



THURSDAY, AUGUST 10, 2023

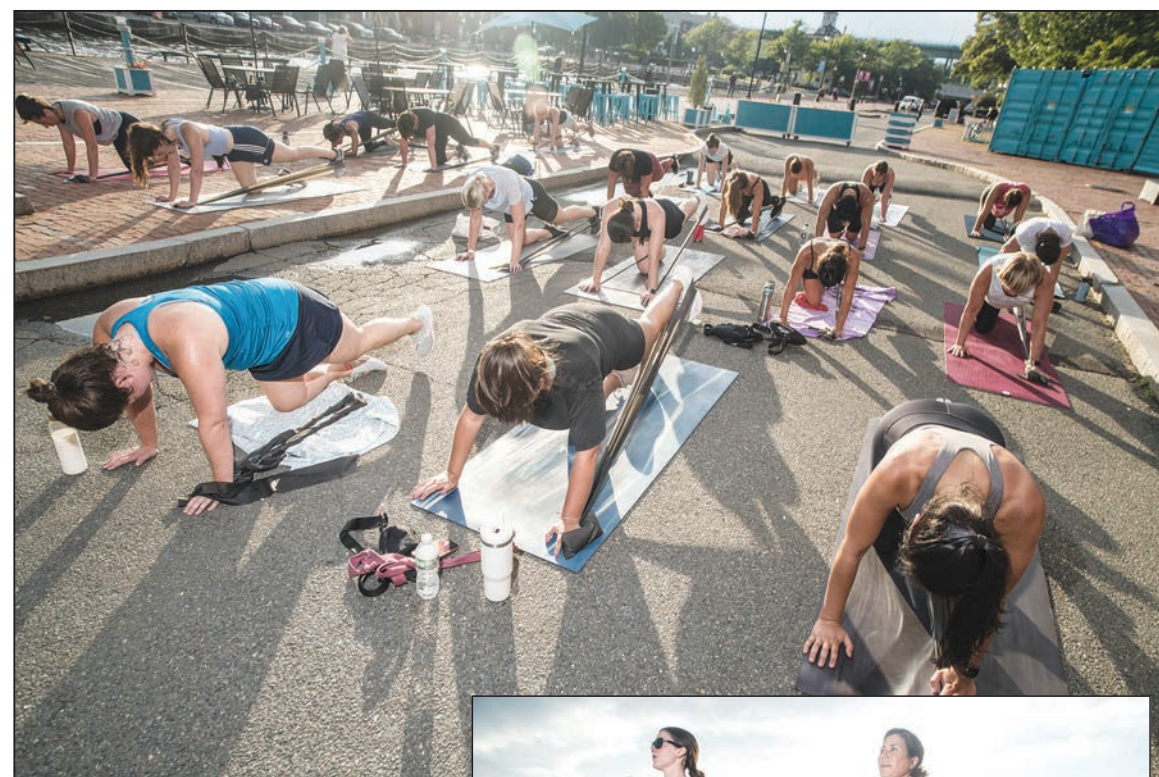


FREE

# CHARLESTOWN

PATRIOT-BRIDGE

## EXERCISING FUNDRAISING EVENT



DEREK KOUYOUNJIAN PHOTOS

Charlestown Community Cares held an exercising fundraising event at The Anchor.

Above, the group engages in tricep dips exercises.

Right, the group engages in broad jump exercises. See Pages 6 and 7 for more photos.



## Legislature passes FY24 budget including millions in DiDomenico priorities

Special to the Patriot-Bridge

The legislature approved a \$56.2 billion budget for Fiscal Year 2024 (FY24), including many of DiDomenico's legislative priorities and millions of dollars for his district. This budget provides historic levels of investment in education, housing, regional transportation, health care, workforce devel-

opment, and more, as part of a broad strategy to grow our state's economy and make Massachusetts more affordable, inclusive, and competitive.

"I am proud of this transformative budget that reflects our state's values by prioritizing children and working-class families," said Senator DiDomenico, Assistant Majority Leader of the Massachu-

setts Senate. "I was able to secure funding for programs I have championed for years, including permanent funding for universal school meals so every K-12 student will get free breakfast and lunch, an increase in cash benefits for families in deep poverty, an expansion of the children's clothing allowance

(BUDGET Pg. 10)

## BPDA releases Final Draft of PLAN: Charlestown

By Michael Coughlin Jr.

Shortly following the Boston Planning and Development Agency's (BPDA) release of the final draft of its neighborhood planning initiative — PLAN: Charlestown — the agency held a public meeting on Thursday, August 3, to give residents an overview of what is planned for their neighborhood.

The final draft of the PLAN: Charlestown document was released back on July 28 and is just over 220 pages containing seven chapters.

These chapters not only give an overview of the planning initiative and how it will be implemented but also outline recommendations for several aspects of Charlestown, including neighborhood needs, the Sullivan Square and Ruther-

ford Avenue planning framework, urban design guidelines, and the Navy Yard.

This planning initiative which kicked off in 2019, has gone through years of community engagement through listening tours, workshops, office hours, public meetings, and more.

Additionally, the plan is guided by a vision statement, which Jason Ruggiero, a Community Engagement Manager with the BPDA, read during last week's meeting.

"In 2050, Charlestown is a thriving, diverse, accessible, and resilient neighborhood where residents can safely and more easily walk, bike, or bus to new plazas, parks, neighborhood amenities, and active waterfront areas," read

(BPDA, Pg. 8)

## Second annual Adopt-a-Pole campaign to start August 20

By Marianne Salza

The second annual Adopt-a-Pole campaign will be hanging purple ribbons and name tags along Charlestown's Main Street and Thompson Square in late summer in memory of loved ones who lost their lives to substance-related causes.

"It's a way to bring awareness, remember those who are lost without stigma, and bring hope to families that are left behind," said Charlestown resident, Shannon Lundin, Director of Recovery and Community Engagement, Chapters Recovery Center, Danvers.

In observance of Overdose Awareness Month in August, and



PHOTO BY MARIANNE SALZA

Adopt-a-Pole organizer, Shannon Lundin, Director of Recovery and Community Engagement, Chapters Recover Center

(ADOPT-A-POLE Pg. 9)



# EDITORIAL

## DID YOU LIKE BARBIE?

Barbie, the blockbuster movie that is this year's mass culture phenomenon, has drawn a mixed reaction from critics and the public alike.

Some love it -- they're the ones who have gone multiple times to see the movie -- while others either have shrugged their shoulders, "It was okay...." or have been outright hostile to it.

It is both surprising, but not shocking, that Barbie has grossed more than a billion dollars. While it has had the good fortune to come out in a summer of fairly-boring movies, it also undeniably is a film that is like no other in recent memory. It appeals to young and old alike, featuring an all-star, multi-generational cast, including two of Hollywood's Most Beautiful People (Ryan Gosling and Margot Robbie), Rhea Perlman, Issa Rae, Kate McKinnon, Dua Lipa (in a cameo role), Will Ferrell, America Ferrera, Simu Liu, and Helen Mirren (as the Narrator).

For those of us of an older generation, Barbie brings to mind the Wizard of Oz (though the plot of Barbie is the reverse of Dorothy's journey from reality to fantasy), both on a superficial level (the bright visuals and use of music) and its deeper meaning (the loss of innocence).

Barbie is not without its flaws and, as with any work of art, has its proponents and detractors. However, it undeniably is just plain fun and accomplishes the goal of every great summertime movie -- it transports us to another world for two hours in an air-conditioned theatre, far removed from the searing heat and troubles of the world outside.

