

SIXTEEN RENTALS

2BED 2BATH APARTMENTS

\$2,800-\$3,600

163 Chestnut St.

Chelsea, MA

OCCUPANCY

DATE OF

10/30/23


FOURTEEN CONDOS

2BED 2BATH CONDOS


\$525,000 - \$625,000

157 Chestnut St.

Chelsea, MA




SCHEDULE A TOUR



Jeffrey Bowen

781-201-9488

jeff@chelsearealestate.com



WWW.CHELSEAREALESTATE.COM

THURSDAY, AUGUST 31, 2023



FREE

CHARLESTOWN

PATRIOT-BRIDGE

## NEW HEALTH CHARLESTOWN HOSTS NATIONAL HEALTH CENTER WEEK

Special to the Patriot-Bridge

On Tuesday, August 8, NEW Health Charlestown hosted a community open house event to recognize National Health Center Week. This annual celebration spearheaded by the National Association of Community Health Centers serves to raise awareness about the mission and accomplishments of America's health centers over the past five decades.

In honor of this, NEW Health at 15 Tufts St. hosted a tour at 11 a.m. for local civic leaders at its Charlestown site, including Boston City Council Member Gigi Coletta, State Representative Dan Ryan, State Representative Aaron Michlewitz, and State Senator Sal DiDomenico as well as other neighborhood organizations to connect with local community members.

The entire North End and Charlestown communities joined to learn more about the health center, as well as enjoy an ice cream truck, pizza truck, face painting, balloon twister, and a gardening class. Raffle tickets will also be available for purchase for a chance to win a basket of summer items to contribute to NEW Health's unrestricted funds and another basket to increase the center's advocacy network and social media presence.

NEW Health has also launched a fundraising campaign for National Health Center Week so that area residents can help support the health center and it can continue serving the North End, Charlestown, and surrounding communities.

A back-to-school COVID-19 vaccine clinic will also be offered for ages six months old

(HEALTH Pg. 5)



COURTESY PHOTOS.

Harvard Kent Elementary School students having fun at the event.



Karina Montiel Flores and Abadit Wineh at the fruit table.



Silva Arstamyam shows a student how get a plan in the soil.

## Councilors offer ordinance on non-motorized street food carts

Special to the Patriot-Bridge

Boston City Councilors Gabriela Coletta, Julia Mejia, and Brian Worrell have put forward, "An ordinance establishing street for enterprises in the City of Boston Municipal Code by inserting Chapter 17, Section 22, Permitting and regulation of non-motorized street food carts," for consideration at the August 30, 2023, meeting of the Boston City Council.

"Street vending is one of the oldest informal types of commerce. Boston street food vendors can be found in all neighborhoods, however the regulations to legally sell their food, beverages and goods, remains unclear and inaccessible," said Councilor Coletta. "We've modeled some of this after efforts in large cities like Washington, D.C., Los Angeles, and New York that create food entrepreneurship opportunities for people

who want to start a small business but don't have the means to buy a food truck or pursue a brick and mortar establishment. This is about creating upward economic mobility and generational wealth."

"Our office is excited to work alongside Councilor Coletta to expand economic opportunities to our residents, particularly immigrant-owned small businesses. As a natural progression from our 2021 Retail Residential Kitchen Ordinance, we look forward to continuing to build these pathways for economic growth and close the racial wealth gap in Boston," said Councilor Mejia.

"This ordinance would expand and protect economic opportunity for entrepreneurs, especially from communities that often lack large capital and political connections," said Councilor Worrell. "We can

(CARTS Pg. 3)

### CHARLESTOWN NEIGHBORHOOD COUNCIL CALENDAR

**CNC General Meeting, Tuesday September 5,** The Charlestown Neighborhood Council will hold in-person, public meeting on Tuesday September 5, 2023, 7-9 p.m. at the Knights of Columbus, 545 Medford Street, Charlestown. Please bring your questions and neighborhood concerns to the meeting or email us at [cnc02129@gmail.com](mailto:cnc02129@gmail.com). Check [CNC02129.org](http://CNC02129.org) for calendar and updates.

**2023 Fall General Meetings Schedule:** We hope that you all enjoyed the summer and that we will see you when we return for our fall session! All meetings are in person - there is no hybrid option at this time. Guests and presentations will be announced closer to the meeting dates. CNC Committee meetings are scheduled on an as needed

(CNC Pg. 5)

# EDITORIAL

## ENJOY A GREAT -- AND SAFE -- LABOR DAY WEEKEND

With the weatherman predicting a superb Labor Day weekend (as we're writing this), we hope that all of our readers will have a chance to make the most of the final weekend of the summer season.

Although the Summer of '23 overall has been a bit on the rainy side (which was great for our gardens and lawns), it nonetheless had plenty of perfect days that we hope created memories that will last a lifetime for our friends, families, and ourselves. The coming Labor Day weekend promises to give us one final opportunity to enjoy the outdoors in whatever way we choose.

However, as always, we urge our readers to do so safely, not only for ourselves, but also for our family members, friends, and loved ones, whether we are on land or on the water.

Just a few weeks ago we wrote about the spate of tragic accidents that befell the Boston area --- and sure enough, tragedies have continued in the weeks since.

None of us wants to be a tragic statistic, and that means making sure that both we ourselves and those around us do not overindulge in alcohol. Yes, accidents do happen, even under the best of circumstances, but generally speaking, no one ever gets hurt by being sober. It's when two beers become four or more that the chances for a tragedy increase exponentially.

We wish all of our readers a happy -- and safe -- Labor Day weekend.

## SCHOOL'S BACK -- DRIVE WITH CAUTION

With schools going back in session this week and next after the summer vacation, morning rush-hour commuters need to readjust our driving habits to ensure that we take into account the thousands of children who will be filling our streets during our morning commute.

We'll admit that school buses, school crossing guards, etc. are a pain in the neck, especially if we're running a bit late on our way to work.

But that is no excuse for ANY sort of driving behavior that does not take into account the safety of the children in our communities.

Every morning commuter needs to be a patient and defensive driver, especially in the first few weeks of school, when youthful exuberance typically results in kids dashing out into the street to greet friends for the start of the new school year.

Each of us is responsible not only for our own safety, but also for the safety of others when we are behind the wheel of a motor vehicle -- and that is doubly true when school is back in session.

## GUEST OP-ED

## Planning Office for Urban Affairs Archdiocese of Boston project update

By The Planning Office for Urban Affairs

The Planning Office for Urban Affairs at the Archdiocese of Boston has been working to increase much needed affordable housing by partnering with organizations to develop new units across Greater Boston.

Through a collaborative effort with St. Francis House, we hope to add much needed affordable housing units at YMCA/Constitution Inn location at 150 Third Avenue in the Charlestown Navy Yard. Our preliminary proposal, presented last year and vetted through an informal process, was met with some great concern and we agreed after 16 community meetings with over 200 individuals and dozens of responses to revisit our program

plans at this location.

We are currently in the process of finalizing those plans. The proposal for the site will have fewer units; a focus on workforce housing affordability and supportive housing for those on the Veterans Administration list in need of housing and women eligible through the City of Boston Coordinated Entry System.

Our team is updating the project website to reflect the new housing plans and will formally notify the city of our intentions in the coming week. As we move forward, we will engage with our community as part of the formal process with the Boston Planning and Development Agency through their Article 80 review.

Our conversations made clear

that we share the same values -- all people deserve the dignity of safe, quality housing and community. We feel that our new plans reflect the tremendous respect we have for our neighbors, our shared values and our collective efforts to address the increasing need for new housing options for all people while considering the real concerns of our community.

Thank you to our many neighbors, elected officials and community partners who offered thoughtful comments and important feedback to our initial plans - We believe the housing program that we will offer at this site is a better fit for our community.

*The Planning Office for Urban Affairs is one of the developers for the YMCA/Constitution Inn.*

## LETTERS TO THE EDITOR

on September 11.

