



THURSDAY, APRIL 13, 2023



FREE

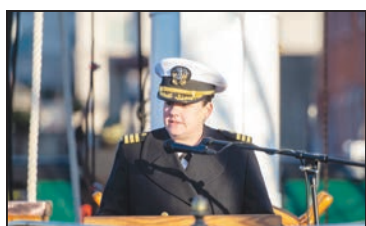
CHARLESTOWN

PATRIOT-BRIDGE

EASTER SUNRISE SERVICES ON USS CONSTITUTION



Easter Sunrise services were held last Sunday morning aboard the USS Constitution. In the top photo worshipers are shown on the main deck. In the photo below right crew listens to the readings. In the photo below, USS Constitution Captain Billie Farrell.



PHOTOS COURTESY OF USS CONSTITUTION PUBLIC AFFAIRS



One Mystic Avenue project sees updates

By Michael Coughlin Jr.

On Monday, April 10, the Boston Planning and Development Agency (BPDA) held a meeting to discuss a Supplemental Information Document that was filed in February regarding the development of an over 480,000 square-foot mixed-use development at One Mystic Avenue.

The proposed development would span 25 stories at the height of 279 feet, include retail and commercial space, and 636 residential units, all while providing 171 off-

street parking spaces.

Over the past several years that this development has been in the works, the team working on the project has been listening to feedback, according to Donald Wiest, a Founding Partner of DainTorp, the permitting counsel for the developer – Fulcrum Global Investors, LLC.

“In the course of almost three years working on this project and approximately 70 meetings – small and large – talking with

(ONE MYSTIC Pg. 4)

Charlestown High track and field replacement scheduled

Staff Report

The Boston Parks and Recreation Department has announced that the replacement of the turf carpet and track resurfacing at the football field and multipurpose field at Charlestown High School will commence on April 17.

Updating the surfacing at this

facility, undertaken in partnership with Boston Centers for Youth & Families and Boston Public Schools, will ensure that field and track users play on safe conditions and state of art facilities.

The work schedule begins with demolishing the football field arti-

(TRACK AND FIELD Pg. 7)

CHARLESTOWN NEIGHBORHOOD COUNCIL CALENDAR

CNC Development Committee Meeting, Thursday, April 13, 7 p.m.

The Charlestown Neighborhood Council's Development Committee will hold an in-person, public meeting on Thursday, April 13, 2023, from 7-9 p.m. at the Knights of Columbus, 545 Medford Street, Charlestown. The agenda item will be the proposed conversion of 150 Third Ave, Charlestown, MA (f/k/a The Constitution Inn). A presentation by the project proponents, the Planning Office for Urban Affairs and St. Francis House, will be fol-

lowed by an opportunity for the committee and community to ask questions about the proposed project.

CNC Development Committee Meeting, Wednesday, April 26, The Charlestown Neighborhood Council's Development Committee will hold an in-person, public meeting on Wednesday, April 26, 2023 at 7 p.m. (location TBD) The sole agenda item will be the Plan:Charlestown Hybrid Scenarios presented at the March 30, 2023 BPDA meeting. [ning-initiatives/plan-charlestown Members of the BPDA PLAN:Charlestown team will discuss the proposed zoning changes and land use scenarios to be followed by an opportunity for the committee and community to ask questions and offer comments on the proposal.](https://www.bostonplans.org/planning/plan-</p></div><div data-bbox=)

Meeting/Event Updates: Council meetings are listed and updated on the CNC calendar, cnc02129.org. Our general and committee meetings are open to the public - so residents do not need an invitation to attend and are not required to RSVP or reserve a space. However, if you would

like to receive a calendar invitation for an event and email updates with important meeting updates, then just click an event's 'Add to Calendar' button and provide your email address.

As always, please bring your neighborhood questions, concerns, and suggestions to our monthly general meeting. The next General Meeting will be Tuesday, May 2, 2023. Contact us anytime at cnc02129@gmail.com and find updates on [CNC02129.org](https://cnc02129.org). We look forward to seeing you all soon!

EDITORIAL

THE MARATHON BOMBING, 10 YEARS LATER

This week marks the 10th anniversary of the tragic Boston Marathon bombing which occurred on April 15, 2013, when two brothers set off a pair of bombs near the finish line of the marathon, killing three persons (Krystle Marie Campbell, a 29-year-old restaurant manager from Medford; Lü Lingzi, a 23-year-old Chinese national and Boston University statistics graduate student; and 8-year-old Martin William Richard from Dorchester) and injuring 281 persons, of whom 16 lost limbs.

In addition, during the manhunt for the bombers in the ensuing days, the brothers shot and killed 27-year-old Sean Allen Collier, an MIT police officer, who crossed their path, and shot two Boston police officers, one of whom, Dennis Simmonds, died on April 10, 2014, from head injuries he received during the shootout in Watertown.

One of the brothers was killed during the shootout and the other eventually was captured, tried, convicted, and sentenced to death, and now is imprisoned in a federal Supermax facility.

For those of us who are lifelong Boston-area residents, the horror of that afternoon, as well as the three-day manhunt for the suspects, will remain etched in our memories forever as no other local event ever has.

We will never forget the tremendous performance of the medical and emergency crews on the scene and at our area hospitals, who miraculously saved the lives of scores of victims who otherwise might have died from their wounds.

Ten years later, the memory of that day gives all of us pause to reflect, both to remember the innocent victims and to honor those whose heroic actions saved lives.

CLARENCE THOMAS: SUPREME HYPOCRITE

"I prefer the RV parks. I prefer the Walmart parking lots to the beaches and things like that. There's something normal to me about it." -- Judge Clarence Thomas in a recent interview.

The revelation this past week that Supreme Court Justice Clarence Thomas and his wife have been accepting luxury vacations from a Texas billionaire for the past 25 years, including a recent vacation that is estimated to have had a price tag of \$500,000 (that's not a typo -- there are no added zeros), is absolutely sickening.

For his part, this billionaire said he never discussed any cases with Thomas and reportedly never had any specific cases pertaining to him in front of the court.

However, among the other guests on these vacation junkets were top executives of major U.S. corporations, so it certainly is conceivable that some of these companies may have had matters that came before the Supreme Court during the 25 years that Thomas has been receiving these extraordinary gifts from the Texas billionaire.

However, the focus on whether any one of these wealthy and influential persons had any specific matters before the Supreme Court misses the point entirely, which is this: Thomas is hobnobbing with, and accepting gifts of immense value from, individuals who have a great deal of general interest in cases that come before the Supreme Court.

For example, the infamous Citizens United case in 2010 (in which the court held that the free speech clause of the First Amendment prohibits the government from restricting independent expenditures for political campaigns by corporations, thereby striking down a federal law that had placed a limit on donations by corporations) was brought by billionaires -- and who have been influencing U.S. elections ever since with what is known as "dark money" (because its source is unknown). Thomas -- surprise! -- voted with the majority in a 5-4 decision.

But beyond what constitutes an obvious conflict of interest by Thomas, this is just another example of the hypocrisy that has marked Thomas's tenure ever since he was appointed to the Supreme Court more than 30 years ago.

Thomas rates as the most unqualified person ever to sit on the court. He never tried a case in a courtroom and had no substantive legal experience prior to being appointed to a seat on the federal Appeals Court. (He was incapable of having been named as a federal district court judge because he would have been clueless as to how to conduct a trial.)

He often speaks and writes of his humble beginnings growing up poor on a farm in Georgia, but he never acknowledges that it was thanks to de facto affirmative action programs at Holy Cross and Yale Law School that gave him the opportunity to rise to the highest court in the land. Nor does he acknowledge that it essentially was affirmative action by President George H.W. Bush that elevated him to his judicial posts, because Thomas by any objective measure was unqualified to be a judge.

