vividly illustrated the three-fold crisis now in Haiti. First, the political crisis catalyzed by the assassination of the President with far-reaching consequences for governance. Second, the social-legal crisis, created by the control that gangs exercise in parts of the country. Third, all this is complemented by the devastating poverty and dislocation caused by the second massive earthquake along with a hurricane suffered by Haiti and the COVID health crisis, all occurring in the span of ten years.

Remarkably, the Haitian people and the Church in Haiti manifest great faith and resilience in the midst of such suffering and chaotic conditions. I am grateful for their witness.

The United States has exercised pervasive influence in Haiti

for over a century, often a history marked by mistaken policies and ill-conceived ideas. Once again, the United States is inextricably involved with Haiti and its crisis. Once again, U.S. policy seems to be a mix of very helpful and also some very concerning measures. The present Administration has committed significant funding for humanitarian assistance and disaster relief after the hurricane. These steps respond positively and directly to the request made by Cardinal Langlois to the international community. In addition, our government has extended the Temporary Protective Status (TPS) for Haitians in the United States, a crucially important measure.

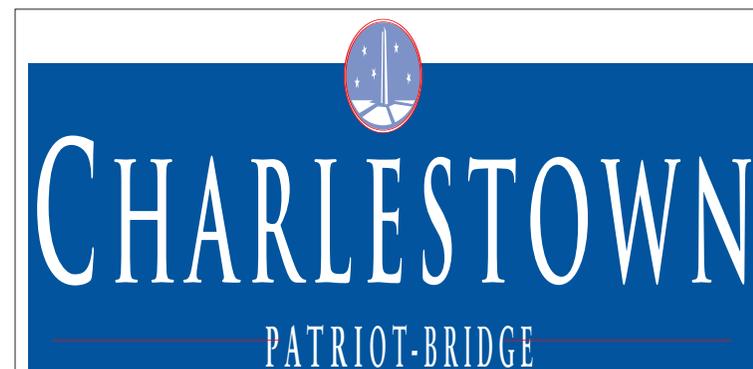
At the same time, however, the United States is now carrying out an airlift of Haitian men, women, and children back to Haiti. The decision affecting some 14,000 Haitians now at the Texas border is a surprisingly and shockingly inhumane policy. The Administration has the legal authority for its policy, but the policy is blind to the moral and human consequences of this action. Haiti, the poorest country in the Western hemisphere, is incapable of absorbing this influx of young and older Haitians, all traumatized by the journey to the U.S. border. To be sure, many made this journey under mistaken assumptions about U.S. policy. But this fact does not absolve our country's policy choices. Some cases of human suffering are suf-

ficiently overwhelming to change the logic of existing policy. In this case, there is the need for a review and recasting of U.S. policy. The airlift should be halted while this review is conducted. Only then will it be possible to shape a short-term policy worthy of the U.S. role in the world and appropriate for the crisis Haitians now face.

In the encyclical "Fratelli Tutti", Pope Francis appealed to humanity to set aside conflicts, resentment and quests for power, in favor of solidarity, collaboration and mutual support. The Holy Father shared his hope that, "by acknowledging the dignity of each human person, we can contribute to the rebirth of a universal aspiration to fraternity between all men and women." These sentiments are evident in his call for the international community to provide relief for the tragic situation the Haitians are facing. In addition to the collection for Haiti taken up in our parishes, the Church in Boston will continue to call for a more compassionate policy from the U.S. government for Haitians at the border. I ask all to pray for the nation of Haiti and the Haitian community there and in our country, and to be generous in supporting efforts to raise funds to help those suffering in this humanitarian crisis.

Sean P. O'Malley is an American cardinal of the Catholic Church serving as the Archbishop of the Archdiocese of Boston.

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Charlestown Sprouts Community Garden received grant

Charlestown Sprouts Community Garden received some good news last week when it was awarded a grant from Massachusetts Department of Agriculture Resources' Urban Agriculture Program (MDAR).

As part of Climate Week in Massachusetts, the Baker-Polito Administration announced over \$2.9 million in grants distributed by the MDAR to help local farms across the Commonwealth implement climate change mitigation strategies and solutions. The awards will support 84 farms, municipalities, and other organizations through five different MDAR grant programs, including the Climate Smart Agriculture Program (CSAP), the Stewardship Assistance and Restoration Program (SARA), the Agricultural Compost Improvement Program (ACIP), the Urban Agriculture Program, and the Buy Local Grant Program. Charlestown Sprouts received \$15,000 for funding for material costs to build eight more gardening plots. Materials include loam and compost and 240 linear feet of material for the raised planting beds. Gerald Robbins, President of Charlestown Sprouts said, "Charlestown Sprouts Community Garden is so pleased to be awarded a grant from the Massachusetts Department of Agriculture's Urban Agriculture Program for material costs to build eight additional plots at the garden. We underwent a very successful re-build in the spring of 2021 and because of this we have an

additional 20 people on our wait list. We are excited to get these new families into our garden to grow food and build a stronger and more resilient community."