## HAVE WE REACHED THE TIPPING POINT?

The steady stream of news reports this summer about the ever-worsening effects of climate change have been depressing, ranging from the 100% loss of coral reefs off the Florida Keys (because water temperatures have reached 100 degrees), to the unprecedented floods in China, to the daily heat records in the American Southwest (where people are being treated for serious, third-degree burns if they touch the asphalt pavement).

Although the dire effects of climate change brought about by the burning of fossil fuels have been predicted for decades, the off-the-charts anomalies we are seeing this summer have far exceeded even the starkest of predictions. It is clear that scientists' warnings about climate change have been greatly understated and that climate change is happening faster than anyone had predicted.

During the height of World War II, after England had thwarted the Germans in the air (known as the Battle of Britain) and then defeated Rommel's army on the battlefield in North Africa, Prime Minister Winston Churchill uttered these famous lines, "Now, this is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning."

Churchill's message was one of hope -- the war that Hitler had begun finally was turning against him and in favor of the Allies.

But in terms of climate change, we fear we are witnessing the reverse of Churchill's words: Climate change already has begun. But, unlike World War II, it will not be taking a turn for the better -- it's only going to get worse, with far-reaching consequences that we do not even want to contemplate.

## GUEST OP-ED

## Want a friend? Be a friend

By Dr. Glenn Mollette

You may have heard this before. I went out to find a friend and none were to be found. I went out to be a friend and found them all around.

Where do you find friends?

Your best friends may be your family. You may be close to siblings, cousins, and others related to you. Growing up, I was blessed to be around a lot of aunts, uncles, cousins, grandparents, siblings, and parents. I didn't have to think much about searching for friends because so many relatives were always around. This is not always the case. Many people have small families or maybe even no family. Some families go in different directions, live in different places, or move on with different interests and lives.

We often find friends in school. Some of the people we shared elementary and high school with become lifelong connections. Even if we don't see each other much, we still have those great past times that help us reconnect quickly.

We connect with people at our places of employment. Some of the people you spend hours with every

day become lifelong friends.

Houses of faith are often good places to make new friends. People get to know each other in Bible study classes and other small group religious settings. The people you share your faith with will often become like brothers and sisters.

The local gym is often a place where people socialize. If you become a routine attender of an exercise class you will eventually develop some friends.

The Internet and social media have become the world's biggest connection place. To many people this is their only connection. All their "friends" are on Facebook or Instagram. Many people have thousands of social media friends. Too often the loneliest people on the planet are those who are only connected by a keypad.

There are many more places where you can connect. Many communities have baking, quilting, hunting, sports clubs, and more. Civic groups from Kiwanis, Rotary, and Ruritan groups will often meet weekly and do community projects.

You might make some friends volunteering at the hospital or

nursing home. There will be people in most of these places who will be glad to make a new friend. Talk to your local nursing home about your interest and you may be surprised how quickly your talents are utilized. You will also find some people who will be glad to make a new friend. Keep in mind this is not always easy as you will be trying to make friends with many who feel alone and forgotten.

You can always become active in the local political circles. This all depends on your level of desperation and if you don't mind being shunned by whichever party you don't declare affiliation.

Don't try to have too many friends. The Bible says a person of many companions may soon come to ruin. However, you need a few friends and hopefully you will have some good ones.

*Glenn Mollette is the publisher of Newburgh Press, Liberty Torch, and various other publishing imprints; a national columnist -- American Issues and Common Sense opinions, analysis, stories and features appear each week in over 500 newspapers, websites and blogs across the United States.*

## LETTERS TO THE EDITOR

## MAGICAL THINKING VS CRITICAL THINKING

To the Editor,

A recent op ed article in the Patriot Bridge, written by Mr. James Arthur Jemison, the Chief of Planning for the City of Boston caught my attention with the headline, "Charlestown Future is Bright."

"Bright for who?" The Boston Planning and Development Agency? There needs to be a reality check and the real deal exposed.

Charlestown, being one square mile, has 20,000 residents and the BPDA seems to want to increase the residency rate going back to the 50's where there were upwards of 40,000 people living in tenement style (now not permitted) housing in Charlestown during WW II, with workers who walked to the Navy Yard and factories. The senior planner projects the population in 2050 to be around 36,800 people and seems to think this is a great idea.

The reality is there is no infrastructure to handle doubling the census. There are only 3 ways in and out of Charlestown, with massive, stalled traffic in all directions that get us nowhere. Charlestown is in a severe flood zone, built on filled land, surrounded by the Charles River, The Boston Harbor and the Mystic River. The coastal climate predictions of rising sea levels portend of an unstable and livable existence in our one square mile.

What I really find perplexing in the article by Mr. Jemison in his "magical thinking" regarding building not one but two full-sized soccer / lacrosse fields. Where Mr. Jemison, might these be located?

After reviewing all the current approved buildings, those having been recently built, those in the process of being built, as well as proposed buildings coming down the pipeline, I find it incredulous that there will be any room for even one soccer field.

This seems like "magical thinking" to me.

Here is the list of the future buildings in Charlestown:

- Hood Plant and Related Beal with a spec lab building in a busted Bio-Tech bubble.
- Bunker Hill Housing Development: Largest in New England; 4th in the country
- One Mystic: next to diesel bus facility depot, railyards, and 93 North ramp
- 40 Roland Street: Massive development along the Cambridge Street Sullivan Sq
- Schrafft / Revere Sugar: Massive development in a known flood zone
- Bunker Hill Community College Parking Lot: known flood zone & a toxic air nexus
- Rise Development: Massive development along Cambridge Street / Sullivan Sq
- Chain Forge Building: Pro-

(LETTERS Pg. 3)



# CHARLESTOWN

PATRIOT-BRIDGE

THE CHARLESTOWN PATRIOT-BRIDGE,

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## LETTERS (from pg. 2)

posed Navy Yard hotel with no parking

- Powerhouse Building 108: Proposed Navy Yard spec bio lab
- 201 Rutherford Street / 99 Restaurant: Gateway without sensitivity to historic Charlestown
- 60-66 Cambridge Street: Massive life science proposal for congested Sullivan Sq
- One Thompson Square: Most iconic historic building with a modern protrusion
- The YMCA /The Helm:
- Completed buildings include, Graphics Arts Building, Gatehouse, Ropewalk, Starboard

With the potential of adding of over 50 buildings, Charlestown could be Inundation District 2 following Seaport as Inundation District 1. As reported New York City is sinking 2 mm per year due to rising sea levels and flooding, as well as the landscape of building after building. Notably, seawater corrodes steel and destabilizes buildings. Where is the planning in Charlestown?

Over 106 acres of new development in One Square Mile, with three access roads, with water on three sides in a flood zone. Where is the planning?

To Mr. Jemison and the BPDA: Please stop pontificating on the "bright future" of Charlestown. This is misinformation, a pipe dream and needs to stop.

A population of 36,000 residents, as well as the hundreds of daily commuters to the new lab offices, is a dismal outlook for this community, who also welcome a half a million tourists who come to see where democracy began, at the Battle of Bunker Hill.

Finally, Mr. Jemison and the senior planner, please help me understand where the two full sized soccer / lacrosse fields will be located? Please answer this inquiry before we hear more of your pandering, unconnected "plans" in our One Square Mile.

The community of Charlestown is asking for a Comprehensive Master Plan with planning, not a smorgasbord of randomly chosen developments to enrich the BPDA and the developers.