As we've shared, we hope to see significant changes based on the community's comments as well as our concerns in the next draft of PLAN: Charlestown along with an additional 30 day comment period for that draft. It is critical that the BPDA as well as our elected officials hear your comments and concerns prior to September 6, in order to make those changes.

CPS welcomes smart development. However, the plan the city has developed and fast-tracked for approval leaves too many critical public safety issues unanswered, endangering the essence of what makes Charlestown a great place to live for residents today, and those that will call Charlestown home in the future.

Expanding the community from 19,273 to 35,000 people and the added influx of 2,000,000 people during tourist season, demands that emergency response preparedness planning and egress must take precedence above all other considerations. There are too many unanswered questions to finalize or support this PLAN.

Please take a moment to review the PLAN, and to comment, and email Mayor Wu

Mayor@boston.gov with a copy to the following:  
arthur.jemison@boston.gov,  
gabriela.coletta@boston.gov,

dan.ryan@mahouse.gov,  
sean.breen@boston.gov, jason.ruggiero@boston.gov &  
info@charlestownpreservation.org

Charlestown Preservation Society,  
Amanda Zettel  
Richie Banerji  
Darrell Villaruz  
Chris Doggett  
Nora Blake  
Ryan Gavin  
Lisa Ha  
Marley Kanda  
Ellen Kitzis  
Pippa Nava  
Chris Remmes  
Tiffany Riddle  
Molly Stern

## THE CHARLESTOWN PLAN: A DEVELOPER'S DREAM OR A COMMUNITY'S DEMISE?

To the editor:

Has anybody been sitting in traffic recently trying to get in and out of Charlestown and wondering "what gives?" Well, the latest traffic report rank's Boston as the second worst traffic in the nation, with Chicago being the first. We should be "jumping for joy", last year we were awarded the first

(LETTERS, Pg. 5)



# CHARLESTOWN

## PATRIOT-BRIDGE

THE CHARLESTOWN PATRIOT-BRIDGE,

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## CHARLESTOWN PEOPLE: SHANNON LUNDIN

### *In Honor of September as National Recovery Month*

By Tracy Iannelli

Sitting outside on a sunny afternoon, sipping a coffee and listening to Shannon Lundin's life story is as shocking as it is mesmerizing. Shannon was born and raised in Charlestown, into a third generation Irish family. Because of her lived experience of addiction and redemption, I would call her a neighborhood hero. She'd have none of that. A self-proclaimed open book, her honesty seeks to banish stigma from any substance use discussion. With intense blue eyes and a direct gaze, she shared her journey from living with drugs and alcohol, to hard-fought recovery.

Back in the 80s, Charlestown was a neighborhood populated by working class, tough and private families who battled within their four walls and then went to church. Charlestown people never told on their neighbors, but were quick to take care of them. Even the idea of coping skills was foreign, and to be vulnerable was unheard of.

Shannon and her three siblings grew up on Allston Street, in a 1 and ½ bedroom apartment. Her Mother, Claire Sullivan Lundin, was a single parent caring for four children. Charlestown adored Claire. So did her kids. Shannon's father, Kevin Lundin, was an alcoholic and active substance user, who abused her mother. He left his family when Shannon was 10, although prior to that time he was absent more than he was present. He died from the AIDS virus



PHOTO BY OLGA CHERNYATEVA  
Shannon Lundin.

in 1999. It was five years before Shannon knew he had passed away.

Mom poured love into her four children. At five years old, Shannon remembers holding her hand, to comfort her. Childhood trauma became the gateway to Shannon's substance use; leading to alcohol, cocaine, OxyContin and-- when she opened that gate--intravenous heroin use.

It began innocently enough. When Shannon was 12, she stole some coffee brandy—which no one at home would drink—and took it to a local kids' hangout called "the Pit." Drinking it boosted her confidence. It made her feel relaxed, not so angry, not so sad. Then came the eating disorder, pills purchased on the street, and

lessons in how to steal cars. But her real love was cocaine, and her high school boyfriend, Timmy. He and Shannon grew up together, and began dating at 15. They used together, bonded by trauma. After the cocaine, there was OxyContin. It was easy to get on the street, and users thought it was safe because doctors were prescribing it. But it was expensive. Heroin was cheaper.

She half-heartedly attempted to detox in 2001; living in and out of shelters, and other facilities. By that time, she and Timmy had their first daughter of two. Shannon was exhausted by the on-again-off-again drug use, but not enough to stop. The police and Department of Children and Families had her on their radar, and her Mother was desperate to help her—so desperate that she called them. Still, Shannon could not imagine living without alcohol and drugs.

In 2004, Shannon reluctantly entered the Fran Rowan Meridian House in East Boston; an established, structured, therapeutic community with required treatment based upon behavior modification. Her stay began with fierce rebellion and defiance, as she never planned on getting clean, just on "checking the boxes" so she could leave. She was always in trouble, and had to abstain from all mind-altering substances. Slowly, under their 24 hour a day program and the guidance of skilled counselors, Shannon increasingly became self-aware. Her program manager, Tony, was tough and

supportive, demanding accountability. There were consequences for harmful behavior. She had 80 "time-outs" where she considered her failings, explored her feelings, and began to take responsibility for her life. She credits Tony for transforming her from the most challenging, manipulative, and rebellious client to the person she is today.

In 2005 after 15 months, Shannon graduated into a life of recovery. It was the first time in over ten years.

Her resolve was tested repeatedly as she grieved friends, family, and her former boyfriend Timmy who overdosed in 2016. Attending funerals and giving eulogies became more frequent than baby showers or weddings. In response, Shannon wrapped her arms around families who lost loved ones. The Charlestown Peace Park on Warren Street features painted rocks with their names-- a place for families to reflect and connect. On September 30th there will be the 15th annual candlelight vigil with 300 pictures of those who have passed away. Shannon will be there, offering strength, faith, love and comfort.

Determined to be a leader in Charlestown's recovery, in 2008 Shannon became the Community Health Navigator, connecting those in need to appropriate services; then Program Manager of the Addiction and Recovery Services for the Charlestown Coalition until 2022. She's been a part of the Charlestown Trauma Response Team member since

inception in 2016 to present. In spite of pressure, grief and stress, she never relapsed. Now she is the Director of Recovery and Community Engagement at Chapters Recovery Center in Danvers.

While in recovery, she met her future husband, Mark White, who she married in November of 2017. At their wedding, Mark said commitment vows to Shannon's two older daughters. He's a self-made man, someone who you can count on, and her support system during the tough times. They have five-year-old twin girls. Faith and love of family have delivered her. In her words. "Everything I have been through...has shaped who I am and I love who I am today."

Shannon's purpose lives in Charlestown, committed to helping those who are living with substance use disorder achieve the recovery they deserve. At 44 years of age, she possesses a "servant's heart." She shared a photo of herself—and in it, she's standing. There is a quote underneath: "I was made for more."

Yes, you are Shannon. Yes, you are. Claire Sullivan Lundin would be proud.

August 31st is Overdose Awareness Day: a time to bring attention to substance abuse disorders with the goal of ending them, and to experience grief without shame.

September is National Recovery Month: a national observance which began in 1989. The goal is to spread awareness of new evidence-based recovery practices, and celebrate the strong and resilient recovery community.

## CLARIFICATION

The following clarification is for the story that appeared in last week's edition on Low Vision Group meeting story.

- "John Oliveira, Acting Commissioner for the Massachusetts Commission for the Blind (MCB), Brookline, attended the August 16 Winthrop Low Vision Group meeting at the Robert DeLeo Senior Center to discuss the proposed \$27.1 million FY2024 state budget as well as agency resources, such as occupational therapy and home care assistance."

- MCB main office is in Boston.
- We do not provide home care assistance.