But here's the irony of Thomas's personal affirmative action story: He is among the leaders of the Supreme Court faction that no doubt soon will be striking down affirmative action programs that have existed for decades in universities across the country.

Thomas's stance on affirmative action is the height of hypocrisy -- he benefited from programs that afforded him opportunities, but he is pulling up the proverbial ladder so that others cannot follow him -- that goes way beyond taking expensive vacations in the face of his laughably stated preference for "Walmart parking lots."



LETTERS to the Editor

HELM ON THIRD PROPOSED PERMANENT SUPPORTIVE HOUSING IS FAR DIFFERENT FROM AFFORDABLE HOUSING

Dear Editor,
Charlestown residents need to understand what the transformed Constitution Inn could be and how it will impact their neighborhoods. The reality of what is being proposed has been masked under the cloak of a project that will help potential residents and enhance the neighborhood location. This cannot be further from the truth. Helm on Third will not "blend seamlessly" into the Charlestown Navy

Yard as stated previously in an October op-ed because this IS NOT an affordable housing project.

Helm on Third will include 64 units of Permanent Supportive Housing (PSH) for formerly homeless persons, a complicated population who may have medical, psychiatric and substance abuse disorders. There is no plan in this living environment for robust, flexible, and long-term medical support. A January 2023 article in the Wall Street Journal by a physician with long-term experience with the homeless population states putting people into apartments without the proper medical support can do more harm than good. He stated research on poor survival and low housing retention if TREATMENT


first is not provided. Putting a roof over a person does not solve the myriad of problems this population encompasses.

I urge Charlestown residents to read research articles on housing formerly homeless people and learn more about this proposed project by going to www.charlestownvoice.com.

I urge Charlestown residents to attend an in-person public meeting about Helm on Third sponsored by Charlestown Neighborhood Council on Thursday, April 13 at 7 pm, at Knights of Columbus, 545 Medford St, Charlestown, MA. Proponents will provide a presentation and residents can ask questions.

Helm on Third is an

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CHARLESTOWN

PATRIOT-BRIDGE

THE CHARLESTOWN PATRIOT-BRIDGE,

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LETTERS (from pg. 2)

ill-conceived project which will do more harm than good to the residents and neighborhood it proposes to serve. Please come and voice your concerns. There is strength in numbers!

Karen S. DiPietro

EARTH DAY CELEBRATION

To the Editor,

Please join with our neighbors and friends across the Charlestown community for an Earth Day celebration on Saturday, April 22, from 12-3 at Pier 5 in the Navy Yard.

The theme is "Invest in the Planet" and there will be many venues regarding what we all can do to protect our planet from climate change.

Many children's activities, music, and refreshments are planned, as well as an opportunity to meet new neighbors, and friends from all around Charlestown. For the children, bring used books for a swap, and new book bags and bookmarks will be provided and an artist will be assisting children to paint on new canvas bags.

Harvest on Vine, our local food pantry will be accepting non-perishable food items, monetary donations and local businesses have generously donated raffle items. Many of our neighbors are experiencing food insecurity and this is an opportunity to help with this need.

Please visit Pier5.org, volunteer and spread the word.

Thank you,

Ann Kelleher

REGARDING THE HELM ON THIRD

Dear Editor,

On April 13, 2023, the Charlestown Neighborhood Council is holding a meeting at 7PM for the community to hear about the proposal for housing at the Helm on Third at the former Constitution Inn in the Charlestown Navy Yard. It is expected that there will be many members of the community who will turn out to have their voices heard.

A large portion of the residents of the proposed Helm on Third will be housed in what is called Permanent Supportive Housing (PSH). PSH takes long-term homeless individuals off the street and provides them with housing and other services. Chronic homelessness is a complicated issue and oftentimes the result of mental illness, substance abuse and joblessness. Many of the potential residents

have drug and alcohol addiction issues and there is no requirement for sobriety or to enter into rehab or treatment in exchange for housing. As a result, our community has concerns about the impact this will have on the neighborhood and on their personal safety.

The Charlestown Navy Yard is primarily a residential neighborhood with limited services, job opportunities and activities that would help ensure success for these prospective residents. Charlestown is a giving community but we are taking on more than our fair share of affordable housing. There is a lack of medical services; pressure on the availability of school seats in our neighborhood's schools; transportation options are limited and, especially at rush hour, overcrowded; there is a lack of businesses that could provide appropriate job opportunities. Is this the best area and location?

As is sometimes the case when there are plans to create an affordable housing project and in this case, also Permanent Supportive Housing (PSH), there is neighborhood opposition. The "NIMBY" (Not In My Backyard) label is then attached to those with concerns for the safety of their neighborhood and to diminish their standing. Before the NIMBY label is rolled out, Charlestown, being the oldest settled land in the City of Boston, already has among the highest population density of all neighborhoods in the city and has taken on more than its fair share of affordable housing.

According to a 2021 City of Boston report, the percentage of all income-restricted units for the City as a whole is 19.2 percent. Charlestown ranks fifth of all neighborhoods at 25 percent. The neighborhoods where income-restricted units make up the highest percentage of the housing stock are Roxbury (54%), Chinatown (50%), Mission Hill (37%) and the South End (33%). Those with the lowest percentages are Back Bay (6%), Beacon Hill (6%), North End (6%), Hyde Park (7%), the South Boston Waterfront/Seaport (8%) and Roslindale at 13%.

The 25% affordable statistic for Charlestown excludes the planned expansion of the Bunker Hill Housing Complex from 1,100 units to 2,699 units, an increase of 1,699 units. If these units are added, Charlestown would be ranked third of all neighborhoods at 37%; the same as Mission Hill. The Bunker Hill Development already stands as the largest affordable housing complex in the Northeast and is the fourth largest

in the country.

In further looking at the City's data, 27% of all rental units in the City are income-restricted. Roxbury again has the largest portion at 64%. This is followed by Chinatown (52%), South End (46%) with Charlestown ranking fourth at 43%. Again, this is before the planned expansion at the Bunker Hill Complex which would vault Charlestown into third place.

These are the facts. The City of Boston has a goal that all new residential developments have at least 20% of their units classified as "affordable". There are certain neighborhoods in the City, Charlestown included as shown above, that have well surpassed this 20% mark. On the other hand there are neighborhoods who are still in single digits and are not even close to reaching 20% and have few if any development projects in the pipeline that address the issues of affordable housing and homelessness.

We understand the Mayor and the City are considering all options in order to tackle these tough problems. But Charlestown can not always be the answer. For more information on the Charlestown community's opposition to this project, please see the newly created website at CharlestownVoice.com

Thank you.

Kathy Elliott

Member of Charlestown Voice



A turkey making its way along Chestnut Street in Beacon Hill.

Big Day Boston to host city-wide birding event

On May 6, all bird lovers will get a chance to see how many different species of birds that they can spot. The event is billed as a friendly birding competition to see who can spot the highest number of species in a single day in the core of Boston.

Registration will be conducted at Copp's Hill Terrace starting at 9:30 a.m. with birding start-

ing at 10 a.m. The neighborhoods where one can see birds will be Beacon Hill, Charlestown, Chinatown, Downtown, the Leather District, the North End, and the West End, including the Common and the Public Garden.

The winner will be announced at 4:30 p.m. at Copp's Hill Terrace. For more information visit BigDayBoston.com



PLAN: Charlestown

Office Hours at the Charlestown Public Library

THURSDAY
APRIL
6
5:00 PM - 8:00 PM

WEDNESDAY
APRIL
12
12:00 PM - 6:00 PM

FRIDAY
APRIL
14
10:00 AM - 2:00 PM

The Boston Planning and Development Agency (BPDA) welcomes all Charlestown community members to come chat with the PLAN: Charlestown team at Charlestown's public library!