"Mitigating the impacts of climate change requires a holistic approach, which includes ensuring farms are able to implement innovative and resilient strategies to operate and avoid disruptions to Massachusetts food distribution channels," said Governor Charlie Baker. "As we address the impacts of climate change, this funding will help to protect Massachusetts farms from some of the unpredictability that extreme weather and storms can bring."

"Fostering strong partnerships with farms and other organizations continues to be a focus of our Administration, and we are excited to see the practices being adopted through these projects that will help meet the state's climate goals," said Lieutenant Governor Karyn Polito. "These grant programs for the Massachusetts agricultural sector serves as another example of our efforts in addressing greenhouse gas emissions and making farming operations sustainable for the future."

The \$2.9 million in funding will go towards addressing several climate change projects, such as:

- Agricultural environmental enhancement;
- Agricultural energy efficiencies;
- Farmland preservation;
- Improvements to soil health;

- Urban livestock management;
- Urban farm enhancements;
- Carbon sequestration;
- The reduction of greenhouse gas emissions; and,
- The reduction of food miles through purchasing locally grown produce.

"Building a robust food system in Massachusetts requires smart investments to help our local farms and agricultural sector become more resilient to the impacts of climate change," said Energy and Environmental Affairs Secretary Kathleen Theoharides. "These grants will advance sustainable practices and help our family farms access new local markets, steward their land and natural resources, and prepare for the future."

"The Baker-Polito Administration is excited to continue funding projects through these agricultural programs to help address farmers' needs for the future as they continue to address a changing climate," said Department of Agricultural Resources Commissioner John Lebeaux. "The goal of the grant programs we are able to provide funding through is to position farmers with opportunities to better manage their operations during a time of increased climate variability."

During this year's Climate Week in Massachusetts, the Baker-Polito Administration is highlighting its commitment to reducing emissions, mitigating the impacts of



Charlestown Sprouts Community Garden

climate change, and building a more resilient Commonwealth. Throughout Climate Week, the Administration is holding events to spotlight important initiatives including offshore wind, land protection and conservation, the Greening the Gateway Cities program, and the expansion of clean energy in the Commonwealth. The Administration is also highlighting the urgent demand for funding to support climate resiliency in Massachusetts, and Governor

Baker's plan to immediately put to use part of Commonwealth's direct federal aid from the American Rescue Plan Act (ARPA) to support critical priorities in cities and towns. The Administration's plan would commit \$900 million to key energy and environmental initiatives, including \$700 million to support water infrastructure upgrades and climate resiliency, and \$100 million to invest in port infrastructure to support the offshore wind industry.

GRANT (from pg. 1)

field down to twenty-five applicants and Charlestown High was invited to submit full proposals. The high school was selected by the Foundation's Board of Directors in June 2021.

"Many of our students – especially those in underserved com-

munities – have been set back by this pandemic," said Chair of the Foundation Grants Committee and Partner in Brown Rudnick's Bankruptcy & Corporate Restructuring Practice Group Cathrine Castaldi. "So to be able to offer grants in support of

programs that can improve their education – in STEAM, literacy, college prep and civics – is deeply important to us. We look forward to collaborating with these non-profits in their missions this year and beyond."

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Sen. DiDomenico speaks on the floor of the Senate in support of the Healthy Youth Act

On Thursday, the Massachusetts Senate voted to pass Senator Sal DiDomenico's bill, An Act relative to healthy youth, (S.2534). This bill will ensure that Massachusetts public schools electing to teach sex education curriculum use age-appropriate, medically accurate, and research-based information that covers a comprehensive range of topics. The legislation also calls for sex education to be inclusive and appropriate for students regardless of gender, race, disability status, sexual orientation, and gender identity.

"I am very proud that the Massachusetts Senate has again reaffirmed our commitment to this commonsense health policy that will ensure your people have the tools needed to protect their health and form respectful relationships", said Assistant Majority Leader Sal DiDomenico. "This legislation makes it clear that sex education in the Commonwealth must be inclusive for all students and emphasize the importance and necessity of consent. I would like to especially thank the many advocates who have partnered with us on this legislation and worked tirelessly to ensure Massachusetts youth have the information they need to build the bright futures they deserve— without shame or

judgement."