We want and need to move on from this "magical thinking" that is thrust upon the Charlestown community by the BPDA. Please do the right thing and focus on "critical thinking," that is our simple ask, to "Fix Boston's Broken Development Plan: Abolish the BPDA" proposed by Mayor Michelle Wu. We support her plan, not the BPDA.

Ann Kelleher

## PROTECT OUR PLANET

To the Editor,

We have all felt the horrendous weather this summer. Heat, humidity, rain, thunderstorms, floods, and tornadoes have wreaked havoc on our country.

The Southwest has gotten clobbered. The heated ocean waters off the coast of Florida are destroying the coral reefs. Whales are dying as they beach themselves on our shores. Ice caps are melting causing sea levels to rise. Firestorms have hit Canada hard, destroying Canadian forests and causing a tremendous amount of smoke to permeate our air.

The Copernicus Climate Change Service has stated that "July is poised to be the hottest month ever on record."

Recently, the New York Times exposed the area known as the Fertile Crescent (Israel, Iraq, Lebanon, Syria, Turkey, Iran, West Bank, and Gaza) to be devastated by the effect of the shriveling up of the Euphrates River. This has caused the Mesopotamia Region to be without water in many regions. Forty percent of Iraq, an area roughly the size of Florida, has been overtaken by blowing desert sands.

Italy and Greece have also been hit hard by record setting temperatures. Severe wildfires have scorched and devastated forests, homes, farms and animals.

All regions on our Earth have been affected. Climate change has become real and not just words. It is not a time to be frightened but it is a time for ACTION! We must all join hands in an attempt to work together to stop this "BEAST."

We all acknowledge that there are wars across our world, destroying lives. But climate change is destroying our whole world!

It is vital for all global governments to band together to find and implement solutions to "Climate Change." We must stop supporting the oil and gas producing industries that create the fossil fuels causing the emission of poisonous gases into our atmosphere and cause climate change.

Wealthier countries need to financially support under-developed countries, so they will be able to share in our goals.

Finally, we all have an obligation to protect our planet but more importantly, our first obligation is to take care of our children and the generations of children to come.

Please join your environmental community in supporting the fight against fossil fuels, thus protecting our children and our Earth.

Maryalice Sharkey  
Mothers Out Front

## DIDOMENICO ADVOCATES FOR PROVIDING MORE SUPPORT TO STUDENTS WITH DIABETES



Senator DiDomenico testified at an Education Committee hearing in support of his bill, S.262, which would help children with diabetes management in school. DiDomenico explained to his committee colleagues, "I know how hard and time-consuming it is to manage diabetes for many of our students. We are in a time right now where we are reimagining schools and how we can best support our families. This bill will allow countless students to remain in their classrooms and receive the education and school experience they deserve." The bill, An Act providing for diabetes management in schools, would allow a school nurse or school physician to designate other school staff to give a glucose monitoring test or insulin in the case a student is unable to self-administer the test or give themselves insulin.

## Boston Children's Rec Fest returns August 15

Mayor Michelle Wu and the Boston Parks and Recreation Department invite city youth to come celebrate the summer at the 2023 ParkARTS Boston Children's Rec Fest on Tuesday, August 15 at Franklin Park from 10 a.m. to 1 p.m.

The Boston Children's Rec Fest is presented with the support of title sponsor Bank of America and presenting sponsors College H.U.N.K.S. Hauling Junk & Moving and H.P. Hood, LLC.

Additional support is provided by LEGO Discovery Center Boston.

Children and families from throughout Boston have the opportunity to participate in a variety of free activities from various exhibitors including Rosalita's Marionette Puppets, ParkARTS arts and crafts, and face painting. The event will showcase active sports and play with exciting inflatable attractions such as the All-In-One Sports Arena, a family Zumba class, and hands-on clinics hosted

by sports professionals teaching tennis, baseball, and soccer skills. The event will also include free treats from HP Hood LLC.

Visit [boston.gov/childrens-rec-fest](https://boston.gov/childrens-rec-fest) to learn more. Stay up to date with news, events, and improvements in Boston parks by signing up for our email list at [bit.ly/Get-Parks-Emails](https://bit.ly/Get-Parks-Emails) and following our social channels @bostonparksdept on Twitter, Facebook, and Instagram.



## Virtual Public Meeting

## PLAN: Charlestown Zoning Office Hours

AUGUST

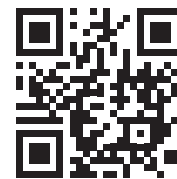
21

6:00 PM - 8:00 PM

Zoom Link: [bit.ly/PlanCharlestown0821](https://bit.ly/PlanCharlestown0821)

Toll Free: (833) 568 - 8864

Meeting ID: 160 412 6003



## Project/Planning Initiative Description:

The PLAN: Charlestown team is holding virtual office hours to discuss the proposed PLAN:Charlestown zoning amendments. Please stop by to chat, ask questions, or share your thoughts on the proposed zoning amendments for your neighborhood!

Monday 8/21 from 6:00 PM - 8:00 PM

To attend the office hours, please use the Zoom link included here or visit the PLAN:

Charlestown webpage to find the Zoom link

PLAN: Charlestown webpage: [bit.ly/3OsPAR2](https://bit.ly/3OsPAR2)

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# Historic Houses of Charlestown

## Lost Charlestown: The Waverly House and the Russell Mansion

By Nancy Hayford Kueny

City Square has gone through many iterations since the Puritans arrived, preceded by millennia when Charlestown was occupied by indigenous Native Americans. Although there were English settlers living on the Charlestown peninsula prior to 1630, it was in that year that John Winthrop and his group of colonists arrived and settled in Charlestown for a time. City Square Park was the site of Governor Winthrop's Great House, occupied by the governor and used as both a court and a place of worship by the Puritans. When this group of Puritans departed Charlestown for Boston proper, the building was sold to Robert Long for £30, and he operated it as an 'ordinary', or tavern, until his death in 1663. While there does not seem to be an accurate line of ownership, it appears that what came to be known as the Three Cranes Tavern functioned as such until June 17, 1775 when it burned with the rest of the town.

City Square in various configurations has prevailed since its beginnings. In the 18th and 19th centuries, both before the Revolution and after the reconstruction period, residences, inns and municipal structures, among them a meeting house and a courthouse, occupied the Square.

One such residence which sat on the south side of the Square was the Russell Mansion. This property commanded a highly desirable location because of its position on the Square and its proximity to the Millers River and Charles River Bay. The rear yard, comprised of gardens and paths, extended all the way to the shoreline. The property in an earlier time was held by Thomes Graves (1725-1802), a British officer of the Royal Navy and a colonial official. (Not to be confused with the earlier Thomas Graves (1585-1662) who arrived in Salem in 1629 and was the engineer who laid out the town



Russell Mansion from *A Century of Town Life* by Hunnewell.

of Charlestown around Town Hill (Windmill Hill) in 1630.)

Eventually, this choice piece of land was acquired by the Russell family. The home was built in 1790 during the reconstruction of Charlestown by the Honorable Judge James Russell (1715-1798) of Holliston, MA. The Russell family immigrated from Hereford, England during the Great Migration and had 17th century roots in Charlestown. The Reverend James Russell, ancestor of the aforementioned Judge James, was born in Charlestown in 1640. Like many early families, the Russells returned following the Revolution.

