

# THURSDAY, SEPTEMBER 14, 2023 FREE CHARLESTONN PATRIOT-BRIDGE

**ART IN THE PARK** 



Lauren and Brian Harty look at Michael Dwyer's work

DEREK KOUYOUMJIAN PHOTOS

# BPDA makes revisions to PLAN: Charlestown

#### By Michael Coughlin Jr.

A little over a month after the Boston Planning and Development Agency (BPDA) released the final draft of PLAN: Charlestown, it held a public meeting on Monday to go over revisions made to the plan.

The updated draft of the comprehensive neighborhood planning initiative can be found on the BPDA's PLAN: Charlestown webpage, and the initial final draft released in July was covered in depth in the Patriot-Bridge last month at https://charlestownbridge.com/2023/08/10/bpda-releases-final-draft-of-plan-charlestown/.

Aimee Chambers, the Director of Planning at the BPDA, kicked off the revisions with some general updates and updates to the overview chapter of the plan.

In speaking about public feedback, Chambers said, "We did receive a significant amount of feedback both in support of and with concerns with regard to the

(BPDA, Pg. 4)

## TREE DAMAGED

The Artists Group Of Charlestown held its annual Art In The Park event at City Square Park. Members of the artists group showed off their work and were on hand to discuss their inspirations and processes. See Pages 6-8 for more photos.





Lisa Nelson, at her tent. She created watercolors inspired by nature as well as maps, describing herself as a huge "maphead."

*Left, work by artist Lisa Nelson. She sees watercolors as delicate medium, just like nature.* 



COURTESY PHOTO A mature tree on Winthrop Street was damaged by a passing truck. The tree had to be cut down.

#### THE CHARLESTOWN PATRIOT-BRIDGE

# EDITORIAL

# HOPEFULLY, WE WILL HAVE DODGED A BULLET

As we are writing this, forecasters are predicting that powerful Hurricane Lee will track off to our east, sending us perhaps some rain, high winds, and high seas, this weekend.

Although we in this area have been very fortunate to have evaded the consequences of climate change-induced natural disasters -- the hurricanes, floods, extreme heat, tornados, and wildfires (although we did have some bad air days from the Canadian wildfires earlier this summer) -- that have struck just about every other part of the U.S. (and the world) in recent years, it occurred to us that there is no place on earth that is safe from the catastrophic effects of climate change.

We have escaped the recent wrath of Mother Nature -- and hopefully our good luck will extend through the weekend -- but we fear it is only a matter of time before a devastating storm strikes our corner of the globe that will make the Blizzard of '78 and the Perfect Storm of 1991 look like child's play.

# AUTO WORKERS DESERVE A FAIR CONTRACT

We realize we may be getting a little bit far afield here, but we wish to voice our support for auto workers at General, Motors, Ford, and Stellantis (formerly Chrysler) in their quest to obtain a fair contract.

Without getting into the details of the negotiations, the bottom line is that those three automakers have been making billions of dollars in profits in the past few years, enriching their shareholders and executives. On the other hand, the rank-and-file employees who actually make the cars and trucks that make those folks rich have not seen their fair share of the profits during a time of high inflation.

And lest anyone think that giving into the workers' demands will put the automakers at a competitive cost disadvantage, the UAW workers' share of the overall cost of a car is just four percent, according to a statistic we heard on TV the other day.

When Henry Ford was asked why he paid his assembly line workers a high wage, he said he did so in order to allow them to be able to buy the cars they were making. We realize that when Ford made that comment more than 100 years ago, it was a different world, but the principle still is the same: Full-time workers in America deserve to earn a living wage in order to enjoy the fruits of their labors. Capitalism may be a great economic system, but only if everyone is able to share in it.

## ROSH HASHANAH IS THIS WEEKEND

Rosh Hashanah, the Jewish New Year, will be observed this weekend starting this Friday evening at sunset and ending at sunset on Sunday. During the weekend's festivities, members of the Jewish faith will gather with family and friends to engage in prayer services and share traditional foods.

This weekend's celebration begins a 10-day observance of the high holy days for Jews worldwide that will culminate with Yom Kippur, the Day of Atonement, the holiest day of the Jewish year, starting at sundown on Sunday, September 24, through sundown on Monday, September 25.

To all of our friends of the Jewish faith, please accept our wishes for "Shanah Tovah."

The Independent Newspaper Group reserves the right to edit letters for space and clarity. We regret that we cannot publish unsigned letters. Please include your street and telephone number with your submission. The Independent Newspaper Group publishes columns, viewpoints and letters to the editor as a forum for readers

to express their opinions and to encourage debate. Please note that the opinions expressed are not necessarily those of The Independent Newspaper Group. Text or

attachments emailed to editor@reverejournal.com are preferred.



# Letters to the Editor

## THANKS, BLACKMOOR!

To the Editor,

On behalf of The Boston Area Steampunk Gatherings group, I wish to thank everyone at Blackmoor for the hospitality that you have extended towards us. We hope to spend many more Saturday evenings with you as our monthly meetups continue to grow. Your generosity has been much appreciated, and we highly recommend you to all of our friends!