Currently, public schools in the Commonwealth that choose to teach sex education are not required to use or adhere to a specific sexed curriculum. While some schools provide comprehensive and effective sex education, others teach outdated and abstinence-focused programs, including curricula that ignores LGBTQIA+ health and critical lessons on consent. This has led to a patchwork of sexual education programs across the state. The Healthy Youth Act (S.2534) aims to change this by requiring school districts that offer sex education to follow certain guidelines when selecting a curriculum. This is vital to ensuring that students throughout the state are provided with age-appropriate, medically accurate, and comprehensive information, including topics on:

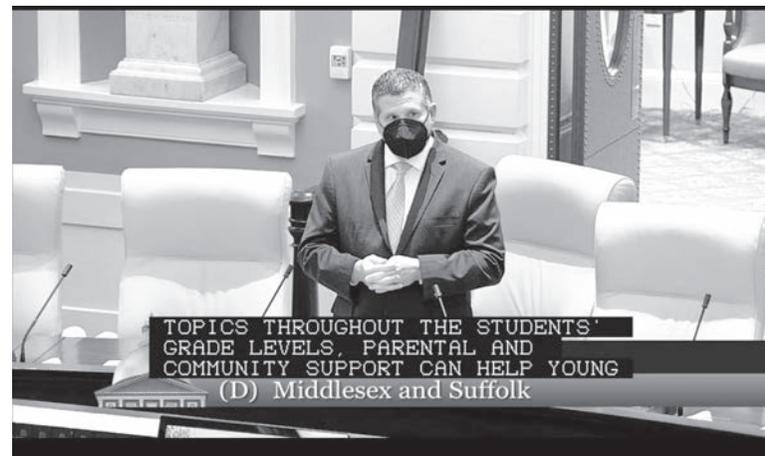
- the benefits of delaying sex;
- human anatomy, reproduction, and sexual development;
- effective contraceptive use;
- prevention of pregnancy and sexually transmitted infections (STIs);
- relationship and communication skills to form healthy relationships;
- coverage of affirmative, conscious and voluntary consent; and

· age-appropriate information about gender identity and sexual orientation, including resources that offer support to LGBTQ students.

The bill does not require public schools to teach sex education but sets curriculum guidelines for those that do. This legislation also protects and enhances parents' right to remove their children from all or part of the sex education program if they choose to do so—an action already protected by state law. Additionally, this bill updates parent-notification guidelines for districts that choose to teach sex education curriculum and requires schools to send notice to parents in English and in other commonly spoken languages in the district. Notice would alert parents that their child is enrolled in a sex-education course and would inform them of their right to review the curriculum or opt their child out of some or all of the lessons.

Now in its 10th year, the Healthy Youth Act has been passed by the Senate several times over in previous legislative sessions. The most recent iteration of the bill incorporates additional feedback from experts, educators, and advocates, and was co-sponsored by seventy representatives and twenty-four senators.

On Thursday Senator DiDomenico spoke on the floor of the Massachusetts Senate stating,



Sen. DiDomenico speaks on the Senate floor.

"every school year that goes by where transgender youth do not see themselves reflected in their curriculum, we are failing. Every year that any cohort of seniors goes off to college without having received vital lessons on consent, respect, and bodily autonomy, we are failing." He went on to add, "enough is enough, it is time for us to pass this bill and sign it into law."

Sex education programs have repeatedly been shown to work best when they emphasize the value of delaying sex, while also teaching students about the importance of protecting themselves from unintended consequences. As demonstrated by numerous studies, comprehensive sex education programs have been proven to

delay the initiation of sex, increase use of contraception, lower the rates of STIs and unintended pregnancy among teens, and reduce reported levels of bullying towards LGBTQ youth in school.

A 2018 poll conducted by EMC Research showed overwhelming bipartisan support for sex education in Massachusetts, with 92% of likely voters agreeing that students should receive sex education in high school, and 89% of likely voters agreeing that sex education should include comprehensive information, such as how to build healthy relationships and understand consent.

The bill now moves on to the House of Representatives for consideration.

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CHARLESTOWN GYM HOCKEY

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Bryan's Pals	3	0	0
A-1 Convenience	1	2	0
Halligan Club	1	2	0
Duce 2	1	2	0

Players of the week for 9/25/2021

A-1 Convenience - Ezyvette Gonzalez, Grady Bartlett
 Bryan's Pals - Joe DeMonte, Logan Hennessy
 Duce 2 - Jacob Wishansky, Lucciano Dechiaro
 Halligan Club - Joel Davies, Liam Wood

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DEIDRE TAO HOLDS ART OPENING AT THE STOVE FACTORY GALLERY

Photos by Derek Kouyoumjian

Artists Group of Charlestown member Deidre Tao had a show opening the The Stove Factory Gallery on Friday. Her work depicts beach scenes from Cape Cod, Cape Ann and other New England Landscapes. Her work will be up for viewing until October 3.