The mansion was a square, five-bay, three-story hipped roof Georgian with a pedimented entry, Corinthian pilasters at the corners, and a cupola. Upon Russell's death, the home passed to his daughter and through several owners until 1835, when it became a public house known as the Mansion House. In ensuing decades, the mansion as well as other adjacent and less formidable

frame homes on the south side of the Square fell into derelict condition and were demolished in 1866, to be replaced by the largest and most magnificent building ever to be built in Charlestown, the Waverly House.

The Waverly House was four and five stories high and stretched for 500 feet along what was at that time known as Charlestown Square. The western end of the building began at the confluence of Harvard and Rutherford Avenues and extended toward the Charles River to what was then Warren Avenue, in a somewhat 'L' shaped configuration. It was built as a hotel and printing operation and was the brainchild of Moses Dow.

Moses A. Dow (1810-1886) was born in Littleton, NH and came to Charlestown in 1829. He had learned the printers trade in Haverhill, MA and in 1850, he founded 'Waverly Magazine', a publication that became very successful. He was also involved in real estate development in Charlestown, particularly in the Town Hill area, and was largely responsible for the development of Harvard Street. His brick home at 28 Harvard Street remains today. He came to acquire a vast portfolio of real estate both in Charlestown and other areas.

His crowning glory, however, was the Waverly House. The building was constructed of red brick with brownstone trim between 1866 and 1867, and was built in the Second Empire



Waverly House (above and below).



style, with a mansard roof and a higher, more embellished central block. The street level was entirely arcaded. The cost of construction was \$500,000. A portion of the building known as Abbotford Hall housed an enormous banquet room. While there had been many eating and drinking establishments on the Square, this by far eclipsed anything that had come before and was a testament to the growth and development of Charlestown, which had become a formidable town by the mid-19th century.

On the evening of November 21, 1867, two hundred and fifty 'prominent, active and business men' (Sawyer) gathered at the Waverly House to celebrate the achievements and character of Mr. Dow. This dinner was one of the most famous social events of 19th century Charlestown. The evening was presided over by the current mayor, His Honor, Liverus Hull, and many ex-mayors were present. Following Mayor Hull's speech, Mr. Dow, who had acquired a large fortune by this time, commented: "I did not undertake the work solely as a money-making operation, but rather for the purpose of improving a portion of the

city which had been neglected, in order to infuse a spirit of energy and improvement in our midst". Many prominent citizens joined in extolling the man's virtues and importance. At the time the Waverly House was completed, Charlestown was only seven years away from being annexed by the City of Boston (1874).

One wonders what happened to this magnificent building. Depicted on the 1922 Ward Map of the City Square area, the Waverly House presents an entirely intact footprint. More research is needed to discover how and when the building met its final demise. An article in the future will cover another no longer extant Second Empire 'gem' fronting City Square in the 19th Century, Charlestown's City Hall (1868). To be continued. For questions or comments contact me at [nancy@kueny.org](mailto:nancy@kueny.org).

Sources: *Old Charlestown* by Timothy Sawyer, *A Century of Town Life* by James F. Hunnewell, Wikipedia, , [digitalcommonwealth.org](http://digitalcommonwealth.org), [virtuology.com](http://virtuology.com), *Boston Landmarks Commission*, *Boston Ward Plans*, [ancestry.com](http://ancestry.com)  
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# CHARLESTOWN COMMUNITY CARES HOLDS EXERCISING FUNDRAISING EVENT

DEREK KOUYOUMJIAN PHOTOS



Becca Sulpizio does a pull apart exercise with a medicine band.



Will Murray comfortably watches his mom Kate Lagana do some high-knee jogging exercising.

Charlestown Community Cares held an exercising fundraising event at The Anchor. Thalia Bardell of FORMAT Studio in the North End held an hourlong High Intensity Interval Training (HIIT) Class. Proceeds go to fund Charlestown Community Cares activities of helping families in the Bunker Hill Development. They provide Summer Camp, air conditioners, furniture, tutoring kids, and more.



President Charlestown Community Cares Matina Nessen (right) and Treasurer Rick Yorra.



President Charlestown Community Cares Matina Nessen (center) with her nieces Mattie DeSimone and Brianna Yanke.



The group engages in table top stretch exercises.



Regina O'Brien does a pull apart exercise with a medicine band.



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The group engages in table-top exercises.



# CHARLESTOWN COMMUNITY CARES HOLDS EXERCISING FUNDRAISING EVENT

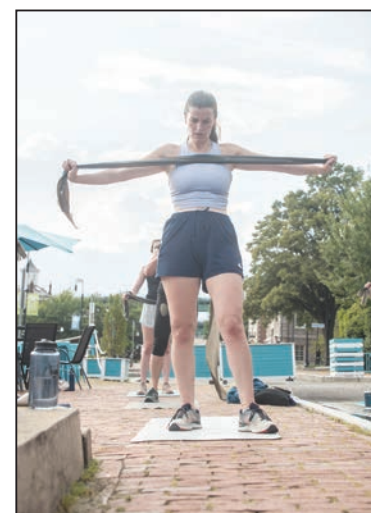
DEREK KOUYOUMJIAN PHOTOS



Michael Yoshida does a plank exercise.



The group engages in table top exercises.



Regina O'Brien does a pull apart exercise with a medicine band.



After exercising was done, socializing was in order.



The exercise ensemble holding tote bags, good health, and being part of a good cause for the community.

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# State Budget permanently funds DiDomenico's universal school meals priority

Senator Sal DiDomenico approved the Fiscal Year 2024 State Budget alongside his legislative colleagues, which included permanent funding for universal school meals, one of his top priorities. This program will provide free breakfast and lunch to students at every K-12 school in Massachusetts. Senator DiDomenico has advocated and filed legislation in support of this program for several sessions alongside his colleague, Representative Andy Vargas, and anti-hunger organizations led by Project Bread. "This program demonstrates

the best of our state's ideals, using funding to guarantee every Massachusetts student will access food at school," said Senator DiDomenico, Assistant Majority Leader of the Massachusetts Senate. "We have heard time and again from educators, advocates, and parents, that children cannot learn when they are hungry, so this program will ensure all our children can concentrate in class and enjoy being a kid. I want to thank Senate President Spilka, Chair Rodrigues, and all my colleagues for their work to get this transformative program funded."

Schools across the state have been providing universal school meals throughout the pandemic because costs for this program were temporarily footed by the federal government. In 2022, federal support for the program was cut off, but Senator DiDomenico worked with his colleagues to secure enough funding in last year's state budget to continue funding free school meals throughout the Commonwealth for the 2022-2023 school year. Thanks to this year's budget, this program will be funded permanently so every K-12

school in Massachusetts will continue providing free breakfast and lunch to all students. This program has been a massive success in Massachusetts over the past few school years. Over 80,000 more students were eating lunch daily when costs were lifted, which allowed them to focus on class and relieved a financial burden from their parents. This is a crucial program especially as costs for housing, transportation, healthcare, and more have risen. Universal school meals will continue to improve the wellbeing of our children and



Sen. DiDomenico speaking on the Senate Floor.

working families throughout the Commonwealth for years to come.

## BPDA (from pg. 4)

Ruggiero. "These improvements unite an enhanced historic residential fabric with new homes and jobs which support small businesses, as well as families of all types, sizes, and income levels," he concluded.

Patricia Cafferky, a Senior Planner with the BPDA, kicked off the overview of the final draft with chapter two — Neighborhood Needs Analysis — which is the longest of the document at over 90 pages.