Scott Silva and group members

### CHARLESTOWN NEIGHBORHOOD COUNCIL VOTES TO OPPOSE PLAN CHARLESTOWN

To the Editor,

I want to extend my appreciation to the Charlestown Neighborhood Council for voting unanimously to write a letter to Oppose Plan Charlestown to Mayor Wu, elected officials, the BPDA and related stakeholders to stop overdevelopment in Charlestown. It is past time to protect the Charlestown community of 20,000 people who live on One Square Mile, surrounded by water, built on filled wetlands, with known flood zones, with only three exits.

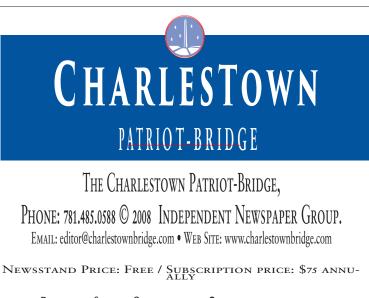
At the monthly CNC meeting, I asked the Charlestown Neighborhood Council to endorse Charlestown Preservation Society's recent change of position from support of the BPDA PLAN Charlestown to their call for community opposition of the plan. The community supports a Charlestown Comprehensive Master Plan Petition and has submitted to Mayor Wu and the BPDA over 4000+ signatures. We are requesting Mayor Wu endorse, support, and ensure Charlestown has a Comprehensive Master Plan, for all of Charlestown, to protect Charlestown's historic character, environment, and our vibrant community.

PLAN Charlestown offers no solutions for the need for improved infrastructure, transportation, and services to accommodate a doubling of the Charlestown population. Our health is negatively impacted by the increased pollution, traffic, and congestion due to being surrounded by many roads leading into Boston. and greenspace which protects our community from the expanding heat island effect caused by these massive buildings with millions of square feet of impermeable surfaces, with the related destruction of our tree canopy and reduction of open space.

CNC President Tom Cunha chaired a robust discussion by the CNC members about the community concerns with the BPDA Plan Charlestown. CNC members highlighted the need for public hearings, not ZOOM meetings where the following occurs: The CHAT feature is shut off; residents comments are limited in time; residents are not listened to by the BPDA; and community concerns are not

(LETTERS, Pg. 3)

Our town is losing vital open



PRESIDENT - STEPHEN QUIGLEY - EDITOR@CHARLESTOWNBRIDGE.COM Marketing Director - Debra DiGregorio - deb@reverejournal.com

# Coletta offers working session to discuss city-wide planning process for Boston's waterfront

Boston City Councilor Gabriela Coletta will hold a working session to discuss a comprehensive citywide planning process for Boston's waterfront on Tuesday, September 19, at 2pm in the Piemonte Room, Fifth Floor of Boston City Hall.

"As Boston continues to see the growing effects of climate change and disproportionate impacts citywide, immediate action is needed to address our vulnerability and strengthen our coastal resilience. District 1 faces unique pressure as a coastal district, with our neighborhoods being hit first and worst," said Councilor Coletta. "The time to find solutions that protect our waterfront from existential coastal flooding is now. I look forward to the upcoming conversation with colleagues and advocates to explore coordination, collaboration and public investments for coastal protection."

Last September, Councilor Coletta held a hearing to discuss a comprehensive city-wide planning process for Boston's waterfront. During the hearing, Councilor Coletta and advocates emphasized the urgent need to protect the city's waterfront for climate change's immediate and long-term effects and work on a holistic approach rather than parcel-by-parcel.

Those invited include:

• Rev. Mariama White-Hammond, Chief of Environment, Energy, and Open-Space for the City of Boston

• Aimee Chambers, Director of Planning for the Boston Planning and Development Agency • Christopher Osgood, Senior Advisor on Infrastructure for the City of Boston

• Jill Valdes Horwood, Director of Boston Waterfront Initiatives at the Barr Foundation

Highlights of the Order Include: "WHEREAS, District One faces unique challenges as East Boston, Charlestown, and the North End are coastal communities bearing a significant burden of intentional and generational environmental injustices; and

WHEREAS, Boston's waterfront is a historic and treasured resource that is protected for all residents by the Public Waterfront Act (Chapter 91). As we prepare for sea-level rise due to climate change, we must prioritize waterfront planning and development that incorporates resilience, equity, accessibility; and

WHEREAS, According to a report from the First Street Foundation, Suffolk County faces the greatest risk of flooding with more than 45% of our critical infrastructure at risk, including hospitals, police, and fire stations. This is expected to increase by 20% by 2051; and

WHEREAS, Coastal flooding due to storm surge has increased on a more frequent basis and affects property owners and tenants alike. Severe flooding will result in the displacement of thousands, predominantly those who are low-income and people of color, renters in basement or firstfloor level units within the flood zone; and WHEREAS, Boston has a significant role to play to protect our waterfront without depending on investments from private entities or developers. Taking a parcel-by-parcel approach to fortifying our coastline will not adequately address the urgent threat of coastal flooding. We must be able to meet the sea, on a district-wide scale, use both passive and active permeable landscapes;"

The working session will be held under the Committee on Planning Development and Transportation, chaired by Councilor Frank Baker. This working session will not include a public comment period although folks are encouraged to attend.