Elaina Egan looks at and discusses *In The Fullness Of Time* with her daughters Penelope and Delphina.



Jim Kennedy stands in front of *Stories Of The Ancients*



Deidre Tao's show runs until October 3rd at the Stove Gallery.



Stephanie Stiassni (right) gets a little help at the reception desk by her son Audrey.



Featured artist Deidre Tao (2nd from right) with fellow Stove Factory artists Julie Alailima, Barbara Torrey, and Pat McSweeney



Delphina and Penelope Egan.



Deidre Tao by her work.



Deidre Tao greets gallery visitors.

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HOOD CELEBRATES 175TH ANNIVERSARY

HP Hood LLC, a leading, local, iconic dairy brand celebrated the company's 175th anniversary with a community event and the unveiling of a mural commemorating the occasion. The event took place on Saturday, September 25, at the site of Hood's first dairy processing plant in Hood Park at 500 Rutherford Ave. in Charlestown.

Hood officials also unveiled a special mural created and installed by seasoned local artist, Silvia Lopez Chavez. The mural was designed to demonstrate, through imagery, Hood's rich history of innovation, quality, people, and the community.

"When I began to sketch the concept for this mural, my vision came from the heart of what Hood represents and values," said Chavez. "I wanted to create something that feels personal and

inspires a healthy and connected community that thrives on innovation and moves forward towards a better future."

"We're thrilled to be here today to celebrate this incredible milestone at this time-honored location here at Hood Park. On behalf of the Hood team, I want to extend our sincere appreciation to our customers, community partners and dedicated employees who have contributed to the success of the company and who continue to share past memories of Hood that make up the fabric of what Hood is today – a company that cares deeply about the quality and safety of its products, the wellbeing of the communities in which it does business, and the dedication of its employees," said Lynne Bohan, spokesperson for Hood.

Photos by Derek Kouyoumjian



Allison Connolly and Ashley Mills.



Sara and Isla Cline enjoy a swing ride with some ice cream sandwiches.



Olive and Versa Parino play in the water fountain at Hood Business Park.



Jean and Reed Woodley take a ride on the swing at Hood Business Park.



Christian and JJ Oliveira (far right) take a ride around the action while Ava Urquhart (center) drops in to say hello.

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school year is January 14, 2022



Sami and Zack Shulkin with Jen Ziswasser visit Tradesman Coffee And Pizza bar across at The Harvey. They provided complimentary pizza and coffee and will be fully opened later this fall.

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HOOD CELEBRATES 175TH ANNIVERSARY

Photos by Derek Kouyoumjian



Visitors line up for complimentary ice cream sandwiches courtesy of Hood.



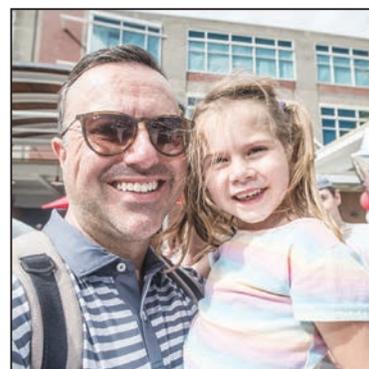
Madison and James Baker check out the giant Connect Four action.



Brianna Moore and Grace Young serve up Hood ice cream sandwiches to grateful visitors.



A lot of ice cream lovers turned out to celebrate 174 years of the HP Hood Company in Charlestown.



Philip and Caroline Silveira



Mohammed, Adam, and Zoulikha Gheraissa are having a great family day.



Sabrina and Anselmo Hall are having fun.



George Richey (center) photobombs his sister Beatrice and their friend Layla Berglund as the girls take to the coloring books.



Boston area mural artist Sylvia Lopez Chavez stands by her work in the side of the Hood Business Park on New Rutherford Ave to honor the 175th anniversary of the HP Hood Company.