As part of this chapter, many topics are touched on, such as demographics, housing, retail and food security, open space and sports fields, climate resilience, preservation, arts and culture, mobility, and neighborhood services.

Further, the neighborhood services element branches out to cover topics including emergency medical services (EMS), police, fire, emergency management, community centers, public libraries, public schools, and water and sewer.

In what is clearly a significant chapter, Cafferky indicated that the inclusion of the neighborhood needs aspect of PLAN: Charlestown was because of resident advocacy.

"The neighborhood needs analysis was added to the plan because of advocacy from Charlestown residents like you joining here tonight and asking questions like what does our police station need, and you know how do we support businesses on Main Street," said Cafferky.

As part of the neighborhood needs analysis process, the BPDA took several steps to help mold its recommendations for all the aforementioned topics by collecting data, projecting population growth, and speaking with residents, city departments, other stakeholders, and more.

Although every recommendation for each topic was not touched on, some highlighted during the meeting were to build new afford-

able homeownership units for households below median-income levels, including a new grocery store in the neighborhood, adding two new soccer/lacrosse multi-use fields by 2050, and so much more.

All of these recommendations can be found in detail in the draft PLAN: Charlestown document and in recorded presentations on the PLAN: Charlestown webpage from May 24, June 14, and July 12.

"The backup for why these are recommendations is all in the plan, and we definitely encourage everyone here tonight to check it out," said Cafferky.

The next part of the plan previewed was chapter three — Sullivan Square and Rutherford Avenue planning framework. This aspect of the plan looks to inform zoning in the neighborhood and elements such as land use, density, open space, and mobility.

It should be noted that the recommendations discussed in chapter three are for a PLAN: Charlestown zoning study area. This zoning study area is focused west of Rutherford Avenue, south of Cambridge Street, east of Medford Street, and surrounding Sullivan Square.

There have been several scenarios created for this area of Charlestown. Most recently, a hybrid scenario was presented by the BPDA in March, comprising the best parts from two options that were introduced last summer.

Since the hybrid scenario release, the BPDA collected 392 survey responses and took the feedback to create an updated scenario for the area, which is available in chapter three of the draft document.

While Cafferky indicated the land use portion of the new scenario is very similar to the one released in March, she mentioned some changes, which included slightly more residential use in Sullivan Square and slightly more commercial uses near I-93.

Moving to density, there were

more changes, including reducing the maximum height of buildings in the neighborhood from 350 feet to 280 feet. Additionally, the maximum height north of Cambridge Street in the Lost Village was reduced from 90 feet to 70 feet.

Further, Cafferky mentioned that the BPDA simplified allowed maximum heights into five thresholds — 70 feet, 90 feet, 150 feet, 180 feet, and 280 feet — corresponding to different parts of the study area.

"These are the maximums allowed, but the entire parcel wouldn't be built up to these heights due to other controls that we have in place," said Cafferky.

The new scenario also saw floor area ratio (FAR) updates, including the addition of density bonus areas which are for parcels within 1,000 feet of the Sullivan Square and Community College MBTA stations.

As part of the bonus, residential projects completed on parcels within that 1,000-foot area are entitled to a "plus one FAR bonus," per Cafferky. Moreover, the commercial zone along I-93 saw its FAR decrease from five to four, and the southern part of the study area decreased from four to three.

Only a few changes were noted in the open space portion of the scenario, which would add about 25 new acres of open space within the study area.

One change was reconfiguring the path of the proposed Charlestown Green Loop to come in to the Mystic River and go along the waterfront. The loop would connect the entire neighborhood through things like trails and greenways. Another change mentioned was the addition of smaller green spaces along Rutherford Avenue.

Finally, Lydia Hausle, a Senior Transportation Planner with the BPDA, outlined plans for mobility in the area. Some aspects of the mobility portion of this chapter to note are the inclusion of Charlestown link shuttles, a proposed bike

network, a network of new streets and much more.

The following chapters covered were four and five, encompassing urban design guidelines. According to Meghan Richard, an Urban Designer with the BPDA, these guidelines "help ensure that new development and additions — thinking about the existing fabric — use contextually appropriate massing and design."

There are two sets of guidelines for this topic — one for the Original Peninsula and Lost Village areas which look at existing residential areas and items such as additions, infill projects, facade alterations, and the public realm.

As well as one for the Sullivan Square and Rutherford Avenue areas which look at larger projects and look at building design, adaptive reuse of existing buildings, open space, connectivity, and sustainability.

Examples of these guidelines can be found in the draft document and recorded presentations on the PLAN: Charlestown webpage from May 24 and June 1 meetings.

Chapter Six focuses specifically on the Navy Yard, which has had copious amounts of planning from the 70s, 80s, 90s, 2000s, and 2022.

Not only does the chapter review these old plans, but it also analyzes ongoing work and future work in the Navy Yard. Essentially, the BPDA uses parts of these old plans that have not been completed to create its recommendations.

The Navy Yard recommendations focus on improved connectivity, adaptive reuse and preservation, waterfront activation, economic development, and resilience.

Lastly, the final chapter, number seven, was previewed, focusing on implementation. As part of this chapter, a table outlining the theme, objective, timeline, and implementing department of each recommendation in the plan is provided.

Another part of the table is currently being worked on and

will be added, called strategy, which would focus on what levers are being pulled to implement a recommendation, whether it be through things like grants, development mitigation funding, zoning, or more.

A big part of the steps in determining how to implement these recommendations will be when the BPDA meets with the Planning Advisory Council this month. "This is how we actually begin to implement it. So this is a really crucial next step," said Cafferky.

Additionally, chapter seven pulls together the minor zoning recommendations made in the plan and identifies how they would be achieved through updates to the zoning code.

Moreover, Astrid Walker-Stewart, a Planner with the BPDA, said, "We are currently in the process of working on the zoning for the Sullivan Square and Rutherford Ave areas. The proposed zoning we are working on will codify the land uses and density proposed in the planning framework that Trish (Cafferky) outlined earlier."

The proposed zoning language is slated to be released in the middle of this month with a three-week public comment period and a virtual zoning office hour on August 21 from 6 to 8 p.m. to follow.

As for other next steps, a public comment period concerning the draft release is open until September 1; you can fill out a survey about the plan at <https://bit.ly/DraftPLANCharlestownSurvey>.

To view the draft plan document in its entirety, you can visit <https://bit.ly/DraftPLANCharlestown>, and to view a recording of the August 3 meeting or any other previous meetings from this process, you can visit the PLAN: Charlestown webpage at <https://www.bostonplans.org/planning/planning-initiatives/plan-charlestown>.

"We look forward to collecting and reviewing everyone's comments and feedback," said Ruggiero.



## ADOPT-A-POLE (from pg. 1)

National Recovery Month in September, Adopt-a-Pole will be raising awareness about the public health crisis, acknowledging the grief of family and friends, and compassionately honoring those who have passed away.

“Charlestown is a small, tight-knit community. We’re all connected; so when we lose someone, we’re all impacted,” recognized Lundin, who celebrated 19 years in long-term recovery in May.

The Adopt-a-Pole organizer became sober from her heroin addiction at 25-years-old, and is dedicated to helping individuals and families find appropriate support and care. Lundin has raised hundreds of thousands of dollars over the years to assist families with unexpected funeral services.

“I am grateful that I am alive, clean, and able to give back to my community,” shared Lundin, mother of four daughters.

Ludin recently founded her non-profit organization, Scars in Heaven, which provides financial assistance to families with connections to Charlestown. Scars in Heaven offers recovery scholarship opportunities for individuals in treatment, promotes healing, and provides addiction education to the public. Donations can be made through Venmo @ScarsInHeaven.