#### **LETTER** (from pg. 2)

addressed. Members also commented about climate change with rising temperatures and the heat island effect negatively impacting public health and well being; transportation and traffic; and the massive buildings creating stormwater run off flood risks.

A Motion was unanimously voted for the CNC to write a strong letter to Mayor Wu to Oppose PLAN Charlestown, and to express the Charlestown residents displeasure with both the process and outcome.

Now is the time to act.

Thank you to the CNC for voting to support and protect our community.

Residents, please help, and email Mayor Wu at Mayor@ Boston.gov and sign our petition bit.ly/3e7Cu3J to Oppose Plan Charlestown and overdevelopment of this historic town, a place that we call "home."

#### With appreciation,

Diane Valle Charlestown Resident Charlestown Civic Association

## READERS STRONGLY OPPOSED TO THE MOST RECENT VERSION OF PLAN

To the Editor,

We are writing to you in response the recent letter in the Charlestown Patriot-Bridge regarding the changes to PLAN Charlestown. We are both strongly opposed to the most recent version of this plan.

Donna and I have lived in Charlestown for 10 years and our daughter and family for 15 years. We moved here for the sense of community, diversity, history, small locally-owned businesses, and access to the greater Boston area.

By allowing building square footage to increase by 25%, allowing building heights to double and triple, allowing the demolition of historic buildings, and failure to plan for the necessary infrastructure does nothing for the community. It will only create more traffic and congestion (try to get through Sullivan Square anytime during the day), increase parking woes, reduce sunlight, change the historic character of the area, diminish views, and reduce the livability of the area for all residents.

In my businesses, aspirational goals were vital as part of the initial conceptual process, brainstorming and gathering varied ideas. From there we developed clear plans blending our business needs with the existing building and zoning codes as well as the needs of the greater community. When "aspirational goals" are used in the later stages of planning, unplanned and unwanted outcomes result. This essentially gives the developers permission to do whatever they envision, with no consideration to the larger community. The only goals that will prevail are those of the developers. They will be the only beneficiaries.

Having been involved in both distribution and commercial real estate throughout a lengthy career, we do understand business and business owners' need and desire to profit. Giving developers and businesses approvals that exceed the original plans and stretch or exceed the zoning codes only enriches the developers. It does nothing for Charlestown as a community and historic area, nothing for the residents, and nothing for the livability of the area.

We both ask that you stop this new version and return to the original plans. Reduce the square footage, reduce the building heights, preserve the historic building, and respect our community.

Sincerely,

Robert S. McKittrick Donna T. McKittrick

#### IN PERSON MEETING IS NECESSARY

To the Editor,

On September 5, 2023, the Charlestown Community Council voted unanimously at their general meeting to object to the approval of the draft PLAN and the related zoning code changes before in-person community meetings are held in Charlestown. Our objection letter is available on our website: cnc02129.org

The council calls on the Mayor and the BPDA to create a community centered, transparent approval and close-out process by: attending community meetings in-person, in Charlestown where our neighbors can hear, see, and interact directly with the Mayor, BPDA Chief Jemison, their respective staffs, our elected officials and each other; revising the draft Plan approval schedule to a more realistic time frame that allows for meaningful community engagement; and providing thoughtful, transparent, and data driven answers to the community's questions, especially concerning the origins of the unexpected building height increases along Medford St. and at the Bunker Hill Mall and how the draft Plan's proposed growth will be supported.

The council believes that in-person community meetings are necessary given the significant, unilateral changes made by the BPDA in the draft Plan published on July 28, 2023 - which were never presented to the community, and which also violate the guiding principles of the Plan as communicated to the community by the BPDA over the course of countless meetings. The September 6th revised draft Plan and the September 11th close-out meeting hosted on Zoom by the BPDA did not allay our concerns regarding these issues. The council is offering to host one of the community meetings to provide a neutral forum that is not controlled by the proponents of the draft Plan and where all residents may speak.

The council has not been made aware of any circumstances requiring the immediate approval of the draft Plan and related zoning changes. Community members who volunteered any amount of their time, expertise, or community knowledge to the years-long Plan: Charlestown process and the entire neighborhood, deserve far better treatment from the administration and the BPDA than what we have seen in the BPDA's hasty closeout and approval process.

We invite the residents of Charlestown join us in asking Mayor Wu and BPDA Chief Jemison to extend the PLAN: Charlestown comment period until in-person community meetings are held in Charlestown and significant open questions about the Plan are addressed. Be sure to copy the individuals listed below on your emails. Thank you for engaging in Charlestown's future.