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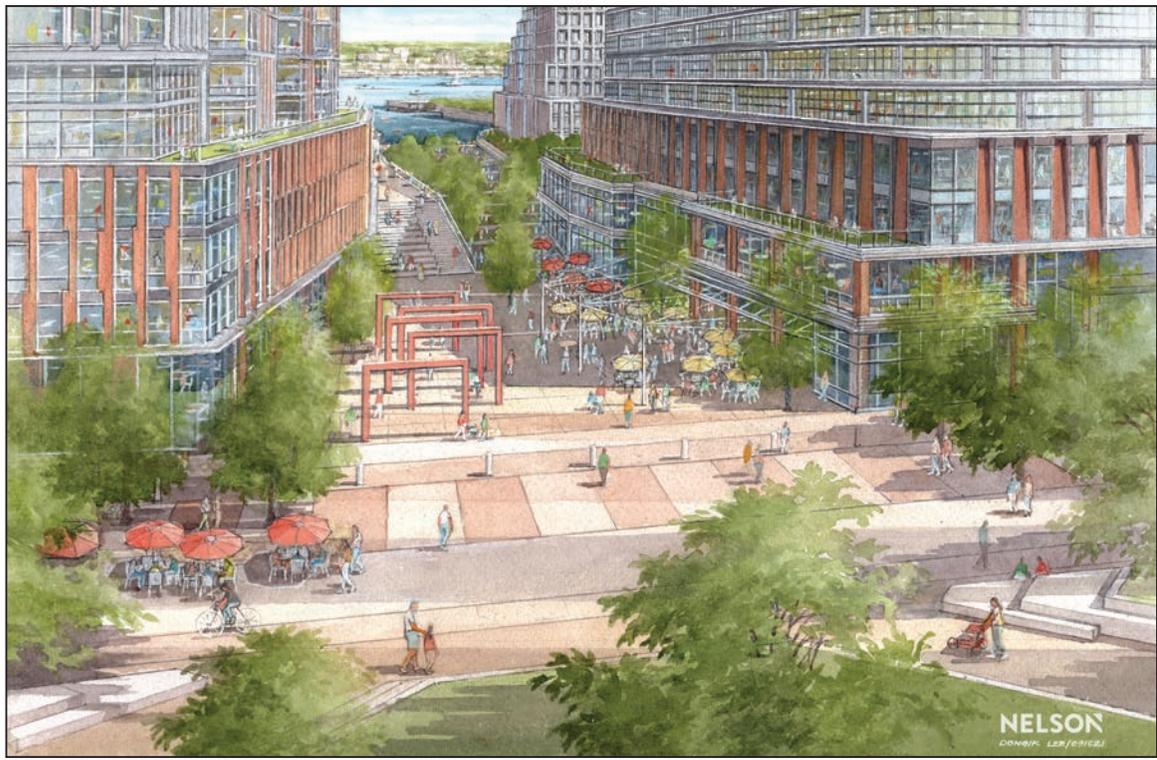
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FLATLEY (from pg. 1)

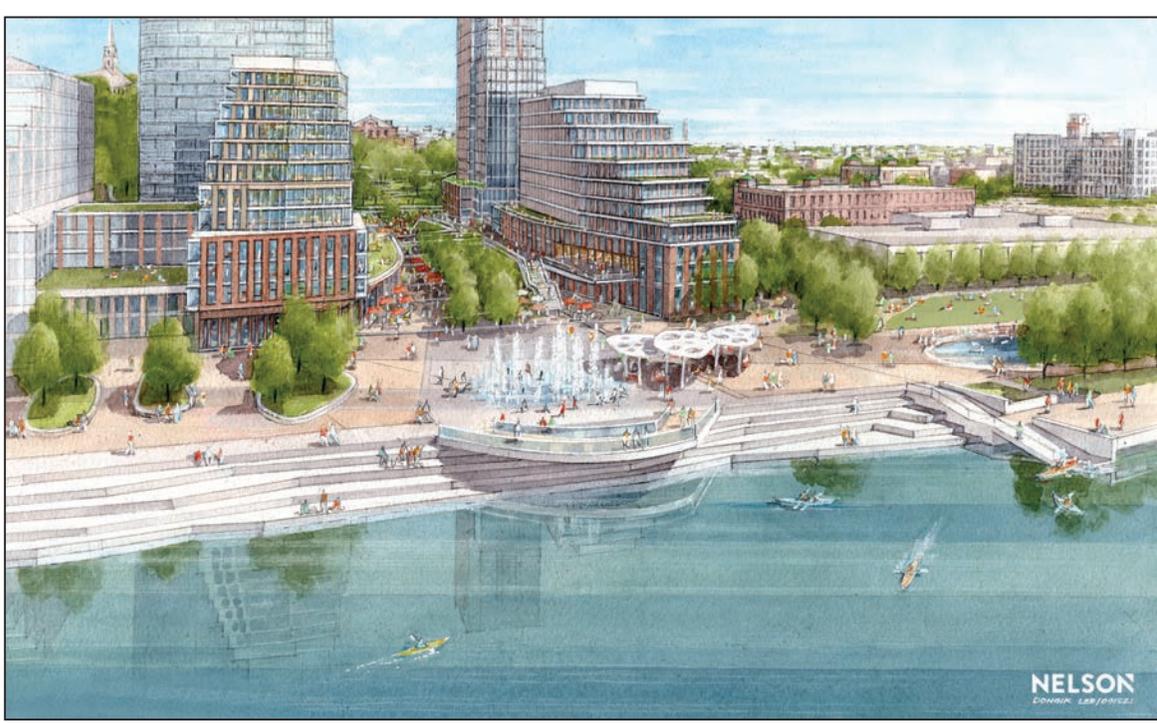
“This is a once-in-a-lifetime chance to make a significant impact to protect this area from a real issue facing all of us, sea-level rise. We have a unique opportunity to be able to make a flood barrier into a public amenity for the city and bring the people of Boston to a significant waterfront site that much of the public has most likely never stepped foot