“We still have a lot of work to do in terms of stigma,” recognized Lundin, member of the Charlestown Trauma Response Team. “The overdose crisis is still plaguing our community. It’s the number one cause of death.”

Lundin recalled how Charlestown had the highest fatal overdose rate in Massachusetts in the early 2000s, and admitted that it can seem like the predicament is worsening. She has observed the difficulties caused by the pandemic, when isolation and depression provoked alcohol and substance use problems.

Quarantine was detrimental to the recovery community that relies on social connection and comradery; and so Lundin held outdoor meetings, providing support for some 80 people.

“A lot of people in recovery felt like the risk of relapsing was greater than the risk of catching Covid,” Lundin revealed. “We had over 50 people celebrate one year of recovery during Covid – that’s unheard of.”

Bows will be provided for free through sponsorship by Chapters Recovery Center, All Roads Lead to Charlestown, North Suffolk Community Services, Think of Michael, and the Gavin Foundation. Last year, Adopt-a-Pole hung 100 bows; and Lundin hopes that more communities will continue to join the campaign in the future.

Adopt-a-Pole bows will be on display beginning the week of August 20 through September. Submit names for remembrance by August 15 by contacting Shannon Lundin at SLundin@ChaptersRecoveryCenter.com for light poles in Charlestown, or Rose Stone at RStone@NorthSuffolk.org for poles in Winthrop, Revere, Chelsea, East Boston, South Boston, and Roxbury.

# Legislature passes bill authorizing Chapter 90 funding benefiting DiDomenico’s district

Senator Sal DiDomenico joined his colleagues in the Massachusetts Legislature in passing a bill that includes \$375 million in bond authorizations for transportation needs across the state, including \$200 million for the state’s Chapter 90 program, which provides municipalities with a reliable funding source for transportation-related improvements, including road and bridge repairs. Last week, Governor Healey signed the bill into law, ensuring this critical funding will be distributed across the state.

“Our communities and economy are stitched together by roads, bridges, the MBTA and regional transit authorities, so ensuring this infrastructure is safe, accessible, and up to 21st century standards is nonnegotiable,” said Senator DiDomenico, Assistant Majority Leader of the Massachusetts Senate. “These investments will repair outdated transportation

infrastructure and keep our state on track to cut greenhouse gas emissions by supporting efforts to electrify our cars and provide high quality public transportation. These investments will have a big impact in my district and throughout the Commonwealth.”

“Ensuring that people in every region of Massachusetts have safe and dependable transportation options is fundamental to creating a competitive and equitable Commonwealth,” said Senate President Karen E. Spilka (D-Ashland). “This funding invests in our infrastructure and transit systems everywhere, allocating much-needed funds to local roads and bridges, regional transit, EV infrastructure, and parts of the MBTA. I want to thank Senator Crighton for making this a priority, my Senate colleagues for their support, and Speaker Mariano and the House for agreeing on these critical investments in our

infrastructure.”

This legislation also authorizes \$175 million in programs that will support various transportation-related projects. This includes \$25 million for each of the following:

- the municipal small bridge program;
- the complete streets program;
- a bus transit infrastructure program;
- grants to increase access to mass transit and commuter rail stations;
- grants for municipalities and regional transit authorities to purchase electric vehicles and the infrastructure needed to support them;
- funding for pavement and surface improvements on state and municipal roadways; and
- new funding dedicated to additional transportation support based on road mileage, which is particularly helpful for rural communities.

## CONSTRUCTION UPDATE

The Construction Look-Ahead through August 19 for the North Washington St. Bridge is as follows:

**Scheduled Work**

- Installation of concrete bridge barriers and sidewalks
- Off-bridge utility work and cutover to permanent bridge
- Off-bridge approach barrier and curb work

### Work Hours

- Most work will be done during weekday daytime hours (6:00 a.m. – 4:00 p.m.)

### Contraflow Pilot

- The MassDOT-implemented contraflow pilot will continue to be in effect during evening peak traffic (3:00 p.m. to 7:00 p.m.), Monday through Friday.
- Police details, lane markings,

temporary barriers, traffic cones, signage, and other tools will be used to control traffic during set up and operation of the contraflow.

### Travel Tips

For everyone using the temporary bridge, please help share the space: walk to the right, walk bikes, and be mindful of people coming from both directions, if walking in a large group.

Drivers should take care to pay attention to all signage and move carefully through the work zone. Police details, lane markings, temporary barriers, traffic cones, signage, and other tools will be used to control traffic and create safe work zones.

The Tudor Wharf Walkway (under the bridge next to the

water in Paul Revere Park) will be intermittently closed for safety during construction operations, with access provided via the Water Street underpass. The Boston Harborwalk under the bridge and eastern/harborside bridge sidewalk remain closed until rebuilt.

The contractor is coordinating with the TD Garden and local police to provide awareness and manage traffic impacts during events. For your awareness, the following TD Garden events are scheduled during this look-ahead period:

- Other Events: 8/11 at 7:30 p.m., 8/15 at 7:30 p.m., 8/16 at 7:30 p.m., and 8/19 at 6:30 p.m.

How can I find more information?

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# Wu appoints Shepard and Bennett to the BPDA Board of Directors

Special to the Times

Mayor Michelle Wu announced two new appointments to the Boston Planning & Development Agency (BPDA) Board of Directors. Raheem Shepard of Hyde Park, Regional Manager of the North Atlantic States Regional Council of Carpenters for the City of Boston and a current member of the Zoning Board of Appeal (ZBA), is being appointed to fill a seat traditionally held by a representative of the construction trades. Shepard will fill the seat being vacated by current member Michael Monahan, whose term expires this month. Kate Bennett of Roslindale, the outgoing Administrator of the Boston Housing Authority, is being appointed to fill a vacant seat. Current Board Chair Priscilla Rojas, whose seat is in holdover status, will also be reappointed. The new appointments will need to be approved by the City Council. Once they are confirmed, all BPDA Board member seats will be filled and current.

“I join the board members in thanking Mike Monahan for his years of service to the City of Boston and working people,” said Mayor Michelle Wu. “Raheem

Shepherd and Kate Bennett are tremendous additions to the Board who will bring experience and focus to make Boston the best city for families—affordable and green, with opportunities connecting every generation. I thank them and Chair Rojas for rolling up their sleeves with Chief Arthur Jemison and our entire City team to build a growing and green city for everyone.”

“I want to thank Mike Monahan for 22 years of service – to the ZBA for 12 years and to the BPDA for the last 10. He has been an important voice for the growth of the City,” said Chief of Planning and Director of the BPDA Arthur Jemison. “I look forward to working with Kate and Raheem, who are experts in their own right on building Boston in a thoughtful way. I am confident they will help guide growth that will make our City more resilient, affordable, and equitable.”

Kate Bennett has worked in affordable housing development, policy, and planning for more than 25 years, with a particular focus on public housing revitalization as the former head of the Boston Housing Authority (BHA). Bennett has spearheaded over \$2 billion in

redevelopment activity currently underway at several BHA sites across the city. She has also been instrumental in the development of the BHA’s green, healthy housing and sustainability programs, and in the expansion of resident empowerment and self-sufficiency initiatives. Bennett holds a Masters in City Planning from the Massachusetts Institute of Technology. She has also managed affordable housing programs for the City of Chelsea and the City of Newton.