Mayor Wu: Mayor@boston.gov BPDA Chief: arthur.jemison@ boston.gov

District 1 City Councilor: gabriela.coletta@boston.gov

Dan.Ryan@mahouse.gov,

Sal.DiDomenico@masenate.gov, BPDA Community Engagement Manager jason.ruggiero@boston. gov

ONS Charlestown Liaison sean. breen@boston.gov Erin.Murphy@boston.gov, Ruthzee.Louijeune@boston.gov, Julia.Mejia@boston.gov, Michael.F.Flaherty@boston.gov, cnc02129@gmail.com Sincerely,

> The Charlestown Neighborhood Council

## 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.

## **BPDA** (from pg. 1)

plan and have tried to identify both of those throughout the course of this presentation."

Concerning updates to the overview chapter, a letter from the Chief of Planning and Director of the BPDA, Arthur Jemison, was added along with an executive summary on pages six through 10.

Further, regarding general updates to the document, the terminology was strengthened for recommendations to clarify whether there is a need for study or action. The document now also identifies more ongoing and shortterm facets that coincide with the plan's goals.

There were significant revisions for the neighborhood needs analysis chapter, first involving preservation. "With regard to preservation, this is an area that we've had a number of requests for revision," said Chambers.

Some of these revisions include recognizing the previous historic inventory work completed on page 63 and recognizing pending historic districts, National Register expansion, and historic places identified recently on page 66.

Moreover, three updates were included on page 221; the first highlights the potential use of the Charlestown Community Impact Fund (CCIF) for an updated historic resources inventory.

The second is encouraging that potential projects in the Original Peninsula and Lost Village consider historical character when looking for zoning variances. Third, the revisions indicate the support of the ongoing process by the Boston Landmarks Commission to give the Monument Square district historical designation. Both of these revisions are also new recommendations.

While several revisions were made concerning preservation, there were also a few updates to the transportation section of the neighborhood needs chapter, which Jim Fitzgerald, the Deputy Director of Transportation and Infrastructure at the BPDA, outlined.

Fitzgerald explained that in public comments, there were questions about the transportation analysis used to inform the plan; he also specifically mentioned the Lower Mystic Regional Planning study conducted in 2019.

In response to this, Fitzgerald identified that an "in-depth" appendix had been added on page 230 that details the analysis that had been done. Other updates identified included language on expanding shared mobility options like electric vehicle charging and bike share stations on page 218.

There was also an item on page 218 about expanded secure bike parking at MBTA stations and in the historic core, among other transportation updates.

The following topics discussed were growth area and zoning, out-

lined by Astrid Walker-Stewart, a Planner with the BPDA's I-Zoning Reform Team.

As part of the presentation, Walker-Stewart explained, "The recommendations in PLAN: Charlestown inform the zoning amendments we have proposed and, in turn, these zoning amendments implement the goals of the plan."

These proposed zoning amendments can be viewed in depth on the BPDA's PLAN: Charlestown webpage.

In response to concerns that the use of Planned Development Areas (PDAs) would undermine the premise of the plan itself, Walker-Stewart said, "The public benefits of the projects created through the PDA have to directly support PLAN: Charlestown and are guided by the plan."

"The recommendations in the plan are very valuable for the parcels that are eligible to go through the PDA process," she added.

Regarding updates for these topics, it was revealed that the PLAN Zoning Study Area has been adjusted, and the Bunker Hill Mall site has been removed.

However, Walker-Stewart said, "The plan still identifies that this parcel of land is an underutilized site" and that the site was removed to allow for more of a public process to determine things like its future use, scale, and density.

Finally, changes were made to

the mixed-use subdistrict to allow research and development as a conditional use.

There were also updates to the urban design guidelines chapter on page 175 that adjusted the appropriate roof forms. Further, the BPDA highlighted two revisions regarding lighting.

One on page 159 encourages considering lighting with sustainable and resilience strategies, and the other on page 184 suggests thoughtful design implementation. Also, the BPDA made an update on page 183 encouraging the use of original sidewalk materials.

Finally, revisions were made in the plan's implementation chapter, highlighting entities such as the Planning Advisory Council and the CCIF. There has also been an addition in the chapter's recommendation table, which signifies private partners.

The BPDA also added a "Development Pipeline" component in several sections of the neighborhood needs chapter that outlines what is currently in development or coming in the near future.

Following the outline of the updated draft, there was a discussion for those in attendance to give their thoughts. While several folks supported the plan, some either flat-out opposed it or had concerns surrounding infrastructure.

Jemison, who made some closing remarks following a discussion period that lasted over an hour, thanked everyone for coming and acknowledged the feedback from those in attendance.

"We absorbed a lot of comments tonight. A lot that I heard had to do with concerns about infrastructure and the feeling that the plan, although it's presenting 30 years of development and infrastructure development, that it was being absorbed almost as if it was going to happen immediately," said Jemison.

"What we're going to do next is log the comments we heard tonight and try to provide some formal response," he added.

The BPDA will continue to take in feedback until September 21, and the presentation notes that "minor modifications" could still occur.

Following the end of the comment period, the next steps, as highlighted Monday, are to submit the plan to the BPDA Board on September 28 and submit the zoning to the board for recommendation to the zoning commission. Further, there are plans for a hearing with the zoning commission in October.

To view the updated draft, leave feedback, and even view Monday's meeting and its slideshow, you can visit the PLAN: Charlestown webpage at https://www.bostonplans. org/planning/planning-initiatives/ plan-charlestown.