on,” said John Roche, Chief Executive Officer, The Flatley Company. “We look forward to working with the community, the elected officials and city and state agencies as we move forward on plans for a mixed used site highlighted by unique approaches to resiliency and public access on the waterfront.”
The developer will be work-

ing with the community and city and state to develop and advance details of the project. The project adheres to many public planning efforts and regulations including Imagine Boston 2030, Plan: Charlestown, and the Boston Planning & Development Agency’s newly adopted regulations regarding resiliency and flood-proofing.



A rendering showing the street view of the redevelopment project proposed for the site of the former Domino Sugar Refinery.



A rendering showing the water view of the redevelopment project proposed for the site of the former Domino Sugar Refinery.

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FRESH AND LOCAL

An apple a day

By Penny & Ed Cherubino

Harvest season is the time of year to feast on apples from local orchards. Since apples are available year-round, we sometimes forget that they have a season when they are at their very best. That season is now!

The Perfect Snack

We fully intend to reinstate our neglected habit of enjoying an apple as an afternoon snack. If you are trying to control your appetite for sweets, we have a tip. When you start to think, "I'm hungry," ask yourself if you're hungry enough to eat an apple. If the answer is yes, go grab an apple! It will satisfy your hunger.

The book "Cooking from Scratch," from the PCC Community Markets, explains why a whole unpeeled apple is a healthy choice. "The more processed a food is, the lower its fiber content will be. A whole apple provides about 4 grams of fiber, while a peeled apple provides 2 grams and apple juice contains no fiber at all." Fiber is both healthy and filling.

Buy your apples with the idea of eating the peel. For us, this means buying local and unwaxed or organic. Conventionally grown apples are on lists of "dirty dozen" produce items for their concentration of pesticide residue. We also give all apples a good wash before we eat them.

Sweet, Tart, Crunchy, or Yielding

Traditional New England favorites are Gravenstein, McIntosh, Winesap, and of course, the Roxbury Russet. Newer hybrids like Cameo, Honeycrisp, Jonagold, and Mutsu are available at farmers' markets.

We all have our favorites for eating out of hand. Ours is the sweet and snappy Honeycrisp. Each bite explodes, filling your mouth with juicy freshness. You may like the sweet crunch of a Gala or the soft-



This Hidden Rose apple offers the surprise of a rosy fleshed interior. It has been described as, "... tart and mildly sweet, with a distinctive strawberry-lemonade flavor."

er texture of a Ginger Gold.

Crabapples

Each fall, we look forward to the Chestnut Crabapples from Foppema's Farm. They are sweet and crunchy and have a lovely nutty flavor.

Many cooks will add some crabapples to their apple recipes to introduce tart to balance the sweet. Others who don't want an overly sweet result make desserts with crabapples instead of their larger cousins. Think about the contrast you would find in a crabapple Tarte Tatin.

Baking Apples

Many bakers will mix varieties in their baked apple goods to give their sweets the best combination of texture, juice, sweetness, and zest. One rule of thumb for pie apples is to pick a variety that is firm and tart. A few candidates from local markets would be Northern Spy, Rhode Island Greening, Pippin, or Winesap.

Apple Storage

Apples were a storage crop in the days before refrigeration. Back

then, to keep one bad apple from spoiling the bunch, homemakers would clean, polish, and wrap each apple in newspaper to retard ripening. Then, they would store the fruit in a cool spot, like their root cellar.

Apples do continue to ripen after they're picked. A cool, constant temperature is best for keeping your modern-day supply of apples in excellent condition for as long as possible. If you have room in your refrigerator, that's the spot for ripe apples.