“As someone who has dedicated my career to housing for Boston residents and families, I share the Wu Administration’s belief that our growth depends on government, community, and developers coming together to build a stronger City,” said BPDA Board of Directors nominee Kate Bennett. “I am very grateful to Mayor Wu for this opportunity to continue to serve our community.”

Raheem Shepard is the Regional Manager of the North Atlantic States Regional Council of Carpenters for the City of Boston. His appointment upholds Boston’s longstanding tradition of including union representation on the BPDA Board. As a member of the ZBA, Shepard reviews development pro-

posals which require zoning relief, and works with his fellow ZBA members and Chief of Planning Arthur Jemison to help advance the Mayor’s goal of rebuilding trust with communities through planning-led development, while advancing equity, affordability, and resilience across all functions of the City’s development review process.

“Serving on the BPDA Board of Directors is not only a great professional and personal honor, but it’s an opportunity to work closely with Mayor Wu’s Administration to chart a course for Boston’s future,” said BPDA Board of Directors nominee Raheem Shepard.

“I am grateful to Mayor Wu for reappointing me to a new term on the BPDA Board, and I am eager to welcome Raheem and Kate,” said BPDA Board Chair Priscilla Rojas. “I appreciate the opportunity to continue supporting smart planning and development that serves the City and its residents.”

These appointments are part of Mayor Wu’s ambitious growth agenda for Boston, which is focused on advancing the City’s resilience, affordability, and equity goals. Under the Mayor’s leader-

ship, the agency approved Inclusionary Zoning for the first time in the City’s history, completed the Western Avenue Corridor Rezoning Study and PLAN: Mattapan, which includes zoning recommendations, and completed a land audit of all City-owned parcels to unlock opportunities for new housing and growth. The agency is undertaking the first major reform to Article 80 of the zoning code, which governs Boston’s development review process, to modernize development review and increase efficiency and predictability for development.

The Mayor’s agenda also includes the creation of a City Planning and Design Department and Planning Advisory Council operating under the direction of Chief of Planning Arthur Jemison. The staff of that new City agency will support the work of the BPDA Board. The Mayor has also committed to completing the neighborhood planning initiatives in Downtown, Charlestown, East Boston, and Newmarket in the coming months, and to launching a rezoning effort of Boston’s squares and corridors to create thousands of additional housing units across the City.

## BUDGET (from pg. 1)

so every kid has access to quality clothes, and historic investments in education funding to name a few. I want to thank Senate President Karen E. Spilka, Chair Rodrigues, the Ways and Means staff, and all my colleagues for a budget that will keep Massachusetts economically competitive and welcoming for people across all backgrounds and incomes”

“This budget represents a major step forward for our Commonwealth, particularly in making higher education more affordable and more accessible to everyone,” stated Senate President Karen E. Spilka (D-Ashland). “Tuition equity, free community college for nursing students and students 25 and older, and laying the groundwork for free universal community college starting next fall—all part of the Senate’s Student Opportunity Plan—are crucial to securing

our long-term competitiveness, providing residents with concrete ways to create the futures they dream of, and continuing our state’s commitment to education at every level. Included in that commitment is a historic \$1.5 billion in early education and care, as well as making universal free school meals permanent and school construction funds more accessible. As we seek to improve access to quality health care, our investment in nurses—combined with a policy provision to allow more professional nurses to train the next generation—will help ease the burden on our workforce, while we update protocols for stroke and protect preventive health services that are currently covered by the Affordable Care Act. These are just a few of the many important provisions included in the final Fiscal Year 2024 budget, all designed

to keep Massachusetts moving forward as we continue to go back to better after COVID. I am so very grateful to all of my Senate colleagues, with whom so many of the great initiatives included in the final budget initiated, as well as to Senate Ways and Means Chair Michael Rodrigues, Vice Chair Cindy Friedman, and Assistant Vice Chair Jo Comerford, Senate Ways and Means staff, Speaker Mariano, the conferees and everyone who worked so hard to get this impressive budget over the finish line.”

Senator DiDomenico worked with his colleagues to help secure funding and language for many programs and initiatives in the FY24 budget including:

### Food insecurity

- Universal School Meals: \$171.5 million to provide free universal school meals to all students throughout the Commonwealth making Massachusetts the seventh state in the country to make the program permanent. Over 80,000 additional children will be eating school meals as a result of this program compared to 2019 before free meals were offered statewide.

- Food assistance: \$36 million for the Massachusetts Emergency Food Assistance Program after

securing \$1 million additional funding through the amendment process.

### Supporting families in poverty

- Children’s clothing allowance: providing \$450 per child for eligible families (an increase of \$50 per child) to buy clothes for the upcoming school year.

- Cash benefit increase for those in deep poverty: the budget includes a 10 per cent increase to Transitional Aid to Families with Dependent Children (TAFDC) and Emergency Aid to the Elderly, Disabled and Children (EAEDC) benefit levels compared to June 2023.

### Education

- \$6.59 billion in Chapter 70 funding, an increase of \$604 million over FY 2023, as well as doubling minimum Chapter 70 aid from \$30 to \$60 per pupil.

- Early Education & Care: \$1.5 billion investment in early education and care—the largest-ever annual appropriation for early education and care in Massachusetts history.

- \$475 million for the Commonwealth Cares for Children (C3) grants; FY24 is the first fiscal year in which the annual state budget includes a full year of funding for C3 grants, signaling a historic commitment to maintain this cru-

cial lifeline for our early education and care sector.

- Early Intervention services: \$42.9 million for Early Intervention (EI) services, ensuring supports remain accessible and available to infants and young toddlers with developmental delays and disabilities.

### Housing

- Eviction protection: makes permanent a pandemic-era eviction protection for renters with pending applications for emergency rental assistance under RAFT or any other program administered by the Executive Office of Housing and Livable Communities (EOHLC), a municipality, or a nonprofit entity. Under the program, a judge cannot execute an eviction before an emergency rental assistance application has been approved or denied.

### Expanding rights

- No Cost Calls: the FY24 budget removes barriers to communication services for persons who are incarcerated and their loved ones. Under this provision, the Department of Correction (DOC) and sheriffs must provide phone calls at no cost to persons receiving and initiating phone calls, without a cap on the number of minutes or calls.

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## LARGE-SCALE WOVEN WALL-HANGING UNVEILED



COURTESY PHOTO

In Charlestown, artist Sam Fields, a Brockton native who now lives in Boston, just unveiled a dramatic 48-foot-by-48-foot large scale woven wall-hanging, *Stay*, across the façade of an abandoned building in the Charlestown Navy Yard. Her work is the third and final installation in Now + There's new Lot Lab, the Boston nonprofit's first-ever multi-artist public art pilot program that is free and open to visitors all the time in the Charlestown Navy Yard.

Lot Lab's first two artists installed their projects in June including work by internationally renowned multimedia artist Ghada Amer with an adaptation of her artwork "Women's Qualities," which questions notions of femininity and womanhood and Boston-area artist Massiel Grullon's, "Knotical Waves," a large ground mural of undulating geometric lines used to represent water in historic plans of the Hoosac Tunnel Dock.

For Sam Fields, an opening celebration was on Saturday, and included a projection of light onto the six-story façade, the historic Hoosac Stores building, where *Stay* is hung. At the event, attendees shared writing that responds to the themes of staying, softness, migration, labor, mending, and/or the waterfront to reflect on how the tapestry of ropes knotted and spliced together evokes the entwined histories of maritime trade and women's labor in the Navy Yard.