- "Massachusetts Commission for the Blind serves approximately 30,000 visually impaired individuals. Through MCB, those with low vision can join adult support groups, enroll in educational opportunities, gain access to case managers, and partake in social rehabilitation services. Volunteers can assist in reading mail and grocery shopping, as well."

- The low vision support groups are not operated by MCB. We do provide funding to support the groups and let our consumers know the groups exist, however a person does not need to be an MCB consumer to attend a low

vision support group. The majority of the low vision support groups, including the one in Winthrop, are operated by MABVI. The support groups on Cape Cod are operated by Site Loss Services.

- MCB does not have volunteers who read mail and grocery shop.

The items in red are in reference to the Massachusetts Association for the Blind and Visually Impaired, which is a separate non-profit organization. MABVI is located in Brookline, operates many of the low vision support groups, and has a volunteer program.

## CARTS (from pg. 1)

not only lower costs, but make the process more accessible for those emerging business owners."

The ordinance would amend the City of Boston Municipal Code, Chapter 17, Section 17-22, Permitting and Regulation of Non-Motorized Street Food Carts, and apply to non-motorized, street food cart operations engaged in the business of cooking, preparing, and distributing food or beverage. Additionally, permit fee charges are decreased to increase financial accessibility. The regulations establish clear, streamlined application and approval processes, along with time limits for approvals to establish predictability in business planning. It also outlines clear guidelines for operations,

permit fees, and enforcement.

This new language also proposes the establishment of a Non-Motorized Street Food Carts Committee within the City of Boston consisting of the Public Works Department, the Inspectional Services Department, the Boston Transportation Department, the Office of Economic Opportunities and Inclusion, and the Boston Fire Department for the purpose of reviewing applications for permits, establishing pre-approved vending zones, and establishing rules and regulations as appropriate.

The Boston City Council will meet on Wednesday, August 30, at 12 pm in the Iannella Chamber, 5th Floor of Boston City Hall.

## SEND US YOUR NEWS

The Patriot-Bridge encourages residents to submit engagement, wedding and birth announcements, news releases, business and education briefs, sports stories and photos for publication. Items should be forwarded to our offices at 385 Broadway, Revere, MA 02151. We also encourage readers to e-mail news releases and photos to [deb@reverejournal.com](mailto:deb@reverejournal.com).

Visit [www.charlestownbridge.com](http://www.charlestownbridge.com)

# Public health warning issued related to recent sewage discharge

Special to the Patriot-Bridge

The following is a public health warning related to a recent sewage discharge, also known as a combined sewer overflow (CSO). State regulations require local public health departments to provide notice to the public when these discharges may create a risk to public health, including when a discharge lasts for more than two hours.

Boston Water and Sewer Commission Outflow BOS003, located

at Jeffries Point in East Boston experienced a discharge or overflow starting on Friday, August 25 at 8:50am, creating a potential public health risk. The overflow ended at 11:00am on August 25 and this advisory will expire 48 hours after the overflow has ended. Note that this data is preliminary and may be revised. Check the Massachusetts Water Resources Authority website here and the Boston Water and Sewer Commission here for current updates. This event impacts

the waters of the Lower Inner Harbor.

Massachusetts Water Resources Authority Outflow MWR203, located at Prison Point in Charlestown near the Charles River Dam, experienced a discharge or overflow starting on Friday, August 25 at 9:15am, creating a potential public health risk. The overflow ended at 12:40pm on August 25, and this advisory will expire 48 hours after the overflow has ended. Note that this data is preliminary

and may be revised. Check the Massachusetts Water Resources Authority website here and the Boston Water and Sewer Commission here for current updates. This event impacts the waters of the Upper Inner Harbor and Charlestown.

The public is advised to avoid contact with affected water bodies for at least 48 hours after a sewage discharge or overflow, during rainstorms, and for 48 hours after rainstorms end, due to increased

health risks from bacteria or other pollutants associated with urban stormwater runoff and discharges of untreated or partially treated wastewater.

A combined sewer overflow occurs when a large storm overwhelms the combined sewerage system causing rainwater to mix with wastewater and discharge to a nearby water body. This prevents sewage backups into homes and businesses.

## State health officials announce first two human cases of West Nile virus in Massachusetts

The Massachusetts Department of Public Health (DPH) announced the first two human cases of West Nile virus (WNV) in state residents this year. One individual is a female in her 70s who was exposed to the virus in another part of the country. The second individual is a male in his 40s who was exposed in Middlesex County, an area already known to be at moderate risk.

The risk of human infection with WNV is moderate in the Greater Boston area (Middlesex, Norfolk, and Suffolk counties), and in parts of Berkshire, Bristol, Hampden, Hampshire, Plymouth, and Worcester counties. There are no additional risk level changes indicated at this time.

“This is the first time that West

Nile virus infection has been identified in Massachusetts residents this year,” said Public Health Commissioner Robert Goldstein, MD, PhD. “August and September are the months when most people are exposed to West Nile virus in Massachusetts. Populations of mosquitoes that can carry and spread this virus are fairly large this year and we have seen recent increases in the number of WNV-positive mosquito samples from multiple parts of the Commonwealth.”

In 2022, there were eight human cases of WNV infection identified in Massachusetts. WNV is usually transmitted to humans through the bite of an infected mosquito. While WNV can infect people of all ages, people over the age of 50 are at higher risk for severe dis-

ease. Most people infected with WNV will have no symptoms. When present, WNV symptoms tend to include fever and flu-like illness. In rare cases, more severe illness can occur.

“We are coming to the unofficial end of summer but mosquitoes with West Nile virus will persist for several more months,” said Dr. Catherine M. Brown, State Epidemiologist. “To avoid mosquito bites, use a repellent with an EPA-registered ingredient, wear clothing to reduce exposed skin, drain standing water and repair window screens. We also encourage everyone to regularly visit DPH’s mosquito-borne diseases web pages to stay informed on when and where WNV activity is occurring.”

People have an important role to play in protecting themselves and their loved ones from illnesses caused by mosquitoes.

### Avoid Mosquito Bites

Apply Insect Repellent when Outdoors. Use a repellent with an EPA-registered ingredient (DEET (N,N-diethyl-m-toluamide), permethrin, picaridin (KBR 3023), oil of lemon eucalyptus [p-Menthane-3,8-diol (PMD)] or IR3535) according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30 percent or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age.

Be Aware of Peak Mosquito Hours. The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities that occur during evening or early morning in areas of high risk.

Clothing Can Help Reduce Mosquito Bites. Wearing long-sleeves, long pants, and socks when outdoors will help keep mosquitoes away from your skin.

### Mosquito-Proof Your Home

Drain Standing Water. Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by draining or discarding items that hold water. Check rain gutters and drains. Empty unused flowerpots and wading pools and change the water in birdbaths frequently.

Install or Repair Screens. Keep mosquitoes outside by having tightly fitting screens on all windows and doors.

### Protect Your Animals

Animal owners should reduce potential mosquito breeding sites on their property by eliminating standing water from containers such as buckets, tires, and wading pools – especially after heavy rains. Water troughs provide excellent mosquito breeding habitats and should be flushed out at least once a week during the summer months to reduce mosquitoes near paddock areas. Horse owners should keep horses in indoor stalls at night to reduce their risk of exposure to mosquitoes. Owners should also speak with their veterinarian about mosquito repellents approved for use in animals and vaccinations to prevent WNV and EEE. If an animal is suspected of having WNV or EEE, owners are required to report to the Department of Agricultural Resources, Division of Animal Health by calling 617-626-1795, and to the Department of Public Health by calling 617-983-6800.

More information, including all WNV and EEE positive results, can be found on the Arbovirus Surveillance Information web page at Mosquito-borne Diseases | Mass.gov, which is updated daily, or by calling the DPH Division of Epidemiology at 617-983-6800.