PLAN: Charlestown is the neighborhood's ongoing comprehensive planning initiative, which kicked-off in 2020, and has just released a new scenario depicting a possible future for the neighborhood's land use, open space, transportation, and density. The team is collecting feedback and wants to hear from as many residents as possible, so please stop by with your thoughts, hopes, and questions!

Charlestown Public Library
179 Main Street,
Charlestown, MA 02129

Interested in chatting with staff but unable to join? Please contact **Jason Ruggiero** at jason.ruggiero@boston.gov to schedule a time to chat.

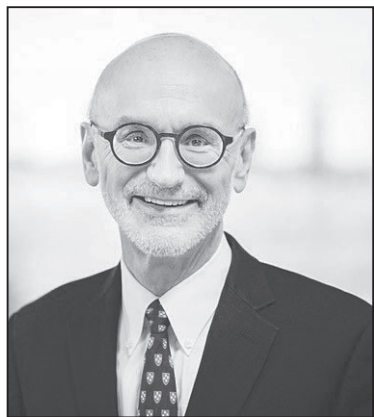
BostonPlans.org | [@BostonPlans](https://www.instagram.com/BostonPlans)

Teresa Polhemus, Executive Director/Secretary

Charlestown's David Storto Joins Tandem Solutions to Launch Health Care Advisory Services

Tandem Solutions, a leading organizational change management company, announced today that David Storto will join the firm as a Senior Health Care Executive Advisor. Storto most recently served as the Executive Vice President and Chief Strategy & Growth Officer for Tufts Medicine and previously as President and long-time leader of the Spaulding Rehabilitation Network and Continuing Care Division of Partners HealthCare (now Mass General Brigham).

"Health care systems and their leaders are facing unprecedented challenges, while consumers often find themselves caught in a perplexing maze in their efforts to find the right care. We are thrilled to have Storto join us with his significant expertise in the field to help chart a path through the changing environment," said Jan McCafferty, Managing Director



David Storto.

of Tandem Solutions. "He is an accomplished and compassionate leader with a solid track record for leading significant change in health care and we are confident his wealth of knowledge will serve our clients well." Storto will engage with C-suite level executives to support their efforts to lead important changes.

"Tandem Solutions supports the success of a variety of organizations through its consulting, leadership development and coaching services. The principals and staff are an extremely talented and innovative group and the company has grown to be recognized as a leader in its field. I feel incredibly fortunate to join their team and to provide a complementary range of services to their impressive portfolio" said Storto.

"Storto is widely known and admired in health care circles in Massachusetts and nationally for his leadership in rehabilitation and post-acute care," said Ellen Lutch Bender, a leading healthcare industry strategist and principal of Bender Strategies. "He has a tremendous skill set, possesses a strong character and behaves with impeccable integrity and authenticity. I am certain that he will be a major asset to Tandem Solutions."

"During his tenure as Vice Chair of the American Medical Rehabilitation Providers Association (AMRPA), headquartered in Washington, DC, he was a vocal member and led our national advocacy to heighten awareness about the importance of rehabilitation medicine and shifting the mindset from thinking about people with physical disabilities to thinking about them as adaptively able-bodied individuals with strong potential," said Anthony Cuzzola, Chair of the AMRPA Board. "He was a strong leader of the Association and was recognized as the person responsible for developing Spaulding to be one of the country's top rehabilitation hospitals."

"Storto demonstrated extraordinary leadership for the city of Boston during good times and in times of crisis," said Marty Walsh, former Mayor of Boston, more

recently US Secretary of Labor and the newly appointed Executive Director of the NHL Players Association. "He built and opened the renowned Spaulding Rehabilitation Hospital in the wake of the tragic Boston Marathon bombings and Spaulding cared for many of the most catastrophically injured survivors. He also stepped up more recently during the onset of the COVID pandemic and Spaulding cared safely for hundreds of survivors who were severely debilitated when most post-acute facilities were unable to respond to the need. Tandem Solutions and their clients will be well served by him".

Storto will be concluding his work at Tufts Medicine at the end of April and will assume his responsibilities at Tandem Solutions at the beginning of June.

ONE MYSTIC (from pg. 1)

members of the community – we have been listening and taking notes to see what ways the project could respond to the community's needs," said Wiest.

Monday's presentation revealed how this project's proponents plan to address residents' concerns regarding housing, traffic, job opportunities, and open space.

Regarding housing, concerns outlined in the presentation pertained to high costs, a minimal amount of housing options available, and a lack of housing for veterans. To quell these concerns, the proponents are proposing 20% affordable housing, "significant" workforce housing, and even veterans housing.

"We are proposing an enormous number of affordable units at our building. They're expensive to build – they're especially expensive to build in highrise vertical construction as opposed to more

standard low-scale construction – but we're committed to doing it," said Wiest.

Wiest went on to explain that around 70% of the total units would either be affordable or workforce housing. Moreover, this proposal commits to 127 total IDP units. Furthermore, 13% of units are at 70% AMI (area median income), 4% at 100% AMI, and 3% as "veteran's vouchers" as part of the Veterans Affairs Supportive Housing program (VASH).

As for the size of the units in this development, around 40% of the affordable units are standard-sized, while 60% of market-rate units are compact.

In terms of veteran housing, there is a proposal for a wing on the fourth level to contain 20 VASH units, including over 2,000 square feet for amenities such as counseling rooms, a fitness area, and more.

Moving toward the mitigation strategies concerning traffic, Wiest indicated that the most fundamental mitigation strategy of them all is that the site is close to Sullivan Square Station.

"Simply being across the street from Sullivan station makes it very easy for people in the morning to fall out of bed, walk across the street, get on the T, or get on one of 12 bus lines and go to work that way," said Wiest.

He also showed a slide that indicated that within a 30-minute transit trip from the Sullivan Square Station area, riders would have access to 858,794 jobs around areas like Boston, Medford, Everett, and more.

"So, for the roughly 900 or so people who will live ultimately in our 636 units – it's an extraordinary access to the rich job pool of our area without having to have a car – or at least without having to rely on your car," said Wiest.

Other traffic mitigation tactics include the commitment to join a Transit Management Association, help with the launch of the Charlestown Link shuttle service, subsidies for both the MBTA and Blue Bikes, an electric vehicle car share program, and much more.

As for job creation, this project would create around 1,500 construction jobs, including internships and apprentice opportunities. "These will be union construction jobs; they'll be extremely well-paid," said Wiest.

60 permanent jobs will also be created for work within the building. Around three or four opportunities for local small businesses will be provided, which entails

rent subsidies to get them into the proposed building.

Finally, in terms of open space, the proponents are committing to 35% of on-site open space, which includes a dog park and public plaza, in addition to other improvements in walkability, connections, and more.

Overall, there seemed to be a healthy amount of attendees who supported the project, but others did have some concerns.

Many of the attendees who voiced their support for the project were part of local unions like Patrick O'Toole and Jerry Williams.

"I represent workers from Local 6 out of Dorchester, and I just wanted to thank the BPDA for the meeting tonight, and I do want to say that we definitely support this project," said O'Toole.

Williams, a member of Local 33, echoed O'Toole saying, "I am fully in support of this project. I am looking forward to the opportunity that it provides to the people, and the union, and the city."

While there was support from those in unions around the city and even some support from residents in Charlestown, other neigh-

borhood residents were not as gungho about the proposal.

One of the main concerns raised by some residents during the question and answer portion of the meeting was about keeping Charlestown residents in the neighborhood. For example, Johanna Hynes asked if some of the units were being held for residents of Charlestown so they could stay in the area.

However, Wiest explained that holding specific units for Charlestown residents could not happen due to federal housing non-discrimination law.

Another resident seemed outright opposed to the project, saying, "It doesn't make any sense at all. It's too big, too tight, too dense, and a very dangerous location."