## CHARLESTOWN BEAT

**COMMUNITY ROOM:** The 2nd floor Community Room at 20 Vine St. is available to neighborhood groups for meetings. Please call Christine Vraibel at 617-343-4627 or email [christine.vraibel@pd.boston.gov](mailto:christine.vraibel@pd.boston.gov) to reserve.

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

### Threats to Do Bodily Harm

08/05/2023 - At about 2:21 p.m., police responded to 23 Austin St. for a reported threat.

On arrival, officers met with a security guard, who stated that a male suspect had threatened him with a knife. The security guard noted when he observed the suspect parked in front of the Verizon sign, they started to talk, which became confrontational. The security guard stated that the male said he would kill him. The security guard then stated that the male got into a red SUV and drove away. The security guard said then he saw the suspect point a knife from the car.

The suspect was described as a dark-skinned, bald black male, 45-55 years old, with a thick mustache, about 5 feet, 7 inches tall and weighing 190-200 pounds, with a stocky build. The suspect was wearing shorts and a shirt.10

Area A-1 detectives were to further investigate the incident.

### Investigate Persons

08/06/2023 - At approximately 4:30 p.m., police responded to a radio call for a person with a gun on Caldwell Street.

Upon arrival, officers spoke with a witness, who showed them a video of the suspect

holding what appeared to be a brown-colored rifle while yelling outside his balcony window at passersby. Police had a prior call to this address early in the day.

The sergeant on the scene called for a Code 99. The suspect was eventually secured by the Boston Police Swat Team and transported by Boston EMS for a mental health evaluation at Mass General Hospital. The apartment was frozen pending a search warrant.

Area A-1 detectives were scheduled to conduct the follow-up investigation.

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## Harvest on Vine

Emergency Food Pantry

Monthly food distributions take place on the second Saturday at 10:00AM, and last Tuesday at 6:00PM.

We are so thankful for generous community support

**Director, Tom MacDonald 617-990-7314**



## CITY PAWS

### Summer pet care

By Penny & Ed Cherubino

We often think of summer dog companionship as walking, exercising, tossing balls, and other active pursuits. That's perfect for some dogs but not for all. Age, health, breeding, physical limitations, and personality might call for a calmer time together.

#### Symptoms of Heat Stroke

It's essential to recognize the symptoms of heat stroke in dogs and cats and get prompt emergency help if needed.

The ASPCA says you should "Know the symptoms of overheating in pets, which include excessive panting or difficulty breathing,

increased heart and respiratory rate, drooling, mild weakness, stupor or even collapse. Symptoms can also include seizures, bloody diarrhea and vomit along with an elevated body temperature of over 104 degrees."

On the way out the door to the emergency vet, you can begin treatment by wetting your dog or cat with cool (not cold) water and grabbing an ice pack or bag of frozen vegetables to place under your animal.

Animals with flat faces, like Pugs and Persian cats, are more susceptible to heat stroke since they cannot pant as effectively. These pets, along with the elderly, the overweight, and those with

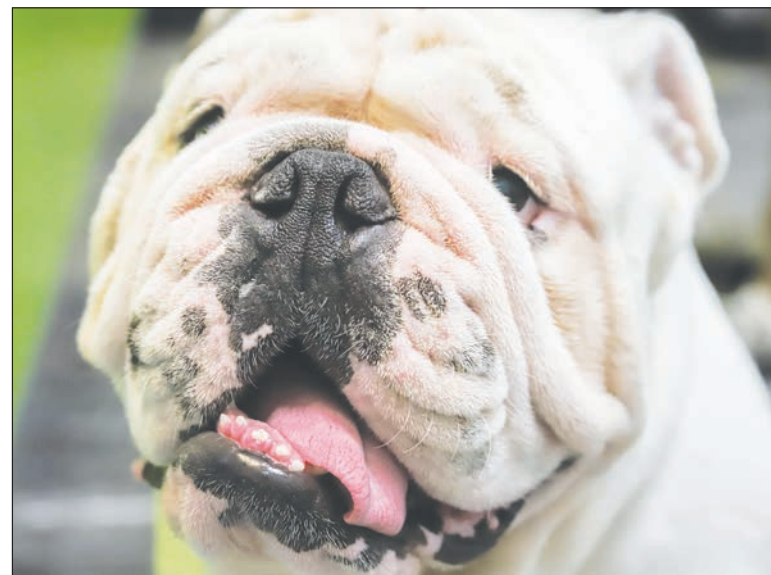
heart or lung diseases, should be kept cool in air-conditioned rooms as much as possible.

#### Water On the Go

Carry water to offer to your dog on walks. There are special bottles and bowls designed for dogs on the go. Slipping a plastic bag over a cupped hand will form a workable water bowl for a thirsty pal.

#### Exercise Early or Late

Some dogs need lots of exercise, even in the heat. If you have one of these athletes, take long walks or runs early in the morning or after dark. Mid-day heat may be too much for even a healthy dog. Canine companions can push



Animals with flat faces, like this pup, are more susceptible to heat stroke since they cannot pant as effectively. (Photo by Mirko Sajkov)

themselves into the danger zone to please us. Dogs are stoic animals and may not show distress until

it's too late.

#### Don't Leave Your Dog in a Car

A stop for a quick errand could result in a dog in trouble. Or, you could find your car window broken by a first responder or good Samaritan trying to save your pup.

The MSPCA has the information you need if you should discover a dog in trouble in a hot car. They say Massachusetts law, "Enables animal control officers, firefighters, and law enforcement to remove animals kept in vehicles in a manner reasonably expected to threaten the health of the animal due to extreme heat or cold." It also, "... allows individuals to remove an animal when in immediate danger in a vehicle and no other options exist."

#### Window Caution for Cats

Open windows can be a danger to cats. The ASPCA has warned about animals, especially cats, falling from windows this time of year. "Cats who never leave their residence may not realize how high up they are, and if they are distracted by what's going on outside, they can jump out of the window, or lose their balance and fall," said Dr. Louise Murray, vice president of the ASPCA Animal Hospital."

#### Enjoy Quiet Time Together

Slow down in the heat and enjoy quieter times together. Seniors, and any dog on the mend from illness or injury, may need to take a lot of breaks when out and about. While outside, relax on a bench or blanket in a shady spot. Offer your pal some water and perhaps a treat. And remember, some dogs of all sizes and ages simply love to sit quietly and watch the world go by.

Do you have a question or topic for City Paws? Send an email to [Penny@BostonZest.com](mailto:Penny@BostonZest.com) with your request.

## CITY OF BOSTON HOUSEHOLD HAZARDOUS WASTE DAY

Saturday, August 12, 2023

8:30 a.m. - 12 p.m.

315 Gardner St, Boston MA

- Proof of Boston residency required.
- We will not accept any waste from businesses.
- Household Alkaline batteries are not hazardous waste per MassDEP guidelines and are not accepted.
- We accept electronics, clothing, tires, and more! Find the list of accepted items and battery guide at [boston.gov/hazardous-waste](https://boston.gov/hazardous-waste)

CITY of BOSTON



Public Works

## FREE SUMMER CONCERTS

# BOSTON LANDMARKS ORCHESTRA

DCR  
Hatch Shell  
7PM

SATURDAY  
AUGUST 12

Mozart &  
More

WEDNESDAY  
AUGUST 23

Beethoven to  
Gottschalk:  
Dance Night

For more information, visit  
[www.landmarksorchestra.org](http://www.landmarksorchestra.org)