## Virtual Public Meeting

### Austin Street Developer Presentations

SEPTEMBER

20

6:00 PM - 7:30 PM

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

Toll Free: (833) 568 - 8864

Meeting ID: 161 194 1852



#### Project Description:

Please join the Boston Planning and Development Agency (BPDA) for a virtual public meeting about the redevelopment of the Austin Street Parking Lots in Charlestown on September 20th at 6pm. Respondents to the Request for Proposals (RFP) will present their proposals to the community and answer questions. Please register for the meeting at [bit.ly/AustinStProposal](https://bit.ly/AustinStProposal). If you have any questions, contact Natalie Deduck at [natalie.deduck@boston.gov](mailto:natalie.deduck@boston.gov).

mail to: **Natalie Deduck**

Boston Planning & Development Agency  
One City Hall Square, 9th Floor  
Boston, MA 02201

email: [natalie.deduck@boston.gov](mailto:natalie.deduck@boston.gov)

website:

[bit.ly/Austin-Street-Parking-Lots](https://bit.ly/Austin-Street-Parking-Lots)

BostonPlans.org | @BostonPlans

Teresa Polhemus, Executive Director/Secretary

**PLEASE NOTE**  
**OUR OFFICE WILL BE**  
**CLOSED MONDAY,**  
**SEPT. 4TH IN OBSER-**  
**VANCE OF LABOR DAY**

**News and Advertising**  
**Deadlines for the week**  
**of Sept. 6th & 7th will be**  
**FRIDAY,**  
**SEPT. 1ST AT**  
**12 NOON**

## LETTERS (from pg. 2)

place.

But, according to the Charlestown Plan, the Boston Planning and Development Agency who support over fifty buildings proposed in our one square mile, we might be back in first place. Quite frankly, the BPDA doesn't have any serious planning in place or the foresight to address the roads, infrastructure, mobility issues and increased density thrust upon this neighborhood of one square mile.

The BPDA claims to have the communities support for their future planning. They have around 300 plus "responses", many anonymous. We currently have 16,000 adults living in Charlestown. Is this truly a credible snapshot of the communities' views and approval? The BPDA recently announced a closing date to go forward to the BPDA board for final approval.

Their plan is a developer's dream and the community's demise.

Whatever happened to the over 4,000 signatures on a petition for a Master Plan? Community involvement and input went out the window as it wasn't factored in their sparsely attended "community meetings" via Zoom. One communication after another, touts yet another building proposal. Adding up all the future buildings amounts to over fifty new structures gracing our small, historical community.

Years ago, I asked the BPDA to take out a full-sized map of Charlestown, in our local newspaper to provide a better understanding of just where these buildings would be located. But as the saying goes, "a picture is worth a thousand words". Providing these details would have been fatal to their scheme to develop every square inch of land to their liking, sans greenspace but more buildings.

As I was reading in last week's Patriot Bridge, the Charlestown Preservation Society now opposes the current Charlestown Plan. This group has always put the neighborhood, its historical significance, and most especially, the infrastructure and quality of life for its residents as the cornerstone of their work. They now acknowledge they have been ignored. We have been ignored. The community has been ignored. This process is a window of doing what's best for the developers and the BPDA. Not for the Charlestown community.

Please join the Charlestown Preservation Society and oppose the current Charlestown Plan. Simply, there needs to be planning with due diligence not haphazard building as the status quo.

Nathaniel Rich, in the Atlantic, published in 2016 wrote, "The

Prophesies of Jane Jacobs", New York City's renown urban activist, who with her neighbors stopped the destruction of the neighborhood by the powerful Robert Moses:

"No one questions anymore that the lively neighborhoods require diversity of use and function, that more roads lead to more cars, that historic buildings should be preserved, that investment in public transportation reduces traffic and promotes neighborhood activity, that "flexible and gradual change" is almost always preferable to "cataclysmic", broad-stroke redevelopment.

When cities fail, they fail for the same reasons democracies fail - corruption, tyranny, homogenization, overspecialization, cultural drift, and atrophy."

OPPOSE PLAN CHARLESTOWN: Call, email and write to Mayor Wu and the Chief of Planning, Arthur Jemison.

Mayor@boston.gov

Jemison@boston.gov

Stop the BPDA from altering the fabric off Charlestown's historic and vibrant community.

Ann Kelleher

## FLYNN ORGANIZES TRAININGS ON ETHICS, CIVILITY, PROFESSIONALISM

To the Editor,

During his term in leadership at the Council over the last twenty months, Boston City Council President Ed Flynn has organized a series of training sessions with colleagues and staff aimed at encouraging civility and professionalism, as well as abiding by state ethics laws and other regulations.

Most recently, Council President Flynn hosted a Massachusetts State Ethics Training for over two hours on Tuesday, August 8 which covered conflict of interest law, gift restrictions, code of conduct and related ethics issues. On Thursday, August 10, Council President Flynn held a three hour Working Session regarding an Anti-Bullying Policy for City Councilors, Council staff, and Council Central Staff that he previously introduced in May. The Council has also held seven trainings related to the Open Meeting Law and the Public Records Law, along with annual compliance and Massachusetts Commission Against Discrimination (MCAD) training. He has held multiple working sessions with the City Clerk and colleagues to review the Boston City Council Rules adopted by the body.

In addition, Council President Flynn is working closely with Boston City Council Central Staff on researching a Code of Ethics policy to be introduced later this year, along with recommendations around best practices on time off for Council staff. Council President Flynn continues to also engage in discussions with the State Legislative Leaders Foundation on potentially hosting a Civility Training later this year.

Moreover, Council President Flynn has focused on several administrative issues that have arisen this term, including implementation of an updated Executive Garage policy. During these challenging times for the management of meetings in municipal government, with anti-vaccine and other protestors, Council President Flynn has also worked in conjunction with City of Boston Property Management on upgraded security infrastructure at the Council, such as installation of panic buttons, putting a stanchion at reception, and requiring key card access at the Piemonte offices side.

Council President Flynn assumed leadership of the body during a particularly difficult time in our city and country; navigating the Omicron variant and subsequent transition back to in-person work and Council meetings, a new budget process, a contentious redistricting process that was ultimately sent back by a federal judge, as well as a number of ethical and legal lapses from several Council colleagues. Council President Flynn has spoken at length on several occasions, on both the Council floor as well as via memos to colleagues, on the critical need for civility, professionalism and decorum, and to be available in City Hall to address quality of life and constituent service issues from neighbors.

"My goal as Council President, and for the remainder of my term, will be to continue to work on ensuring that the City Council is focused on conducting the people's business, and that we have a professional working environment for all," said Council President Flynn. "While working closely with our dedicated Central Staff, I continue to focus on implementing policies to address the need for civility and respect, and to promote a culture that is inclusive and attracts talent to public service at City Hall, where everyone feels welcome in the workplace without fear of any bullying or harassment.

Boston City Council President  
Ed Flynn

## CNC (from pg. 1)

basis by the committee chairs and will be announced on CNC02129.org, Facebook, Instagram, and in the Charlestown Patriot Bridge.

•September 5, 2023, Tuesday, 7-9 p.m. at the Knights of Columbus, 545 Medford St. Charlestown MA 02129.

•October 3, 2023, Tuesday, 7-9 p.m. at the Knights of Columbus,

545 Medford St. Charlestown MA 02129.

•November 9, 2023, Thursday, 7-9 p.m. at the Knights of Columbus, 545 Medford St. Charlestown MA 02129.

•December 5, 2023, Tuesday, 7-9 p.m. at the Knights of Columbus, 545 Medford St. Charlestown MA 02129.

## HEALTH (from pg. 1)

and above. Vaccines, third shots, boosters and second boosters will be offered to those who are eligible. Walk-ins are welcome but non-patients must register with the Health Center.