# Virtual Public Meeting SEPTEMBER Zoom Link: 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 <u>bit.ly/AustinStProposal</u>. If you have any questions, contact Natalie Deduck at <u>natalie</u>. <u>deduck@boston.gov</u>.

mail to: Natalie Deduck

email:

Boston Planning & Development Agency One City Hall Square, 9th Floor Boston, MA 02201 natalie.deduck@boston.gov website: bit.ly/Austin-Street-Parking-Lots

BostonPlans.org (5) @BostonPlans

Teresa Polhemus, Executive Director/Secretary



#### SEPTEMBER 14, 2023

# Manicotti

#### By Elizabeth Umbro Cavallaro

As I look back in time, I see faces, events and places that reflect my life. Most of the faces that I remember were of my family with lots of aunts, uncles and cousins getting together making lots of noise in happiness; all relating to food. There were weddings, bridal showers, anniversaries, birthdays and any get-togethers possible. If you could not make it you were either sick, dead or in the hospital.

There were continuous buffet tables with glorious meats, antipastos, pastas and desserts. There was always a celebration of food and its preparation in our homes or in our backyards. We did not have gardens or pools; just plain old dirt backyards with no grass and a broken swing set. A few tomato plants were struggling to grow; we were fortunate to end up with a dozen.

On Sundays there was the big tomato sauce simmering on the stove while Italian music was playing on the radio. Sometimes my mother would sing; she had a good voice for singing and yelling. My parents bickered in the kitchen all the time; they must have liked each other a little; they had seven children. I was number seven. My father came to this country when he was fourteen years old, met my mother and started a family. The whole neighborhood permeated with the same intoxicating aromas. I lived in an Italian area; a poor section of town. Everyone made their Sunday sauce in the morning. I lived in a tenement house on the third floor. Everyone knew each other and helped each other. Most of them moved away and I am sure that those sweet people are gone now. We rushed home from church, changed our good clothes to our dungarees to have dinner. The family always ate together on Sunday, no ifs or buts. We were poor but did not know it. We did not have much but the rent was paid and our bellies were full. After dinner my father would give me fifty cents to walk to the drug store for an ice cream sundae or a banana split with my friends. Those were the days that I remember so well.

There are so many amazing pasta sauces which are so incredibly easy to make that take no more than twenty minutes; fish sauce, pesto, meat sauce, white sauce and my favorite marinara sauce. I have an infectious enthusiasm for cooking pasta; I want to eat it every night but at the risk of looking like the side of a barn, I refrain. There are so many different variations of pastas in the market today; spaghetti, linguini, ziti, fettucine and fusilli. Nowadays, with newly re-modeled kitchens, people are making their own pasta with machines; not as hard as you think.

My mother- in- law taught me how to make manicotti many years ago. She had such skills in the kitchen. It sounds frightening but trust me if you can make pancakes, you can make manicotti. It is filled with ricotta, rolled, placed in your baking pan and covered with your sauce; usually a marinara sauce. Served with a simple salad or an antipasto; what a delight. A smooth red wine tops off this dinner.

Manicotti

Preheat oven to 350

- One cup sifted flour
- Four eggs
- One cup of water

Pinch of salt

Clean coffee scoop (good measure}

Mix all. Butter a six-to-eightinch fry pan. When hot, pour one coffee scoop of batter onto pan, swirl around to cover pan. In ten seconds flip over for another ten seconds, remove. This yields about sixteen crepes.

Marinara Sauce

Olive oil

One can whole tomatoes (I like Pastene} mash and break up

Four cloves of garlic

Chopped basil or parsley Grated cheese

Touch of red wine (opt.)

Heat olive oil to cover bottom of small sauce pan. Sauté garlic, add tomatoes, let cook for about twenty minutes, add parsley or basil, grated cheese, salt and pepper.

Ricotta filling

One pound of ricotta (I like Dragone)

One egg

One half cup grated cheese

Chopped parsley

Sprinkle of mozzarella cheese (opt)

Mix and fill each crepe with mixture, roll, seam side down, lay in baking pan, pour sauce, then grated cheese... you may like a touch of mozzarella...opt. Bake for thirty minutes. Sprinkle with parsley or basil.

Enjoy with a smooth red wine. Single girls, make this on your first date and I guarantee a ring! Who knows?



# 1 in /

# 1 in 4 of us has a disability.

We're improving accessibility across the MBTA for everyone.

Find out more:

mbta.com/accessibility







DEREK KOUYOUMIIAN PHOTOS

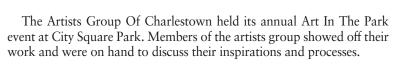
# ARTISTS GROUP OF CHARLESTOWN HOLDS ART IN THE PARK



Artist Karla Quattrocchi with one of her paintings. See Pages 7 and 8 for more photos.



Artist Dara Pannebaker with her mixed media work.





Artist Diedre Tao with her vibrant paintings.



Laura Quincy Jones with her watercolor and ink illustrations on postcards and art prints.