While there are differing opinions on the proposal, there is still time to provide feedback. The public comment period is open for the supplemental filing – the topic of Monday's meeting, and it will close on Apr. 28. Written comments can be sent in at <https://www.bostonplans.org/projects/development-projects/one-mystic-avenue>.

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Email: tfappointments@gmail.com
for full job descriptions and applications.

Harvest on Vine

Emergency Food Pantry

APRIL DISTRIBUTIONS

49 Vine Street

Set-up: Monday, April 24 - 3PM
Distribution: Tuesday, April 25 - 2PM

Mishawum Park

Set-up: Wed, April 19th - 3PM
Distribution: Thurs, April 20 - 1PM
(Tom works with the Mishawum staff to distribute food.)

Director-Tom MacDonald 617-990-7314



Our Senior Life

Know the Early Warning Signs of COPD

Chronic obstructive pulmonary disease (COPD) is a long-term lung disease that makes it hard to breathe. A leading cause of disability and death in the United States, more than 12.5 million people have been diagnosed, and millions more may have the disease without even knowing it. While there is no cure, knowing COPD's early warning signs can lead to earlier treatment and may prevent its progression.

The American Lung Association, funded with support from the Centers for Disease Control and Prevention, is sharing the following insights to help Americans recognize the warning signs of COPD and take action:

Early Warning Signs of COPD

Not everyone has the same COPD symptoms, but some of the more common early warning signs and symptoms may include shortness of breath, a cough that may bring up mucus or phlegm, chest tightness, fatigue and reoccurring lung infections. People may think these symptoms are because of aging, smoking or being out of shape and become less active to avoid experiencing them. These signs and symptoms shouldn't be ignored. Speak with your healthcare provider if you experience any

of these symptoms and discuss any activities you are avoiding due to breathing difficulties.

Risk Factors and Diagnosis

Anyone can develop COPD, but people aged 40 or older and those who smoke or used to smoke are at higher risk. Cigarette smoking is the leading cause of COPD, however 1 in 4 people with COPD never smoked cigarettes. Secondhand smoke, air pollution, workplace exposures to dust, fumes and chemicals, and a genetic condition called alpha-1 antitrypsin deficiency (AATD) are also causes and risk factors for COPD.

People are often diagnosed at later stages of COPD when the disease has progressed because they delayed sharing their early symptoms with their healthcare provider. Everyone with risk factors and those experiencing early warning signs should talk to their healthcare provider about any breathing issues. It's especially important for women to do so. Because COPD has been historically thought of as a "man's disease" or an "old person's disease," women are sometimes misdiagnosed or receive a delayed diagnosis. But overall, more women

are affected by COPD than men and the death rate is higher in women. In addition, women tend to develop the disease at a younger age.

To diagnose COPD, the healthcare provider will evaluate symptoms, gather a complete health history, conduct a health exam and perform a pulmonary function test called spirometry. The results of the spirometry test can determine if you have COPD.

Lifestyle Changes

In addition to treatment, certain lifestyle changes may make a difference, as patients living with COPD know firsthand. After being diagnosed with stage 2 COPD in the wake of a COVID-19 infection, Bob F. partnered with his doctor and started monitoring his breathing at home and leaned into exercise. His hard work has paid off, with his last pulmonary function test showing that the disease has not progressed, and he is in better overall shape than before.

"Most of the advice you should follow is no different than what doctors tell us all.

Eat right, exercise, sleep, drink plenty of water, manage your weight and don't smoke. If you do these things, you may slow the progression of your COPD," says Bob.

But you shouldn't wait until a COPD diagnosis to make these changes. Lifestyle changes like quitting smoking, avoiding secondhand smoke and reducing your exposure to air pollution may reduce your risk for developing COPD. If you are experiencing shortness of breath or other respiratory symptoms, do not delay talking to your healthcare provider about your symptoms or COPD risk factors. For more information about COPD, visit Lung.org/COPD. (StatePoint

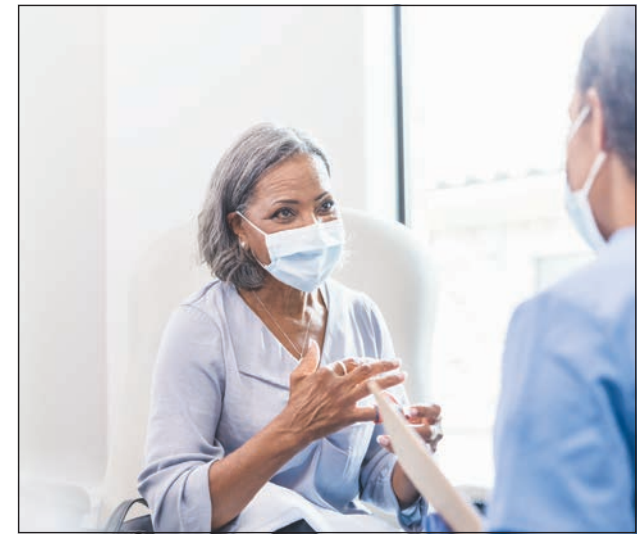


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ARTISTS' GROUP OF CHARLESTOWN HOSTS LIGHT AND SHADOWS EXHIBITION

On Friday, March 31, 2023 The Stove Factory Gallery opened their Spring 2023 Exhibition entitled Light and Shadow: Bringing Art to Life. This exhibition focuses



Gallery Chair Julie Alailima.

on the behavior of light on subject matter, its shadow, and how this relationship renders depth, dimension and drama as a result. The reception was a welcome to Spring and it was a busy evening.

Light and Shadow includes 97 artworks in various media by 56 Boston area artists. Members of the AGC Gallery Team aided Gallery chair Julie Alailima in the challenging task of selecting pieces from almost 200 art submissions to assemble a cohesive exhibition. Light and Shadow is still open for Saturday, April 15 and Sunday April 16 from 12 to 5 pm, The StoveFactory Gallery is also happy to open for appointments during the weekdays; please email contact@artistsgroupofcharlestown.com to request an appointment.

For more information, visit www.artistsgroupofcharlestown.com and follow us on IG at [@agc.stovefactorygallery](https://www.instagram.com/agc.stovefactorygallery).



Jan Shapiro at the opening.



Barabara Torrey with her works.



Carol Schweigert with some of her works.



Dara Pannebaker with her submission.



Margaret Burns in front of her work.



Jonah A. Finetuck with his photographs.

Don't Forget Pick Up After Your Pet!

Pet waste discarded on the street or in catch basins carries harmful bacteria straight into the waterways we rely on for recreation. Always remember to "Scoop the Poop" and dispose of pet waste in the trash. Proper disposal of pet waste protects the environment and our waterways from contamination.





WE ARE ALL CONNECTED

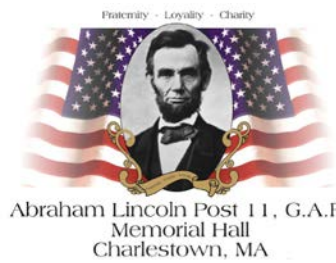
Let's Protect Boston's Waterways

VETERANS' BENEFITS RESOURCE FORUM

Saturday, April 22, 2023 | 10am - 2pm |
Memorial Hall, 14 Green Street, Charlestown

This **FREE** event sponsored by Abraham Lincoln Post 11, G.A.R. provides an opportunity for Veterans to meet representatives from State and Local Veterans' organization for the purpose of introducing veterans to the benefits that they may have available to them through these groups. Coffee and snacks will be provided.

- Boston Veterans Center – Clifford Coy
- VA Boston – David Hencke
- Veterans Benefits Administration – Hillary Brown
- Disabled American Veterans – Stanley Pratt
- Mass. Executive Offices of Veterans Services
- City of Boston Veterans Services – Representative



Many veterans, young and old, are not completely familiar with the benefits for which they are eligible. This forum makes it possible for veterans to drop in between the hours of 10:00 and 2:00 to ask questions, seek guidance, or just get some information. The objective is to make it easy to get the information by bringing these varied resources to one place at one time to meet with veterans.