Expert Apple Advice

With so many options, turn to the people who grow apples for guidance when choosing your fruit. Ask questions of the farmers you meet at local markets. They know the qualities of their apples from the ground to the plate and can give you tips, tricks, and expert advice for choosing and using the apples from their crop.

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

Michelle Wu will be first on the Mayoral Ballot in November

By John Lynds

At the random drawing at City Hall Monday to determine the position of the Boston Mayoral Ballot, Michelle Wu's name came out of the perforated bingo drum first and will appear on the top of the mayoral ballot in November with Anissa Essaibi George appearing second. Essaibi George was first on the ballot during the Preliminary Election that narrowed the field of mayoral candidates down to two.

The Board of Election Commission also randomly drew the order of the At-Large ballot for November with Dave Halbert getting the top spot on that ticket.

In September voters narrowed the crowded At-Large field down to 8 and the order on the ballot will be as follows:

- David Halbert
- Bridget M Nee-Walsh
- Julia Mejia
- Carla Monteiro
- Ruthzee Louijeune
- Althea Garrison
- Michael Flaherty
- Erin J. Murphy

Ballot Questions

The Boston General Election November ballot will also feature three ballot questions for Boston voters.

The first question will ask whether or not to reverse the decision in the 1990s to go from an elected Boston School Committee to an appointed School Committee.

"We're the only city in the

Commonwealth that does not have an elected school committee," said District 1 City Councilor Lydia Edwards, who is running unopposed for her District 1 seat but has announced her candidacy for the First Suffolk & Middlesex state senate seat. "There's also a ballot question that I introduced on the Boston Budget Process Amendment. It would allow the city council to engage back and forth with the mayor to check the mayor's power on the \$3.7 billion budget. It will give the council, just like every other legislative body, the ability to amend and to override the mayor's veto. So it's a huge shift in power, and it would be one that hasn't happened since 1909."

There's also a non-binding ballot question regarding the proposed Eversource Substation in East Boston

The question to voters will read, "Should a high voltage, electric substation be built at 400 Condor Street in East Boston, along the Chelsea Creek, near homes, parks, playgrounds, jet fuel storage, and in a flood risk area rather than in a nearby alternative safe and secure location such as non-residential Massport land at Logan Airport?"

Councilor Edwards was supportive of the 10 Eastie residents who petitioned the City of Boston to put the question on the ballot this fall.

Historically, a non-binding ballot question provides information to elected officials and the public of voter sentiment on a particular issue.

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CONSTRUCTION UPDATE

North Washington Street Bridge construction look-ahead

North Washington Street Bridge Replacement

You are subscribed to North Washington Street Bridge Replacement Updates from Massachusetts Department of Transportation.

Navigation Channel Closure

The planned closure of the entire marine channel below the North Washington Street Bridge, originally noted in the September 3rd bi-weekly look-ahead, will take place from 6:00 a.m. on Monday, 10/04 to 5:00 p.m. on Friday, 10/08. The closure will allow for the safe installation of

structural steel and delivery of materials using barges.

All work will take place in the marine work zone: there will be no roadway impacts, and traffic can continue to safely travel on the temporary bridge. This operation will not impact pedestrian access over the Charles River dam and locks.

Following the full closure there will be smaller, half channel closures to install elements of a new bridge deck later in October and in November. These closures will be noted in regular, bi-weekly look-ahead emails and updates on

the project website.

Mariners should continue to exercise caution while transiting the channel when it is open and pay close attention to signage, lighting, and work vessels. The project team recommends that mariners monitor VHF marine channels 16 and 22A for additional information. For more information about the North Washington Street Bridge Project and to share any comments and questions, please visit the project website or email the project team.

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617-349-4396

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Baker-Polito administration files legislation to further support military families transferring to Mass.

The Baker-Polito Administration filed legislation to improve the occupational licensing process for certain professions for military families transferring to Massachusetts. The legislation would help facilitate license portability for military families transferring to military installations in Massachusetts by entering the Commonwealth into a series of interstate licensure compacts and other agreements.

“This legislation will help the Commonwealth further improve and streamline the process for military families who are looking to transfer their professional licenses to Massachusetts,” said Governor Charlie Baker. “Our administration is committed to helping these military families successfully resettle in the Commonwealth, and these steps will ensure that military families who are making Massachusetts their new home will have an easier time in keeping their professional licenses and maintaining that source of income.”

“Massachusetts has a long

history of supporting the many military veterans and their families here who have made difficult sacrifices during their service,” said Lt. Governor Karyn Polito. “That support includes prioritizing professional licenses for incoming families, and this bill removes additional barriers to household stability and civilian careers for those transferring to military installations in the Commonwealth.”