As a federally qualified health center and an affiliate of Massachusetts General Hospital and Boston Medical Center, North End Waterfront Health (NEW Health) extends its world-renowned healthcare services to people who live and work in and around Boston's North End, Waterfront and Charlestown neighborhoods. NEW Health is committed to improving the quality of health and life for those it serves by providing high quality health care that

is consumer oriented, culturally appropriate, neighborhood-based, affordable, and produces positive outcomes. NEW Health has been serving the North End of Boston and the surrounding community since 1971. In addition to primary care services for all patients, many specialty services are also offered including dental, vision, behavioral health, obstetrics, gynecology, laboratory services and x-ray services. NEW Health is a private, non-profit corporation that is governed by a community-based Board of Directors and licensed by the Department of Public Health. More information at [www.newhealthcenter.org](http://www.newhealthcenter.org), on Facebook, Instagram and Twitter.

## The Mark & Michelle Gorman Scholarship \$6000 in awards will be given for the 2023-2024 school year.

4 scholarships will be awarded,

1 to a girl and 1 to a boy in 2 categories:  
Preschool – Grade 12 and College/higher education.

**Special scholarships awarded in memory of Ruthie Gorman, Mimi Wrenn and Jimmy Hingston**

Eligible students must be Charlestown residents, enrolled at a private or Catholic School or play in our tournament. Tournament donors may enter one eligible non-Charlestown resident. To apply, fill out a 3x5 index card with: student name, address, phone number, school & grade and drop it off during our

**Annual Cornhole Tournament**

**at the Barry Playground,**

**on September 9, 2023 from 10-3.**

Only index cards will be accepted, 1 entry per student.

Tournament donors must add their name to the student entry card. Winners chosen in a lottery and awarded at the Halfway to St. Patrick's Day event at the Knights on September 9, 2023. Scholarships paid directly to the school where winner is enrolled.

## SEND US YOUR NEWS

The Patriot-Bridge encourages residents to submit engagement, wedding and birth announcements, news releases, business and education briefs, sports stories and photos for publication. Items should be forwarded to our offices at 385 Broadway, Revere, MA 02151.

We also encourage readers to e-mail news releases and photos to [deb@reverejournal.com](mailto:deb@reverejournal.com).

# Flynn schedules hearing to bring all City of Boston meetings back in-person

Special to the Patriot-Bridge

Boston City Council President Flynn has scheduled a hearing on Thursday, September 14 at 2 p.m. to discuss bringing all City of Boston Meetings, abutters meetings, City Council committee hearings and related business back in person, with a hybrid option for accessibility and persons with disabilities. The hearing will also discuss bringing back meetings including the City of Boston Zoning Board of Appeals (ZBA), Licensing Board, Cannabis Board, and Boston Planning and Development Agency Board (BPDA).

This hearing order was filed in June in part to reevaluate the practice of remote-only City of Boston meetings in an effort to return to a sense of normalcy, with the federal government having announced the end of national and public health

emergencies earlier this year. It comes in response to reports of high office vacancies and a slower economic recovery of the Financial District and Downtown Crossing. In addition, business leaders have also expressed serious concerns about the future of the city's office space, and asked for assistance from local, state, and federal officials to play a key role in helping to bring more workers and foot traffic back Downtown.

While foot traffic in Downtown is rebounding, it is rebounding unevenly in different parts of Downtown. Foot traffic in the two zip codes that make up the Financial District is still at 47.8% of pre-pandemic 2019 levels, and office vacancies overall are at 20.4%. Reports indicated that the first quarter of the year saw 3.4 million square feet of negative net absorption in office spaces in

Boston, marking the fourth consecutive quarter in which companies are putting space back on the market. Conversations with commercial real estate executives, restaurants, coffee shops, and other small businesses owners in Downtown have also highlighted serious concerns about the future of Downtown.

Resuming City of Boston Board Meetings in person, with a hybrid option for public accessibility and persons with disabilities, would allow for all members of the various city boards, attorneys representing clients, proponents of a particular project, interested members of the public, and City Hall staff to return on site and provide the potential to support our local economy by visiting restaurants, coffee shops, and other businesses. All City Council committee hearings returning in person could

possibly have a similar economic effect as well.

"Downtown Boston plays a key role in driving our economy. It wasn't all that long ago that we all made it a central focus to support our small businesses when we saw the pandemic disrupt our local restaurants, bars, cafes and shops. Once again, local businesses are asking the government to do all that we can to support them, and I think it's critical that the city continue to examine any and all ways

to bring foot traffic back Downtown," said Council President Flynn. "I want to thank Mayor Wu and her team for their continued efforts on this important issue. I am hoping for a productive conversation as we work to continue to bring foot traffic, business, and vibrancy back onto our streets."

For more information, please contact Council President Flynn's office at 617-635-3203 and Ed. Flynn@Boston.gov.

## Jodi Cohen named Special Agent in Charge of the Boston Field Office

Director Christopher Wray has named Jodi Cohen as the Special Agent in Charge of the Boston Field Office. Ms. Cohen most recently served as the Special Agent in Charge of the Louisville Field Office in Louisville, KY.

Ms. Cohen joined the FBI as a Special Agent in 2005 and was assigned to the New York Field Office, where she investigated white-collar crime and health care fraud. She also worked violent crime matters on the Safe Streets Task Force.

In 2014, Ms. Cohen was promoted to Supervisory Special Agent and reported to the Washington Field Office to provide support to national security and criminal covert operations. In 2018, Ms. Cohen was selected as the Assistant Special Agent in Charge of the Criminal Branch in the Seattle Field Office.

In 2017, Ms. Cohen served as a team leader in the Inspection Division at FBI Headquarters in Washington D.C. She oversaw



Jodi Cohen.

agent-involved shooting investigations, national program reviews, and field office inspections.

In 2020, Ms. Cohen served as the chief of staff for the executive assistant director and section chief in the National Security Branch of FBI Headquarters. In 2021, Ms. Cohen was promoted to Special Agent in Charge of the Louisville Field Office.

## Lyric Stage Boston presents Assassins production

A highly anticipated production of Stephen Sondheim's Assassins opens Lyric Stage Boston's 2023/24 season with an astonishing cast of Boston area artists performing this electrifying theatrical gem with Direction by Courtney O'Connor, Music Direction by Dan Rodriguez, and Choreography by Ilyse Robbins.

With the American dream out of reach, nine of the most notorious figures in our nation's history ignite a chain of monumental nightmares. The white picket fence is set on fire in Stephen Sondheim and John Weidman's tragically funny and unnerving musical which peers inside the shattered minds of presidential assassins

(both successful and failed) from John Wilkes Booth to John Hinckley, Jr. This gallery of historical misfits jolts us into their blurry points of view with unapologetic humor, fiery anthems, carefree tunes, and unbridled energy that boldly blurs the lines between ambition and madness.

Director Courtney O'Connor says, "Stephen Sondheim's dark masterpiece speaks perhaps even more to audiences today than when it was written over 30 years ago. In a divided country where people are screaming to be heard, it is a prescient reminder that the past can also be a roadmap of the future. I look forward to working with the brilliant Dan Rodriguez

and this incredibly talented company of artists to share this deeply complex and complicated American story."

Performances begin Friday, September 15, and run through Sunday, October 15.

Founded in 1974 and in residence at 140 Clarendon Street since 1991, Lyric Stage Company is Boston's longest-serving resident theater company. Its mission is to produce and present live theater in Greater Boston with an intimate approach that promotes inclusivity and connection. The Lyric Stage leads an effort to integrate live theater and theater education into the lives of all residents of greater Boston.

## LOCAL STUDENTS EARN ACADEMIC HONORS

### LOCAL STUDENTS NAMED TO DEAN'S LIST AT WASHINGTON UNIVERSITY IN ST. LOUIS

The following Charlestown students have been named to the dean's list for the spring 2023 semester at Washington University in St. Louis.

Margaret Gaudian is enrolled in the College of Arts & Sciences. To qualify for the Dean's List in the College of Arts & Sciences, students must earn a semester grade point average of 3.6 or above and be enrolled in at least 14 graded units.

Abigail Geffin is enrolled in the 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.