- Explore the WBZ TV Mobile Weather Lab with Meteorologist Eric Fisher
- Create mini weather inspired crafts with Chief Joy Maker Sophia Moon,
- Visit the Climate Cart from the Stone Living Lab and meet the folks from the Coalition for a Resilient and Inclusive Waterfront

First 100 get a cookie custom-designed for the occasion by Honey Babes. Snacks, refreshments, and free stuff. For kids *and* adults — Free for all!

Generously supported by the Charlestown Branch of the Y and Asana yoga studio

GARDENS

for Charlestown



Hector and Maritza are tourists from our of town and were looking at Karla Quattrocchi's work.



Tess O'Brien holds a jewelry piece she made.



Left, jewelry made by Tess O'Brien holding a jewelry piece. Her work is inspired by nature and incorporates seaglass, shells, and other articles of nature that project form.



Family friendly concerts 3-7PM - bring a picnic & enjoy! At The Training Field - Winthrop & Common Sts.

# **ARTISTS GROUP OF CHARLESTOWN HOLDS ART IN THE PARK**

DEREK KOUYOUMIIAN PHOTOS

Artist Rich Olsson with his oil

paintings.

PAGE 7





Right, Handcrafted purses made by Janet Steele of Steeleworx.





Artist Caity Sprague (center) with friends Linnea Fulton and Andrea McClave.



A sign lets visitors know they're viewing work by Caity Sprague, colorful acrylic paintings images that are from recalling memories of places visited. This one was from a visit to Rockport ME.



Woodcraft art made by Rich Olsson from recycled wood.

More photos on Page 8.



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# **Everett Bank is** opening in Woburn.

#### A NEW BRANCH WITH YOU IN MIND.

Everett Bank is thrilled to announce the upcoming opening of our new branch at 331 Montvale Ave. You are invited to our celebration event on Monday, September 18, at 8:30 a.m. Exceptional service and convenient banking options, right in your neighborhood! Visit everettbank.com for more info.

## There's Every Bank, Then There's



DEREK KOUYOUMIIAN PHOTOS

# ARTISTS GROUP OF CHARLESTOWN HOLD ART IN THE PARK



Lauren and Hilary checking out the scene.



Members of Turn It Around and Turn It Around Jr: Rosilda Andrade, Selisa Carless, Lizzy Miranda, and Youth Programs ManagerMswati Hanks hold art they've created.



Sculptor Tina Busa creates hand built terracotta inspired by nature.



Mari Rivera @\_artsymarii, Colorful cartoonist schtick. Portraits, acrylic. Based in Boston, does paint night's, nail technician.



Mari Rivera @\_artsymarii with a portrait she is working on.



Jan Shapiro, pleim air (outdoor) artist oil paintings with pallet knife. Paints her life and travels, the world around her.

# A HOT NUTRITIOUS MEAL

# **IS ONLY A PHONE CALL AWAY**

If you or a loved one, are 60 years or older, and are interested in learning more about free home-delivered meals and other services that provide support in the home, please contact Ethos.

- Home Delivered Meals
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- Mental Health

617.477.6606 | ETHOCARE.ORG



Sherty Pannebaker Carberry, sister of fellow artist Dara Pannebaker, shows off her jewelry work, crocheted Czech beads and tied hemp bead necklaces.



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

# Healey requests changes to work authorization process for migrants

Governor Maura T. Healey sent a letter to U.S. Department of Homeland Security (DHS) Secretary Alejandro Mayorkas outlining her administration's specific requests for changes to the work authorization process to allow migrants to secure work faster and relieve pressure on the emergency shelter system in Massachusetts.

"Massachusetts has stepped up to address what has been a federal crisis of inaction many years in the making. Communities, service providers, and our National Guard are going above and beyond to ensure that families arriving in Massachusetts have a safe place to sleep and their basic needs met," said Governor Healey. "We are grateful to Secretary Mayorkas and his team for meeting with us to hear about the emergency we are facing and the help we need from our federal government. This letter memorializes our requests

for additional federal funding and changes to the work authorization process that would support families, reduce the burden on our shelter system, and help us address our state's workforce needs."

"Massachusetts is facing twin crises that aren't unique to our state - we have rapidly rising numbers of migrant families arriving here who want to work but can't get their work authorizations, and we are facing severe workforce shortages in all industries," said Lieutenant Governor Driscoll. "We have the opportunity to not only address both of these issues, but also to grow our economy and strengthen our communities in the long run. We are hopeful that the federal government will take these requests into serious consideration."

Last month, Governor Healey declared a state of emergency in Massachusetts due to rapidly ris-

ing numbers of migrant families arriving in Massachusetts, requiring the state's shelter system to expand in an unsustainable manner. There are currently more than 6,200 families with children and pregnant women in emergency shelter, many of whom are migrants. Governor Healey also recently activated up to 250 members of the National Guard to provide services at emergency shelter hotels.