TRACK AND FIELD *(from pg. 1)*

ficial turf carpet and track surfacing beginning April 17. During various project phases, temporary fences will close off the football field and parking lot. Construction vehicles will access the fields from the parking lot between the community center and the tennis courts.

The football field turf will begin installation in mid-May when the artificial turf carpet is scheduled to be delivered. In mid-June, the contractor will install a new top coat of asphalt on the track. Late June will mark the beginning of the demolition of the softball/multipurpose field. Color surfacing will

be installed on the track in early July, and installation will begin on the multipurpose field turf, backstops, and new drinking fountains with bottle-filling stations.

Barring any delays, the Parks Department plans on returning the fields to service in August and fully reopening the parking lot for use.

For more information on the work in Charlestown, email parks@boston.gov or call (617) 635-4505. Stay updated with news, events, and improvements in Boston parks by visiting Bos-

ton.gov/Parks, joining their email list at bit.ly/Get-Parks-Emails, and following our social channels @bostonparksdept on Twitter, Facebook, and Instagram.

DIDOMENICO AT OPENING ADVENT HOOD PARK



Last week, Senator Sal DiDomenico joined the grand opening of Advent's Hood Park facility alongside Governor Maura Healey and her team in Charlestown. This new manufacturing and R&D site will bring jobs and economic growth to the community and will support the company's efforts to produce more electrochemical components for the clean energy sector. "This development represents the future of our economy, and I am so glad to see it benefiting people in Charlestown and communities throughout Massachusetts," said Senator Sal DiDomenico. "Thank you again to Advent and their leadership team for showing us around this great new facility."

Time to think about Spring!


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Encore announces Red Sox partnership

Staff Report

Encore Boston Harbor announced a multi-year partnership with the nine-time World Series champions, the Boston Red Sox. With the newly formed collaboration, Encore Boston Harbor now has partnerships with all the region's professional sports teams, the Boston Red Sox, Boston Bruins, Boston Celtics, New England Patriots and New England Revolution.

"Boston is the city of champions and Encore Boston Harbor is proud to be a partner of all the city's major sports teams," said Jenny Holaday, president of Encore Boston Harbor. "We truly believe this makes us the premiere destination for all sports enthusiasts and entertainment seekers."

To celebrate the partnership, Encore Boston Harbor has made \$25,000 donations to the Red Sox Foundation, Shamrock Foundation, Boston Bruins Foundation, and Patriots

Foundation. The donations were commemorated by check presentations with Encore Boston Harbor President Jenny Holaday; Bekah Salwasser, Executive Vice President, Social Impact and Executive Director of the Red Sox Foundation, Dave Hoffman, Senior Vice President of the Boston Celtics; Kerry Collins, Senior Director of Community Relations of the Boston Bruins, and Andre Tippett, Pro Football Hall of Fame and Executive Director of Community Affairs for the New England Patriots.

"The Red Sox are proud to partner with Encore Boston Harbor, an organization that is highly regarded as a staple to Boston locals and tourists alike and revered for playing an active role in the Greater Boston community," said Troup Parkinson, EVP, Partnerships, Boston Red Sox. "Through this partnership, Red Sox fans will have access to exclusive offers to enhance their gameday experience with Encore



Shown above from left to right: Bekah Salwasser, Executive Vice President, Social Impact and Executive Director of the Red Sox Foundation; Andre Tippett, Pro Football Hall of Fame and Executive Director of Community Affairs for the New England Patriots; Jenny Holaday, President of Encore Boston Harbor; Dave Hoffman, Senior Vice President of the Boston Celtics; Kerry Collins, Senior Director of Community Relations of the Boston Bruins.

Boston Harbor as a post-game destination."

This newest collaboration between two of Boston's most recognizable organizations demonstrates commitment to the fundamentals of what makes Boston special. Together, both the Boston Red Sox and Encore Boston Harbor will continue to invest in

community organizations, build on Boston's passion for sports and offer top-level entertainment to Encore Boston Harbor guests and baseball fans alike.

Under the partnership, the organizations will jointly participate in marketing and co-branded program elements including:

- Complimentary shuttle ser-

vice to Encore Boston Harbor from Fenway Park after each Red Sox home game.

- Red Sox Ticket and overnight stay packages

- Team-related events held at Encore Boston Harbor including watch parties, a Boston Red Sox take-over day, and Red Sox Foundation events.

Councillors offer a hearing to discuss parking regulations

Special to The Patriot Bridge

Boston City Councilor Gabriela Coletta introduced a hearing order, co-sponsored by At-large City Councilor Michael Flaherty with Councilor Liz Breadon of

Allston and Brighton, to discuss the digitization and tracking of parking regulations in the City of Boston.

"Every year as we approach the budget season, residents across my

district reach out asking for greater funding for parking enforcement. We need a strong enforcement system, especially as we have a high level of density with small parking spaces per unit in our neighbor-

hoods," said Councilor Coletta. "Based on my conversations with the Boston Transportation Department (BTD), staff is currently tracking parking regulations based on institutional knowledge with

no modernized internal system to support them. This hearing aims to create a pathway for efficient constituent services regarding parking

(PARKING REGULATIONS Pg. 9)

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Parking Regulations // CONTINUED FROM PAGE 8

regulations by exploring how digitizing this information may foster greater quality of life for residents that rely on on-street parking near their homes.”

Additionally, Councilor Coletta hopes that the systemization of parking regulations can help BTD staff provide services efficiently as well given ongoing understaffing issues at the department.

At Large City Councilor Michael Flaherty said “I am happy to co-sponsor this hearing order to explore digitizing and categorizing parking regulations within the City of Boston. We need to bring the BTD into the digital age so that we can track where and when residents and nonresidents can and cannot park within the City of Boston. I believe it is also important to have a digitized system to allow for home health aides, physical therapists and hospice care providers to come to our city rather than choose to not treat

Boston residents for fear of getting ticketed or towed. The goal is to increase efficiency, make things easier for people to navigate and ultimately raise the quality of life for all Bostonians.”

“I am delighted that Councilor Coletta has raised the issue of parking enforcement as the City Council enters into the FY24 budget process. In Allston-Brighton, residents sometimes find themselves at odds with their neighbors, construction workers, or small businesses when street parking regulations and enforcement do not keep pace with changing conditions. Several City departments are charged with maintaining safe conditions on over 800 miles of streets in Boston,” said Councilor Liz Breadon. “City workers possess deep knowledge of these streets, and I look forward to hearing from them and Cabinet leadership regarding the Administration’s plans to transparently assist

residents who rely on street parking to take care of their families and businesses, even as the City enhances active transportation for cyclists and pedestrians.”

Highlights of the Order Include: “WHEREAS, BTD currently relies on institutional knowledge of parking enforcement officers to recognize parking regulations in respective neighborhoods. There is no tracking system or geographic information system (GiS) mapping tool that defines what regulations are where which negatively impacts both residents and BTD employees; and

WHEREAS, Consistent parking enforcement heavily relies on a structural understanding of where and what parking laws are being implemented, appropriate staffing of enforcement officers, and efficient route development; and

WHEREAS, While BTD is currently experiencing understaffing, establishing a tracking system that allows the department to see gaps in service can ensure that residents who live in high density areas can safely and reliably find parking near their homes; and

WHEREAS, Investment in digital tools that are easy to navigate can make it more efficient for residents and city workers to access information, request services, sign up for alerts, and enforce parking regulations; and”

The Boston City Council has yet to schedule a date for this hearing. Members of the public are encouraged to provide written or oral comments once a date is established.