Ariana Geffin is enrolled in the College of Arts & Sciences. To qualify for the Dean's List in the College of Arts & Sciences, students must earn a semester grade point average of 3.6 or above and be enrolled in at least 14 graded units.

Hubert Huang is enrolled in the McKelvey School of Engineering. To qualify for the Dean's List in the McKelvey School of Engineering, students must earn a semester

grade point average of 3.6 or above and be enrolled in at least 12 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 &

(STUDENTS, Pg. 12)

**CELEBRATE**  
**Halfway to**

*Saint*  
*Patrick's*  
*Day*

**Featuring**  
**DJ Smokey Cain and**  
**Derek Warfield & the Young Wolfe Tones**

**Saturday September 9, 2023 7PM**  
**Knights of Columbus - Charlestown**

**To Benefit the GORMAN Scholarship**

*In Memory of Ruthie Gorman, Mimi Wrenn & Jimmy Hingston*

**Tickets: \$40, Tables \$350**

**For tickets reach out to:**

**Alexa 617.620.0105 or Kathleen 617.224.2642**

**or email: [klacey3@msn.com](mailto:klacey3@msn.com)**

## WOMEN'S EQUALITY DAY ANNIVERSARY NOTED

PHOTOS COURTESY AXIE BREEN PHOTOGRAPHY



Fredie Kay, Founder and President, Suffrage100MA.

Women's Equality Day 2023 was hosted by Suffrage100MA, in partnership with the Boston Mayor's Office of Women's Advancement (MOWA) and Our Bodies Ourselves Today (OBOS), and honored the anniversary of the 19th Amendment and other achievements in women's voting rights. The events was held on Tuesday, August 22, at the Swan Boats in the Public Garden. This year's event theme, "Women's Health and Maternal Health Crisis for Women of Color," addressed critical issues in health-care for women, the pioneering legacy of OBOS spanning more than 50 years and current initiatives by the City of Boston and MA Department of Public Health.



From left: Cristina Alonso, Board Member, Our Bodies Ourselves; Mariangely Solis Cervera, Chief of Equity and Inclusion, City of Boston; Elaine Fitzgerald Lewis (and daughter), Bureau Director for Family Health and Nutrition, Massachusetts Department of Public Health; Diana Namumbejja Abwoye, Board Chair, Our Bodies Ourselves; Judy Norsigian, Co-Founder, Our Bodies Ourselves; Laura Prieto, Program Director, Our Bodies Ourselves Today and Co-Director, Mary Eliza Project; Norma Swenson, Founding Co-Author, Our Bodies Ourselves; Fredie Kay, Founder & President, Suffrage100MA; Dr. Robert Goldstein, Commissioner, Massachusetts Department of Public Health.

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From left: Fredie Kay, Suffrage100MA Founder & President; Our Bodies Ourselves members Judy Norsigian, Co-Founder; Laura Prieto, Program Director, Our Bodies Ourselves Today; Norma Swenson, Founding Co-Author; Diana Namumbejja Abwoye, Board Chair; and Cristina Alonso, Board Member.



Fredie Kay, Founder & President, Suffrage100MA, addresses the crowd at the Boston Swan Boats for Women's Equality Day on August 22.

# ST. ANTHONY'S FEAST

Begun in 1919, by Italian immigrants from the small town of Montefalcione in Avellino, Saint Anthony's Feast has become the largest Italian Religious Festival in New England. Named the "Feast of all Feasts" by National Geographic Magazine, this authen-

tic Italian street festival has it all for people of every age: parades, strolling singers, live entertainment, contests and religious services are held daily. Visitors strolled the beautifully decorated streets sampling the best Italian street foods from

100 pushcarts enjoying arancini, sausage peppers and onion, quahogs, calamari, pizza, pasta and of course zeppole, cannoli and gelato. Guests also browsed the wide selection of souvenir keepsakes and mementos.

DEREK KOUYOUMJIAN PHOTOS



Hiro Tokushige of Roma Band plays a strong horn solo.



The statue of St Anthony is brought up Hanover Street in the North End.



Annette Sementa from Al Dente restaurant places a money ribbon on St Anthony.



# ART in the PARK 2023

## CITY SQUARE PARK

Saturday **SEPTEMBER 9**  
10:00 - 5:30  
Rain Date September 10

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Residence INN.  
Boston Harbor on Tudor Wharf BY MARRIOTT



St Anthony is brought through Salem Street.



The statue of St Anthony is brought through the streets.

# ST. ANTHONY’S FEAST

DEREK KOUYOUMJIAN PHOTOS



The streets of the North End were decorated and filled with revelry.



Spectators watch the activity at 79 North Martin Street.



Members of the San Antonio Di Padova Da Montefalcione pose for a photo.

## Real Estate Transfers

BUYER 1	SELLER 1	ADDRESS	PRICE
Weinreich, David	Brosnan, Timothy D	8 Lawnwood Pl #2	\$1,050,000
Shapiro, Melissa E	Resor, Thomas P	14 Monument St #1	\$536,000
Geng, Aiying	Maguire, Robert F	42 8th St #1514	\$768,000
Maguire, Robert	Hyslip, John	42 8th St #2508	\$820,000
Fillmann, Sarah	Kathleen Murray Hm T	60 Chappie St	\$1,486,875
Freedline, Joshua	Bengal, Ofer	106 13th St #216	\$499,000

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**Magician Pony Rides  
Music Raffles**

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Tom MacDonald **617-990-7314**

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# September service changes will allow MBTA crews to continue improvement

The MBTA announced service changes in September on the Red, Green, Orange, Kingston, Middleborough, Greenbush, Newburyport/Rockport, and Haverhill lines. The MBTA will continue working to improve service reliability across the system.

Service changes will take place on the Red Line Braintree Branch this month in order for MBTA crews to perform critical rail and tie replacement work. Accessible shuttle bus service will replace Red Line trains between North Quincy and Braintree Stations on the following dates:

- Beginning at approximately 8:45 PM through the end of service Tuesdays through Thursdays, September 5-7 and September 12-14, as well as Tuesday through Friday September 19-22.

- All day from start to end of service during the weekend of September 23-24.

Accessible shuttle bus service will also replace Red Line trains between Quincy Center and Braintree Stations beginning at approximately 8:45 PM on Friday, September 8, and through the weekend until the end of service on Sunday, September 10.

Accessible shuttle bus service will also replace Red Line trains between Broadway and Ashmont Stations on the Ashmont Branch and between Broadway and North Quincy Stations on the Braintree Branch all day from start to end of service during the weekend of September 30-October 1. This ser-

vice change allows MBTA crews to perform critical work on the Savin Hill Avenue and Dorchester Avenue bridges, to perform necessary tunnel inspections on the Ashmont Branch, and to accomplish station brightening work at JFK/UMass Station.

The Kingston, Middleborough, and Greenbush Commuter Rail lines, which run adjacent to the Red Line, will also experience service changes. Accessible shuttle bus service will replace trains between South Station and Braintree on the following dates:

- After 7:30 PM through the end of service Tuesdays through Thursdays on September 5-7 and September 12-14 as well as Tuesday through Friday September 19-22.

- All day from start to end of service during the weekends of September 9-10, September 23-24, and September 30-October 1.

- Accessible express shuttle bus service will also operate directly between South Station and Braintree Station.

- Passengers should note that bicycles are not allowed on shuttle buses, and regular Commuter Rail fares will be collected between Kingston, Middleborough, Greenbush, and Braintree Stations. Keolis Customer Service Agents, MBTA staff, and Transit Ambassadors will be on-site at impacted stations to support riders.

- The diversion schedule will be available online soon at [mbta.com/CommuterRail](https://mbta.com/CommuterRail).

Due to the continued demolition of the Government Center Garage by private developer HYM Construction, Orange and Green Line service changes will take place in the downtown Boston area all day for 25 days from September 18-October 12:

- Orange Line trains will bypass Haymarket Station. Orange Line riders should instead exit at North Station or State, less than a half-mile from Haymarket (or a four-to eight-minute walk), and travel to the Haymarket area.