In declaring the emergency, Governor Healey appealed directly to the federal government to streamline the work authorization process to help many of these migrants obtain work that will help them support their families and eventually move out of emergency shelter. Two weeks ago, Governor Healey met with

Loveless, Jennifer K

Secretary Mayorkas and his team at the Massachusetts State House to discuss these goals. This letter memorializes the Healey-Driscoll Administration's specific requests for the federal government to address this emergency, which include regulatory and guidance changes, as well as logistical and technological improvements. The letter also reiterates the administration's request for additional federal funding to support shelter and human services, and the need for that funding to be distributed equitably among states based on the pressure facing their systems and finances.

The requested regulatory changes include an immediate shift in how DHS interprets the statutory rules for authorizing migrants to work, allowing them

Real Estate Transfers

to quickly and immediately apply for work authorization when the law allows it, rather than forcing them to wait for long and bureaucratic processing procedures that could take months. In addition, the letter urges DHS to dramatically accelerate its digitization of the immigration process and to build better connectivity between the information collected by U.S. Customs and Border Protection and U.S. Citizenship and Immigration Services. This includes improved access to online forms with direct language translations and user-friendly guides, more efficient creation of work authorization cards, and more streamlined application procedures to help speed up the process.

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# Find unclaimed property at FindMassMoney.Gov

State Trea-Massachusetts surer Deborah B. Goldberg has announced the latest grouping of names added to the state's list of unclaimed property owners.

Over 50,000 new properties worth millions of dollars belong to individuals and businesses throughout the Commonwealth including West Newbury native, John Cena.

"We currently have over \$3.4 billion in unclaimed property at Treasury, and it could be yours," said State Treasurer Deborah B. Goldberg. "Unclaimed property's time is up; your time is now. So call our office today to begin the claims process."

Unclaimed property includes forgotten savings and checking accounts, un-cashed checks, insurance policy proceeds, stocks, divtended safe deposit boxes. These only individuals and business-\$100.

Treasurer Goldberg urges all citizens to check the comprehensive list for all amounts at https://www. findmassmoney.gov/ or call our live call center at 888-344-MASS (6277).

dents are owed money. Last year, Treasury processed over 153,000 claims and returned over \$163 million in property to its rightful

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Sunday, September 17th 1PM

**Harvest on Vine Emergency Food Pantry** 49 Vine St.

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Please Bring your own chair! To volunteer for the cookout please call Tom MacDonald 617-990-7314

- FREE - FREE - FREE - FREE -



# owners.

# idends, and the contents of unataccounts are turned over to the state after three years of inactivity. This newly released list includes es with unclaimed property over

One in ten Massachusetts resi-

# Third human case of West Nile virus in Massachusetts announced

The Massachusetts Department of Public Health (DPH) last week announced the third human case of West Nile virus (WNV) in a Massachusetts resident this year. The individual is a male in his 50s who was exposed in Hampden County.

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 third person with West Nile virus infection identified in Massachusetts this year," said Public Health Commissioner Robert Goldstein, MD, PhD. "It continues to be important for people to take steps to prevent mosquito bites, including by using a mosquito repellent with an EPA-registered active ingredient, draining standing water around their homes, and repairing window screens. Risk from mosquito-borne disease will continue until the first hard frost."

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 disease. 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.

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), per-methrin, 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 longsleeves, 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.

#### **USS CONSTITUTION TO GO UNDERWAY FOR** 2023 TRAINING

USS Constitution is scheduled to go underway for the 2023 Chief of Naval Operations' Chief Petty Officer Heritage Training Weeks on Friday, September 15, at 10 a.m.

USS Constitution will be closed in the morning and reopen to the public for tours following the underway from 3 p.m. to 6 p.m on Friday.

USS Constitution Sailors, with help from 120 Sailors selected for the rank of chief petty officer, will get underway in Boston Harbor.

During Chief Petty Officer Heritage Weeks, USS Constitution's crew train over 220 newly selected chief petty officers in the same skills as 19th century Sailors such as gun drills, pike drills, sailing, and musket drills to foster meaningful leadership development.

The underway will include a 21-gun salute viewable from Fort Independence on Castle Island at approximately 11:15 a.m.

USS Constitution will fire an additional 17-gun salute as she passes U.S. Coast Guard Sector Boston, the former site of the Edmund Hartt's Shipyard, where USS Constitution was built and launched on Oct. 21, 1797.

USS Constitution's cruise will be viewable from the Boston Harborwalk, Castle Island, and Charlestown Navy Yard.

#### PARKS DEPARTMENT ANNOUNCES FALL **HIKE BOSTON SCHEDULE**

The Boston Parks and Recreation Department has announced the fall 2023 schedule for Hike Boston, a daytime hiking series aimed at providing guided group hikes and interpretive programs led by Urban Wilds staff and Park Rangers. As Boston's parks and wilderness areas come alive with autumn hues, this initiative offers an opportunity to explore new spaces and deepen connections with favorite parks. For more information, please visit boston. gov/Hike-Boston.