LOCAL STUDENTS EARN ACADEMIC HONORS

GOULD INDUCTED INTO THE HONOR SOCIETY OF PHI KAPPA PHI

Richard Gould of Charlestown was recently initiated into The Honor Society of Phi Kappa Phi, the nation’s oldest and most selective all-discipline collegiate honor society. Gould was initiated at University of Massachusetts.

Gould is among approximately 25,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Phi Kappa Phi was founded in 1897 under the leadership of undergraduate student Marcus L. Urann who had a desire to create a different kind of honor society: one that recognized excellence in all academic disciplines. Today, the Society has chapters on more than 325 campuses in the United States, its territories and the Philippines. Its mission is “To recognize and promote academic excellence in all fields of higher education and to engage the community of scholars in service to others.”

More About Phi Kappa Phi
Since its founding, more than 1.5 million members have been initiated into Phi Kappa Phi. Some of the organization’s notable members include former President Jimmy Carter, NASA astronaut Wendy Lawrence, novelist John Grisham and YouTube co-founder Chad Hurley. Each year, Phi Kappa Phi awards \$1.3 million to outstanding students and members through graduate and dissertation fellowships, undergraduate study abroad grants, funding for post-baccalaureate development, and grants for local, national and international literacy initiatives. For more information about Phi Kappa Phi, visit www.phikappa-phi.org.

Founded in 1897, Phi Kappa Phi is the nation’s oldest and most selective collegiate honor society for all academic disciplines. Phi Kappa Phi inducts annually

approximately 25,000 students, faculty, professional staff and alumni. The Society has chapters on more than 325 select colleges and universities in the United States, its territories and the Philippines. Membership is by invitation only to the top 10 percent of seniors and graduate students and 7.5 percent of juniors. Faculty, professional staff and alumni who have achieved scholarly distinction also qualify. The Society’s mission is “To recognize and advance excellence in all fields of higher education and society.”

WASHINGTON UNIVERSITY IN ST. LOUIS ANNOUNCES DEAN’S LIST

The following student has been named to the Dean’s List at Washington University in St. Louis:

Abigail Geffin of Charlestown is enrolled in the university’s Olin Business School. To qualify for the Dean’s List in the Olin Business School, students must earn a semester grade point average of 3.6 or above and be enrolled in at least 14 graded units.

Washington University in St. Louis is counted among the world’s leaders in teaching, research, patient care and service to society.

The university draws students to St. Louis from more than 100 countries and all 50 states, the District of Columbia, Guam, Puerto Rico and the Northern Mariana Islands. The total student body is more than 15,000 undergraduate, graduate and professional students.

The approximately 4,300 faculty teach in eight schools: Arts & Sciences, Brown School, Olin Business School, Sam Fox School of Design & Visual Arts, McKelvey School of Engineering, School of Law, School of Medicine and University College. The university has been affiliated with 26 Nobel laureates, many of whom did a significant portion of their award-winning work at the university.

The university offers more than 90 programs and almost 1,500 courses leading to bachelor’s, master’s and doctoral degrees in a broad spectrum of traditional and interdisciplinary fields, with additional opportunities for minor concentrations and individualized programs.

CHARLESTOWN GYM HOCKEY

2023 / 2024 GYM HOCKEY REGISTRATION

Registration for our 2023/2024 season is taking place at:
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Saturday April 15th 2023
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Smith, Richardson	45 Soley St LLC	45 Soley St	\$3,000,000
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Harvard Travellers Club hosts worldwide Birder Noah Stryker at its annual meeting on May 16

Staff Report

The Harvard Travellers Club is pleased to conclude its 2022-2023 season with a presentation from world birder, Noah Stryker. In 2015, he set a record for a worldwide Big Year of birding, seeing 6,042 of the world's estimated 10,365 bird species at the time (58.3%), becoming the first person to record half of the world's birds in a single year. His journey spanned 41 countries and all seven continents. After dinner at the Harvard Club Back Bay, Strycker will give a presentation on this incredible adventure plus his many other travels including trips to the polar regions where he has travelled more than 50 times as well as Amazonian Ecuador, Costa Rica, Panama, the Australian Kimber-

ley, the Farallon Islands, Hawaii, Michigan, Florida, and Maine.

Strycker is the author of many publications about birds, including *Birding Without Borders: An Obsession, A Quest, and the Biggest Year in the World*. Other publications include *Birds of the Photo Ark* (2018), *Among Penguins* (2011), *The Thing With Feathers* (2014), and *Birding Basics* (2022).

This presentation will mark the final meeting of the Harvard Travellers Club's 120th year since its founding in 1902. The club traces its roots to Harvard's eminent geographer, Professor William Morris Davis, who in association with Copley Amory, Archibald Cary Coolidge, Roland B. Dixon and Hames J. Kidder, invited Harvard colleagues to meet in an effort

to promote and discuss "intelligent travel and exploration". The Club continues to accept new applicants.

While the Golden Age of geographical exploration during which the club was founded is long since passed, the spirit behind the founding of the Club remains intact. Today, members continue to commit themselves to intelligent travel and continue to be curious about other landscapes, cultures and scientific discoveries. Definitely unchanged is members' enjoyment in learning of one another's travels.

In 1913 the club began to meet at the Harvard Club on Commonwealth Avenue – a tradition which continues to this day. The club currently meets eight times a year

for cocktails, dinner, and a lecture. This season kicked off with a lecture by explorer, author, and television personality Captain Sean Meagher on sailing in the Arctic.

Other recent highlights included fascinating presentation by James Shedd and Geoffrey Clark on recreating the Greely Arctic Expedition of 1881-84, Brian Buma on the search for the southernmost tree in the world, and Tim Cope on a trip from Mongolia to Hungary on horseback. Last November the club celebrated its 900th meeting with a gala dinner of one hundred members and guests and a lecture by renowned Shackleton expert Robert K. Headland.

"Our members join together to share stories of distant places, rugged climbs, boating expeditions,

foreign cultures and traditions", says Council member and North Shore resident Peter Creighton. "Member presence and participation propels this club forward and I love learning about other members' adventures".

To that end the club is welcoming potential new members and interested parties to consider attending the dinner in May to meet the membership committee. Membership in the Harvard Travellers Club is open to persons who have a background or interest in world travel.

Visit <http://www.harvardtravelersclub.org> for more information, and contact jenniferlenoxcraig@gmail.com if you are interested in attending the dinner and Strycker lecture.

Mayor Wu announces grant for services to individuals experiencing homelessness

Special to The Patriot Bridge

Mayor Michelle Wu last week announced the City of Boston has received more than \$42 million from the U.S. Department of Housing and Urban Development (HUD) to support nonprofit organizations providing services to individuals experiencing homelessness. This award represents the largest Continuum of Care award ever for the City of Boston. The funds will be distributed among 14 nonprofit organizations that provide critical services and support to Boston's unhoused residents and advance Mayor Wu's goals to end homelessness in the city.

The funding is made available through the U.S. Department of Housing and Urban Development (HUD) annual Continuum of Care awards, a grant program that the Mayor's Office of Housing (MOH) has applied for and been awarded every year since 1995. Over the last 8 years, MOH has grown the funding the City receives from this grant by more than 85 percent, from \$22.6 million in 2015 to \$42 million this year, as a result of their competitive application and demonstrated ability to deliver results in collaboration with partner agencies.

"Boston residents and families across every neighborhood deserve to live in safe, stable and affordable housing," said Mayor Michelle Wu. "As we work to ensure that Boston is a city where all can live and thrive, these Continuum of Care Grants from the U.S. Department of Housing and Urban Development will help us

empower and support organizations that provide crucial services and support to our unhoused residents. I want to thank HUD Secretary Fudge and the entire Massachusetts Congressional delegation for the City of Boston's largest Continuum of Care award ever and continued federal support as we work together to end homelessness in our city."