- Green Line service will be suspended between North Station and Government Center Station. Riders are instead asked to walk above ground between these stations – Government Center, Haymarket, and North Station are each less than a half mile from each other (about a five- to 10-minute walk). The distance between Government Center to North Station is about three-quarters of a mile (about a 13-minute walk).

- Riders are also reminded that Orange Line / Green Line connections can also be made via the Winter Street Concourse, which connects Park Street and Downtown Crossing Stations.

- Accessibility vans will also be available for on-demand transportation – Orange and Green Line riders should ask MBTA personnel for information and assistance.

Accessible shuttle buses will replace Newburyport/Rockport Line trains between Swampscott and North Station during the

weekend of September 9-10. This service change will allow for work on the future temporary platform at Lynn Station. There will be no service at Chelsea Station with passengers instead encouraged to utilize Silver Line 3 service. Passengers should note that bicycles are not allowed on shuttle buses. Regular train service will operate between Newburyport/Rockport and Swampscott with regular Commuter Rail fares collected. A dedicated diversion schedule will be in effect and is available on [mbta.com](https://mbta.com).

As previously announced, accessible shuttle buses will replace Haverhill Line trains between Ballardvale and North Station for 58 days from September 9-November 5. This service change allows crews to perform Automatic Train Control (ATC) work. ATC is a federally mandated safety system that sends signals to trains about potentially unsafe conditions, automatically slowing and stopping a train if needed. Shuttle buses will replace train service between Reading and Oak Grove where passengers can make an Orange Line subway connection. A shuttle bus will also provide service between Reading and Anderson/Woburn for connections to the Lowell Line and Haverhill Line. The shuttle service between Reading and Oak Grove will make stops in Wakefield, Greenwood, Melrose Highlands, Melrose Cedar Park, Wyoming Hill, and Oak Grove. Train service for passengers between Ballardvale

and Haverhill will be re-routed along the Lowell Line after Ballardvale, making one additional stop at Anderson/Woburn station then running express to North Station. A dedicated diversion schedule will be in effect and will be available online soon.

Riders can find more information on service changes through in-station signage, in-station public announcements, and at [mbta.com/alerts](https://mbta.com/alerts). Transit Ambassadors and MBTA staff will be available on-site during these service changes to offer information and assistance. Riders are encouraged to subscribe to T-Alerts or to follow the MBTA on Twitter @MBTA for up-to-date service information.

The MBTA previously announced service changes in August on the Red, Green, Orange, Silver, Kingston, Middleborough, Greenbush, and Lowell lines. More information is available here.

The MBTA apologizes for the inconvenience of these scheduled service changes and appreciates the understanding and patience of riders as this critical and necessary work to maintain, upgrade, and modernize the system takes place.

For more information, please visit [mbta.com/alerts](https://mbta.com/alerts), or connect with the T on Twitter @MBTA and @MBTA\_CR, Facebook / TheMBTA, Instagram @theMBTA, or TikTok @thembta.

## Boston Centers for Youth & Families to host additional lifeguard hiring events

Boston Centers for Youth & Families (BCYF) is hosting two additional free lifeguard hiring events on Monday, September 11 from 3:00 to 7:00 p.m. and Saturday, September 16 from 9:00 to 11:00 a.m. at the BCYF Mason Pool in Roxbury. Any Boston residents with valid lifeguard certification who are interested in working as a lifeguard at a BCYF pool are invited to attend one of the events.

The lifeguard hiring events will combine all the necessary steps to become a lifeguard for a City of Boston pool in one location. These include a swim evaluation, skill evaluation, interview, and paperwork processing. Full-time and part-time positions are available as well as Head Lifeguard positions.

BCYF lifeguard positions start at \$22/hour and all lifeguards, even those who work part-time hours, are eligible for all the benefits available to City of Boston

employees, including generous health, dental and retirement benefits as well as paid vacation. With pools located in almost every neighborhood of Boston, working at a BCYF pool is a great way to serve your community.

Interested candidates must be at least 18 years old and should bring the following: at least two references, contact information we can follow up on, a state ID or license, and American Red Cross Lifeguard Certification. Proof of Boston residency will be required later in the application process. We recommend signing up at this link: [bit.ly/BCYFLifeguardHiringEvent](https://bit.ly/BCYFLifeguardHiringEvent). However walk-ins are welcome. If you are interested and can't stop by, more information about lifeguarding at BCYF as well as the link to apply can be found at [boston.gov/BCYF-Aquatics](https://boston.gov/BCYF-Aquatics).

BCYF Mason Pool is located at 159 Norfolk Ave in Roxbury.

Parking is available next to the pool or on nearby streets or it's a short walk up Proctor Street from any of the buses that serve Massachusetts Avenue.

The City of Boston is working across departments to renovate several city-owned pools following years of disinvestment. Over the last 3 months, the City has reopened the BCYF Paris Street Pool in East Boston and the BCYF Hennigan Pool in Jamaica Plain. The BCYF Paris Street Pool reopening was the result of a \$10.2 million investment. More pools will be reopened in the coming months and this hiring event is seeking lifeguards to help staff them and other BCYF pools.

Lifeguard recruitment and pool renovations are part of Mayor Wu's Swim Safe initiative, a commitment to support Boston residents' safety around water.

### CALL TO ARTISTS - WILD NEW ENGLAND

The Charlestown Artists Group is accepting submission to the Fall show, Wild New England: Captivating Expressions of Nature Nearby

All media, 2D (Drawing, Painting, Printmaking, Photography), 3D (Sculpture, Ceramics), and Fiber Arts, are eligible. Any form of representation (realism, abstraction, and everything in between) are eligible. Submit work Through September 22nd 2023 at midnight.

Exhibition Dates October 6th (opening reception 5:00 – 8:00 PM) – October 22nd, 2023. Opening Evening Reception on Friday October 6th at 5:00 PM – 8:00 PM For more information please visit: <https://www.artistsgroupofcharlestown.com/>

To enter work online: <https://form.jotform.com/231926107702148>.

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## NEWS BRIEFS

### POST OFFICE WILL BE CLOSED TO CELEBRATE LABOR DAY

Postal Service employees across the commonwealth will celebrate Labor Day as all Post Offices will be closed on Monday, September 4, 2023. There will be no delivery of mail on the Labor Day, with the exception of guaranteed overnight parcels. Full retail and delivery services will resume on Tuesday, September 5, 2023.

As we celebrate our nation's labor force, if you're considering a new career or looking for work visit [www.usps.com/careers](http://www.usps.com/careers) and you can search, by state, for available jobs near you. As the Postal Service's Delivering for America Plan transforms USPS into the premier shipping provider in the nation, we need your help moving the nations mail and are currently hiring for positions in your area.

### SPECTACULAR BRIDGES GRACE STAMPS

The U.S. Postal Service issued four new Presorted First-Class Mail stamps featuring striking photographs of bridges. The structures range from modern to historic, pedestrian to car-carrying, and all are important landmarks in their communities.

The Bridges stamps are intended for business mail users and are sold in self-adhesive coils of 3,000 and 10,000. Use of these stamps requires a special permit and a minimum quantity of 500 letters.

The stamp art features four bridges completed between 1938 and 2022: the multi-span steel through arch Arrigoni Bridge connecting the Connecticut municipalities of Middletown and Portland; the S-curved cable-stayed Bob Kerrey Pedestrian Bridge between Council Bluffs, IA, and Omaha, NE; the steel truss Skydance Bridge topped by a public sculpture in Oklahoma City; and the basket-handle twin arch Iowa-Illinois Memorial Bridge connecting Bettendorf, IA, and Moline, IL.