The legislation would implement recommendations made by the Division of Occupational Licensure (DOL), formerly the Division of Professional Licensure, in accordance with Executive Order 593, signed by Governor Baker in February 2021. The Executive Order directed the DOL to study interstate compacts and similar agreements relative to licensure for professions licensed by five boards under DOL’s purview. The professions covered by this order were identified by the Air Force and Department of Defense and include physical therapists (and physical therapy

assistants); accountants; engineers; psychologists; and barbers and cosmetologists.

Upon implementation of this bill, Massachusetts will be able to participate in the Nurse Licensure Compact, the Physical Therapy Compact, and the Psychology Interjurisdictional Compact (PSYPACT). The participation in these compacts allows qualified practitioners from member states to obtain the ability to practice in Massachusetts via a streamlined process, which reduces regulatory burdens for these professionals while also enhancing access to care for the consumer. In turn, Massachusetts licensees would also benefit from the ability to practice in other states that are part of the compacts.

“Behind each of the Commonwealth’s six military installations are dedicated men and women serving their nation and providing for their families,” said Housing and Economic Development Secretary Mike Kennealy. “These military installations drive significant economic

activity, and by simplifying the process of transferring professional licenses, we can increase our support for military families relocating to Massachusetts by making it easier for those family members holding professional licenses to continue their careers.”

“The DOL continues to prioritize professional licenses for military personnel and their spouses and is committed to improving the licensee experience,” said Division of Occupational Licensure Commissioner Layla D’Emilia. “The addition of interstate compacts, streamlined DOL web resources for military-connected applicants, and appointment of dedicated staff to support these applicants helps to further ease the process for military family relocating to Massachusetts.”

“This effort reflects the mission and effectiveness of the Commonwealth’s Military Asset and Security Strategy Task Force (MASS-TF) in protecting and strengthening our military installations,” said John Beatty, Executive Director of the MASS-TF. “Led

by the Governor’s team, we have worked across the Baker-Polito Administration and with our state legislators, installation leaders, our Mass National Guard, and directly with the Department of Defense, the Air Force, and Army to ensure we arrived at the right initiative that will ensure Massachusetts remains a welcoming place for service members and their families.”

This bill seeks to build on previously enacted laws, including Valor Act I (2012) and Valor Act II (2014), that assist and support military families returning from active duty, or relocating to Massachusetts.

The Commonwealth remains a leader in professional licensure, ensuring that licensees receive proper training to practice in their field safely and competently. This legislation to join interstate compacts will not only assist the military community and licensees, but the citizens of the Commonwealth will have increased access to the best healthcare available.

Charlestown’s weekly COVID positive test rate decreases

By John Lynds

The Charlestown COVID positive test rate increased a whopping 91 percent between September 13 and September 20 but has since come down.

According to the weekly report released Monday by the Boston Public Health Commission (BPHC), 685 Charlestown residents were tested and 3.8 percent were found to be positive--a 9.5 percent decrease from the 4.2 percent that tested positive between September 13 and September 20.

Citywide, the weekly positive test rate also decreased and dropped 27 percent last week. According to the BPHC 24,203 residents were tested and 3 percent were COVID positive--this was a 27 percent decrease from the 4.1

percent reported by the BPHC on Sept. 20.

Thirty additional Charlestown residents tested positive for the virus since September 20 and the number of positive cases increased to 1,631 overall since the start of the pandemic.

The statistics released by the BPHC as part of its weekly COVID19 report breaks down the number of cases and infection rates in each neighborhood. It also breaks down the number of cases by age, gender and race.

Citywide positive cases of coronavirus increased 1 percent since Sept. 20 and went from 79,268 cases to 80,242 confirmed cases in a week. There were five additional deaths in Boston from the virus in the past week and the total COVID deaths is now at 1,423.

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ANNUAL CHARLESTOWN CANDLELIGHT VIGIL AT THE CHARLESTOWN PEACE PARK

Sunday's 13th Annual Charlestown Candlelight Vigil was marked by singing performances by Christian Assembly's Robin Tagliferro and Cassady Sullivan, a reflection by Coalition Program Manager and event organizer Shannon Lundin-White, and poem titled 'We light this candle for you' by Ronnie Doe.

The event is held every September as part of Recovery Month. The purpose of the Vigil is to remember those who lost their battle with drugs and alcohol and to give hope to those still struggling with addiction.

So many in Charlestown who have been lost to the opiate epidemic. As the candles burned on, a professional video with photos of those lost played for nearly 15 minutes of song dedicated to all those we miss dearly.



Robin Tagliferro and Cassady Sullivan sang songs of remembrance.



Shannon Lundin addresses the crowd.



Some of the those attending pictured above.



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