The City will allocate this federal HUD funding to organizations that offer a range of services and supports including housing search, the creation of housing for people experiencing long-term homelessness, rapid re-housing funds, and stabilization services to allow newly housed households and long-term-homeless individuals to receive the support they need to succeed.

"Boston has a successful network of experienced non-profit organizations committed to housing our homeless," said Sheila Dillon, Chief of Housing. "This funding award allows us to continue the important work of moving our homeless residents from shelters and the street into housing that they can afford with the services they need to be successful. Given the high cost of housing in Boston and the region, this funding award, the largest in our Continuum's history, is more important than ever."

The funds will also support a number of permanent housing models including permanent subsidized housing, transitional housing, and short-to-medium-term rental assistance and case management for participants to

find and maintain housing on the private market (rapid re-housing). The permanent supportive housing that is supported by this funding will combine subsidized housing with individualized support services so that individuals with a range of needs can receive the assistance they need to stay housed. The services are designed to build independent living skills and connect people with services such as community-based health care, help with mental health issues, substance use counseling, and employment services.

Organizations receiving funding include:

- Bay Cove Human Services
- Bridge Over Troubled Waters
- Casa Myrna Vazquez
- Roxbury Stone House
- FamilyAid Boston
- Heading Home
- HomeStart
- Justice Resource Institute
- Kit Clark Senior Services
- Massachusetts Housing and Shelter Alliance
- Metro Housing Boston
- New England Center and Home for Veterans
- Pine Street Inn
- St. Francis House
- The Home for Little Wanderers

"The Continuum of Care awards reinforce the Biden-Harris Administration's continued commitment to addressing the nation's homelessness crisis using equity and evidence-based solutions," said Juana B. Matias, Regional Administrator of HUD New England. "Of the \$2.8 bil-

lion recently granted, the State of Massachusetts received more than \$110,000,000, and I am very pleased that the City of Boston is putting its share of the funding to good use helping individuals and families experiencing homelessness move into permanent housing."

Three new programs received funding through this year's award. Casa Myrna and Stone House received additional funding to provide permanent housing and supportive services to households fleeing domestic violence (DV), sexual assault, and commercial sexual exploitation/sex trafficking with permanent housing. St. Francis House will provide additional permanent supportive housing with wraparound services and onsite support to long term homeless households. Funding for these programs will allocate an additional \$3.2 million to house vulnerable populations.

"We are immensely grateful to the City of Boston and HUD for their unwavering support of our efforts to combat homelessness in the community," said Karen LaFrazia, President and CEO, St. Francis House. "This funding will enable us to continue providing vital services to those in need, supporting our commitment to developing strong relationships with individuals who come to us for assistance. By instilling hope and belief in their ability to make positive change, we empower formerly homeless individuals to move forward with their lives. We appreciate the ongoing partnership with the City of Boston, and look

forward to continuing our work together to end homelessness in Boston."

"We are incredibly grateful to the City of Boston and HUD for their continued support of our mission to end family homelessness in Greater Boston," said Larry Seamans, President, FamilyAid. "With this funding, we can continue to empower parents and caregivers, providing them with the resources they need to secure stable and sustainable housing, and build strong foundations for their children's futures. The ongoing partnership with the City of Boston and HUD has been instrumental in our ability to make a positive impact on the lives of families in our community. Together, we can make a real difference in ending homelessness for families in Boston."

Mayor Wu has made ending homelessness a priority. Boston offers services to homeless individuals by offering wraparound services to those who require the additional level of care. Chronically homeless individuals have barriers that create challenges to remaining housed. These barriers can include physical disabilities, substance use disorders, and mental health challenges. As part of Boston's plan, the City is committed to a "housing first" approach to homelessness which is based on the belief that everyone should have access to permanent housing. In 2022, Boston housed 2,420 people experiencing homelessness including 461 family households and 1,054 adult individuals. Among those

APPRECIATION

Reflections on Mel King

By Marianne Salza

Social activist Melvin Herbert King (October 20, 1928-March 29, 2023) believed in the power of unity. His emphasis on compassion, respect, and inclusivity strengthened families, neighborhoods and political institutions throughout Boston.

"In the 130-year history of United South End Settlements, there are few people we hold in higher esteem than Melvin Herbert King, a man whose extraordinary life intersected our organization at a number of historic points," wrote Jerrell Cox, Chief Executive Officer, United South End Settlements, in a letter to the community. "Mel was a pioneer, an activist, and a radical champion of love, harmony, and justice between all people."

King was a passionate supporter of racial justice, desegregation, and affordable housing. He was

a leader in the Tent City protests against urban renewal in 1968, when hundreds of displaced residents gathered in a South End lot where homes once stood. The area was eventually transformed into the Tent City affordable housing community, with 269 units for mixed-income families.

"Mel King was a giant in Boston's civic community. For so many decades, his character, courage, and commitment inspired other Bostonians to similar heights," shared Kenzie Bok, Boston City Council, District 8. "In my own family, it's a point of pride that my grandfather was able to assist in the legal work for Tent City. Mel leaves a deep legacy in both the physical infrastructure of justice in Boston, and in the hearts of generations of people and public servants here. I hold him and his family in my prayers."

When King ran for mayor of Boston in 1983, he became the first

black person in the city's history to reach a mayoral general election. During his candidacy, King promoted solidarity through the Rainbow Coalition, unifying people of all ethnicities, sexualities, and beliefs.

"People must come together, moving out of their isolation to challenge conditions which exploit us. Alliance, cooperation, coalition: those are the only paths to follow," wrote King in an excerpt from his 1981 book, "Chain of Change," in which he analyzes the struggles of the black community in Boston. "I want to make sure the city is working for everybody. We just need to hold hands and understand that love is the question and the answer."

King served as an educator, youth director, and provided computer and technology access to lower income families.

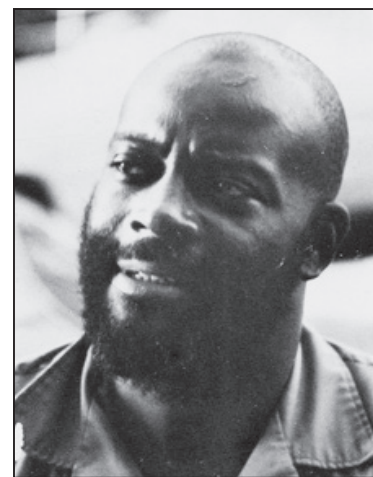
"Mel King was a giant in Boston. He positively impacted so

many aspects of our lives in Boston; especially in housing and education," said State Representative Jay Livingstone. "I was honored to meet him."

Family and friends of King are inviting members of the community to a two-day celebration in his memory. A visitation will take place on Monday, April 10, 4-8pm, at the Union United Methodist Church, 485 Columbus Avenue, Boston. A 6:30pm speaking program will include remarks by members of the community who were impacted by King's life.

Funeral services will follow on Tuesday, April 11, 12pm, at Union United Methodist Church. Guest tickets are required for in person admission at www.UnionBoston.org/MelKing. Services will be live streamed at Boston City Hall, the Bruce C. Bolling Municipal Building, and www.UnionBoston.org/MelKing.

Brunch will be held on Sunday,



Melvin King shown in 1975, during his time representing the 9th District in the Massachusetts House of Representatives.

April 16, 2-5pm, at Florian Hall, 55 Hallet Street, Boston.

"Mel King was an iconic leader for the fight for racial justice, economic justice, and housing justice in Boston, and especially in our neighborhoods," said Johnathan Cohn, Policy Director, Progressive Massachusetts. "His legacy is present throughout the South End."