Bridges are among the oldest structures created by humans. In ancient times, simple slabs of stone spanned slow moving rivers. And in modern times, concrete and steel are used to cover vast distances. While the materials and designs

have evolved from utilitarian structures to engineering marvels, bridges remain integral parts of American life, with over 600,000 bridges in the United States. The construction of bridges is a way to reinvigorate communities economically as well as create landmarks of regional pride. Many modern bridges are designed for use by cyclists and pedestrians as well as motorists, capturing the imagination of human possibility.

Whether simply improving transit or vibrantly lighting the night with color-changing light displays, bridges remain vital connectors drawing together people, cities and the nation.

Ethel Kessler, an art director for USPS, used existing photographs to design these stamps.

### SUICIDE PREVENTION AWARENESS MONTH

September is Suicide Prevention Awareness Month, a crucial time to raise awareness, remove stigmas, and provide education about suicide. Having conversations about suicide is important because it reduces the stigma associated with the topic. By allowing for more open and honest communication, individuals with suicidal ideations can feel more empowered to seek help and are less likely to feel alone. Currently, suicide is the 11th leading cause of death in the United States. For ages 10-44, suicide is the second leading cause of death.

Anyone can participate in Suicide Prevention Awareness Month. There are activities that individuals, schools, offices, churches, and all types of organizations can conduct to bring awareness to suicide prevention.

Visit [www.jasonfoundation.com](http://www.jasonfoundation.com) to download our Suicide Prevention Awareness Month Informational Packet. Look for Suicide Prevention Month under the How to Get Involved tab. Within the packet, there are ideas on how businesses, schools, religious institutions, athletic organizations, and even your family can become involved in spreading the message of suicide prevention.

Also, on the Suicide Prevention Month page you can click on #IWONTBESILENT to learn about The Jason Foundation's campaign to reach as many citizens as possible with the positive

message that suicide is preventable and enable those citizens to reach out for help for their loved ones and friends. You can download signs, brochures, flyers, and stickers to display. There is even a user guide to help you plan for the month-long campaign.

The Jason Foundation believes that education is the key to prevention. Our nation should be familiar with the warning signs associated with suicide, suicide facts and statistics, and how to find help for those at risk. Suicide can be preventable. Together, we can save lives. You may even save your co-worker, friend, neighbor's child, a relative, or even your son or daughter. Are you up for the challenge?

### CONSUMER NOTIFICATION SERVICE

Suffolk Register of Deeds Stephen J. Murphy announces a new Consumer Service available on [Suffolkdeeds.com](http://Suffolkdeeds.com).

The Consumer Notification Service alerts a homeowner by email when a document is recorded at the Suffolk Registry of Deeds in their name or at their address.

Click on the link Consumer Notification Service appearing in the banner at the top of the [Suffolkdeeds.com](http://Suffolkdeeds.com) website to create an account and register up to 3 separate properties in Suffolk County (Boston, Chelsea, Revere and Winthrop) about which you want to be notified.

Our free notification service, like the paid subscription services you see advertised on TV and radio, does not prevent a document from being recorded. If a document is recorded in the name or address of a Consumer Notification Service account holder – an email will be sent to the account holder notifying them of the document's recording.

If you receive an email, please review the document at [Suffolkdeeds.com](http://Suffolkdeeds.com) by clicking on Document Search and searching your name and address. After you review the document, if you have any concerns or believe you are a victim of fraud, please call (617) 788-6221 and ask to speak with an Assistant Register of Deeds.

All victims of fraud should contact local law enforcement authorities.

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## FRESH AND LOCAL

### Eat more cucumbers!

By Penny & Ed Cherubino

Have you ever thought of packing mini cucumbers for snacks when hiking or going to the beach? Why? Because cucumbers are around 95% water and great for hydration. Put them in the cooler if you have one along. Cold, crisp, crunchy cukes are refreshing.

#### Cucumber Choices

We no longer buy waxy, common cucumbers with many large seeds, which add a slightly bitter taste. To enjoy these cukes, peel them and scrape out the seeds with a spoon before slicing. Like many people who have contributed to the growing popularity of the newer varieties on offer over the past few years, we now buy those more often.

#### Other Types of Cucumbers

Individually shrink-wrapped to prevent moisture loss, English cucumbers have thinner skin, don't need to be peeled, are sweeter, have fewer smaller seeds, and are called burpless. Bumpy Kirby cucumbers are perfect for pickling, resulting in a crunchier end product.

You may have enjoyed lemon cucumbers from farmers' markets during the summer. Those are

an heirloom variety that dates back to the 16th Century. They are traditionally popular with Indian cooks who use them in dals and chutneys.

Most of the time, we buy tiny Persian cucumbers. The Persian variety is extra sweet because growers pick them before the bitter seeds fully develop. Its miniature form slices into bite-size pieces or small spears that absorb flavors quickly and are perfect for quick pickle recipes.

#### Cucumber Trivia

According to the University of Missouri, "Native to India, cucumber is another of our most ancient vegetables. Cave excavations have revealed that cucumber has been grown as a food source for over 3000 years."

There are close to 100 cucumber varieties. Cukes are part of the gourd family. While we treat them as vegetables, cucumbers are a fruit, like their salad companions, tomatoes.

Yogurt and cucumbers make a great, quick sauce or dip. Think of Indian raita and Greek tzatziki. The most popular raitas are a mixture of yogurt, cucumber, and mint. Sometimes raita is a cooling counterpoint, but occasionally we



One of our favorite stirfry dishes adds cucumbers to spicy pork in a recipe that cookbook author Grace Young created for Weight Watchers.

add chili to make it a zesty addition to a milder dish.

We usually eat cucumbers cold, but you can cook them. We love a spicy pork lettuce wrap recipe that "Wok Guru" Grace Young created for Weight Watchers. You stir-fry ground pork, ginger, and red bell peppers and add a mixture of hoisin, sriracha, and soy sauce. Finally, add diced cucumber and sliced scallions, toss, and serve in a crisp lettuce leaf.

A mini cuke has only ten calories, making them an asset for weight control. WebMD notes that in addition to hydration, cucum-

bers help you stay regular and avoid constipation, contain vitamins K and A, and antioxidants. They present little risk besides the pesticides and wax some growers use on them if you don't buy organic ones.

Over the years, cucumber slices have also been used on the skin to treat minor burns and reduce eye area redness and puffiness.

#### Buying and Storing

When you buy cucumbers, choose those that are firm and have even and brightly colored skin. Yellowing is a sign that the

cucumber is starting to overmature unless it is a yellow variety.

We've recently stopped storing our cucumbers in the crisper after reading that they are very susceptible to the ethylene given off by other produce. We find they last longer wrapped on a refrigerator shelf. Some food writers suggest you store cucumbers on the counter like their pals, tomatoes.

*Do you have a question or topic for Fresh & Local? Send an email to [Penny@BostonZest.com](mailto:Penny@BostonZest.com) with your suggestion.*

The Parish Families of St. Mary – St. Catherine of Siena & St. Francis de Sales

# Harvest on Vine

Emergency Food Pantry

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

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Director, Tom MacDonald 617-990-7314

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#### STUDENTS (from pg. 6)

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.

#### BUCKLEY MAKES CURRY COLLEGE SPRING 2023 DEAN'S LIST

Curry College congratulates Emma Buckley of Charlestown who was named to the Spring 2023 Dean's List.

Curry College, founded in Boston in 1879, is a private, co-educational, liberal arts-based institution located on 131 acres in Milton, Massachusetts. The College extends its educational programs to a continuing education branch

campus in Plymouth. The College offers 25 undergraduate majors in specialized and liberal arts programs, as well as graduate degrees in accounting, business, education, criminal justice, and nursing to a combined enrollment of nearly 2,050 students. The student body consists of 1,830 traditional students and nearly 220 continuing education and graduate students. The College offers a wide array of co-curricular activities ranging from 16 NCAA Division III athletic teams to an outstanding theatre and visual arts program. Visit us on the web at [www.curry.edu](http://www.curry.edu).

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