Wu & B.A.A. announce inaugural Fastest Bostonian Award Medal

Special to the Patriot Bridge

Mayor Michelle Wu and the Boston Athletic Association (B.A.A.) has announced an award for the Fastest Bostonian, which will be given to the Boston man and woman with the quickest finish times in the 2023 Boston Marathon on Monday, April 17. This is also the first year the Boston Marathon has a category for non-binary runners, and one Boston resident is making history running in this category. The City and the B.A.A. will recognize this athlete as the first Bostonian to participate in the race registered as non-binary. This is the first time there will be any awards specifically for Boston residents. Mayor Wu and the B.A.A. will celebrate these three runners at a reception in the days following the 127th Boston

Marathon.

"The Boston Marathon, the world's greatest race, brings tens of thousands of runners from all over the world to our City," said Mayor Michelle Wu. "Thanks to the B.A.A.'s partnership, we're excited to start a new tradition at the 127th Boston Marathon to highlight the fastest runners from Boston and an athlete breaking barriers, as we celebrate the world-class excellence and diversity of our local running community."

"The City of Boston is known world-wide for its heritage in athletics, and for welcoming runners each Patriots' Day," said Jack Fleming, President and CEO of the B.A.A. "We also are home to the most dedicated marathoners, and the Fastest Bostonian Award will recognize the achievement in the Boston Marathon. Together with

Mayor Michelle Wu, we look forward to once again celebrating all finishers from Boston and beyond on race day."

The Boston Marathon is the world's oldest annual marathon, traditionally held on Patriots' Day. This year, the Boston woman and man with the quickest time crossing the Finish Line will receive a commemorative glass bowl engraved with the phrase "Fastest Bostonian." The first Boston runner registered in the non-binary category will also receive a personalized award.

"What an exciting opportunity we have to add this recognition to an already amazing tradition that is the Boston Marathon," said John Borders, Director of Tourism, Sports, and Entertainment. "We have the chance to highlight the best of what Boston has to

offer in front of the world by celebrating our residents, our neighborhoods, and now crowning the

fastest Bostonians and those making history in the process."

HOMELESSNESS (from pg. 10)

are 113 youth and young adults as well as 149 veterans.

"We are deeply grateful to the City of Boston and HUD for their commitment to supporting survivors of domestic and sexual violence in our community," said Stephanie Brown, CEO, Casa Myrna. "This critical funding will enable Casa Myrna to continue providing life-saving services and resources to those who have experienced trauma and abuse. With this support, we can work towards creating a safer, more just society for all. We appreciate the City of Boston for recognizing the importance of this work and for investing in the wellbeing of survivors and their families."

In January, Mayor Wu led a group of volunteers, including City and State officials, homeless services providers, and public

health and safety first responders, in conducting the City of Boston's 43rd annual unsheltered homeless street count. The street count is part of the City's comprehensive census of homeless adults, youth and families in emergency shelters, transitional housing, and domestic violence programs, and individuals staying outside in Boston each year.

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301 Border Street

East Boston, MA 02128

1 Income-Restricted Homeownership Unit

# of Units	# of Bedrooms	Estimated Square Footage	Price	Maximum Income Limit (% AMI)
1	1 - Bedroom	730	\$280,700	80%-100%

Maximum Income Limits

(set by the BPDA + based on the household size + AMI)

HH size	100 % AMI Maximum Income
1	\$98,150
2	\$112,200
3	\$126,200
4	\$140,200
5	\$151,450
6	\$162,650

Maximum Asset Limit

80% - 100%

\$100,000

Does not include retirement. Does include Real Estate

To learn more about eligibility + the BPDA screening requirements, please visit:
<http://www.bostonplans.org/housing/fags#application-lottery-questions>

Applications are available during the application period from Monday April 10th, 2023 - Wednesday, April 26th, 2023

To request an online application or to have one sent by email, visit www.MiraLottery.com or call (617) 639-3064 Ext 769

After careful consideration and an abundance of caution, the City of Boston continues to discourage the in-person application distribution period.


If you cannot complete the application online, please call us at (617) 639-3064 Ext 769, to request that we mail you one and to ask us for any support or guidance you might need to complete the application.


DEADLINE: Applications must be submitted online or postmarked no later than Wednesday, April 26th, 2023.

Mailed to: Maloney Properties, Inc., Attn: Mira Lottery, 27 Mica Lane, Wellesley, MA 02481

- Selection by Lottery. Asset, Use & Resale Restrictions apply.
- Preference for Boston Residents.
- Preference for First Time Homebuyers
- Minimum 3% down payment required.

For more information, language assistance, or to make a request for reasonable accommodations, please call (617) 639-3064 Ext 769 or email Mira@MaloneyProperties.com.

Equal Housing Opportunity



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FRESH AND LOCAL

Lessons from Jamie Oliver

By Penny & Ed Cherubino

We have Jamie Oliver to thank for many of our favorite meals. Penny recently studied his cookbook, “One: Simple one pan wonders.” It prompted us to start a list of what Jamie calls “clever tips, tricks, and techniques” that we’ve learned from his books and videos.

This healthy food advocate and educator pares away roadblocks that keep busy people from cooking. He knows that clean-up discourages home cooks. His website describes this book as “...his ultimate homage to making your life simpler. Every recipe is cooked in just one pan, so is perfect for getting good food on the table fast.”

Use Less

Watch a few of Jamie’s videos; you’ll see less equipment, ingredients, knife work, and measuring. He calls it “maximum flavor with minimum effort.” You’ll see him washing his hands often because he uses his hands for many jobs that you might do with a utensil. For example, he tears peppers, mushrooms, and greens and mixes dough and salads with his clean hands.

A cutting board takes the place of extra bowls and platters. Of course, it is used for cutting ingre-

dients that require a knife. He also uses it to mix dough, dress and toss salads, and serve meals like tarts, pies, pizza, and even salads. The board makes a few trips to the sink for a wash between jobs, but that step becomes part of your workflow once you discover how much cleanup this technique saves.

He simplifies what he calls his “hero ingredients” to “...olive oil for cooking, extra virgin olive oil for dressing and finishing dishes, red wine vinegar as a good all-rounder when it comes to acidity and balancing marinades, sauces, and dressings, and, of course, sea salt and black pepper for seasoning.”

Swap It Up and Make a Batch

Jamie uses two types of swaps in his recipes. He encourages you to make the recipe your own by changing the ingredients to what you have on hand, what you prefer, or what suits a particular diet. For example, he loves chilies and spicy food. However, he tells you to leave the chili out if you don’t like heat. He also explains how to minimize the heat by removing the seeds and membranes or putting the chili in whole.

You’ll also hear how to use swaps to make your meals healthier and to add more vegetables and fruit to your diet. You’ll see

him use whole grains, sneak veggies into something like a fish pie or create a vegetarian version of a popular dish.

Jamie will always tell you when a dish freezes well. Penny made a big batch of his “50/50 Bolognese” with ground meat and lentils to serve with pasta. She froze half, and we enjoyed it in “Sloppy Joes” later in the month. We have another batch saved to top with mashed potatoes for a healthier cottage pie. Both suggestions for other uses were part of Jamie’s recipe!

Use More

On the other side of this equation, he uses more high-quality pantry staples like canned tomatoes and beans, coconut milk, frozen vegetables, premade fresh pasta sheets, pie and pizza dough, frozen phyllo, and puff pastry.

He uses “flavor bombs” such as chutneys, curry pastes, black bean and teriyaki sauces, miso, and pesto instead of the many ingredients each contains. He’ll add sausage, bacon, smoked salmon, and jarred tuna as proteins and flavor boosters.

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



Jamie’s “50/50 Bolognese” is made with ground meat and lentils and is great for batch cooking. We enjoyed these “Sloppy Joes” made with a frozen portion.

THE HELM ON THIRD COMMUNITY MEETINGS

The Helm on Third

We look forward to meeting with everyone and presenting current plans we’re proposing for The Helm on Third, at a meeting hosted by the Charlestown Neighborhood Council.

Thursday, April 13th 7pm-9:30pm
Knights of Columbus Council #62
(545 Medford St, Charlestown, MA 02129)



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