Leaders will provide a mix of prepared and informal commentary during the hikes. Some hikes will focus on taking a leisurely walk in the park, while others will be informational. Hikes will primarily take place on unpaved paths, so it is advisable to wear sturdy footwear. Programs are

# News Briefs

expected to last about one hour, but the length may vary. Upcoming hikes (all begin at 10

a.m.):

Wednesday, September 20 Franklin Park, Dorchester

Hike (meet near the tennis courts

at the Shattuck Picnic Grove) Friday, October 6

Allandale Woods, 19 VFW Parkway, West Roxbury

Urban Wilds hike (meet at the entrance near the daycare)

Wednesday, October 11 Olmsted Park, 217 Jamaicaway,

Jamaica Plain Nature walk (meet at the Daisy

Field parking lot.) Friday, October 13 (rain date

October 20) Sherrin Woods, Hyde Park

Urban Wilds hike (meet near the corner of Marston and Austin

Streets) Stay up to date with news, events, and design and construction work in Boston parks by signing up for our email list at bit.ly/ Get-Parks-Emails and following our social channels @bostonparksdept on Twitter, Facebook, and Instagram.

#### **PARKARTS FALL** WATERCOLOR PAINTING WORKSHOPS RETURN

Budding artists ages nine and up are invited to join the Boston Parks and Recreation Department for its

popular fall series of ParkARTS Watercolor Painting Workshops during the month of September at six Boston locations. The series of free workshops is just one of the many offerings of the 2023 Park-ARTS program. The Title Sponsor is Bank of America.

The workshops welcome artists of all skill levels to create their own greenspace-inspired masterpieces. Materials and instruction by local artists is provided. This series is open to Boston residents. Registration is required . For more information, please visit boston.gov/ watercolor.

All classes are held from 10:00 a.m. to 12:00 p.m., weather permitting. Dates and locations for the workshops are as follows:

Saturday, September 16 Boston Public Garden (Lagoon) 4 Charles Street, Boston Sunday, September 17 James P. Kelleher Rose Garden 73 Park Drive, Back Bay Fens Saturday, September 23 Jamaica Pond Boathouse 507 Jamaica Way, Jamaica Plain Sunday, September 24 **Ringgold Park** 

10 Ringgold Street, South End For general information please visit Boston.gov/parks. Stay up to date with news, events, and design and construction work in Boston parks by signing up for our email list at bit.ly/Get-Parks-Emails and following our social channels @ bostonparksdept on Twitter, Facebook, and Instagram.

# **CHARLESTOWN GYM HOCKEY**

The 2023 / 2024 GYM season has begun! For returning fans, the team Bryan's Pals are now Massport's Finest, all teams are tied after week 1!

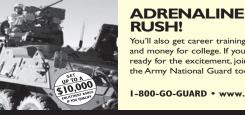
#### Standings for the week of 9/9/2023

-	W	L	Т
Massport's Finest	0	0	1
Halligan Club	0	0	1
Duce 2	0	0	1
A-1 Convenience	0	0	1

## Players of the week for 9/9/2023

A-1 Convenience - Luke Marcella, Logan Fitzgerald

Duce 2 - Oskar Hmura, Seamus Sheehan Halligan Club - Pierce Robinson, Brody Lawton Massport's Finest - George Golden, Martin Forbes



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# Residents to participate in Boston Marathon Jimmy Fund Walk

Eight residents from Charlestown will participate in the Boston Marathon® Jimmy Fund Walk presented by Hyundai on Sunday, October 1.

Steph Martin, Marianne Roberts, Sarah Cloutier, Natalie Gallagher, Olivia Gallagher, Jack Gallagher, Matthew Wicker, and David Maurer, along with thousands of other walkers, will participate in the iconic annual event that will unite the community to raise funds to support all forms of adult and pediatric care and cancer research at the nation's premier cancer center, Dana-Farber Cancer Institute. The Jimmy Fund Walk has raised more than \$167 million for Dana-Farber Cancer in its 34-year history, raising a record-breaking more than \$8.8 million in 2022.

"Throughout the past 34 years, the Jimmy Fund Walk has continuously supported life-saving research and cancer care at Dana-Farber. The 2023 Walk will be held during the Jimmy Fund's 75th anniversary year and will aim to raise \$9 million in the effort to prevent, treat, and defy cancer," said Zack Blackburn, Director of the Jimmy Fund Walk. "This year also marks the 35th annual Jimmy Fund Walk. We are eager to get out on the course and see all our outstanding walkers and teams come together to support this great cause."

The Jimmy Fund Walk is the only organized walk permitted on the famed Boston Marathon® course, and participants have the flexibility to choose from four distance options: 5K walk (from Dana-Farber Cancer Institute's Longwood Medical Campus), 10K walk (from Newton), Half Marathon walk (from Wellesley), and Marathon walk (from Hopkinton).

Whatever route walkers choose, participants will be treated to 10 refueling stations as well as poster-sized photographs of patients – Jimmy Fund Walk Heroes – displayed at each mile and half-mile marker as inspiration. All four routes of the Jimmy Fund Walk will culminate at the Jimmy Fund Walk Finish Line Powered by Schneider Electric. Due to construction in Copley Square, the Jimmy Fund Walk Finish Line location has been moved to the Fenway neighborhood for 2023. Walkers should know that distances may be slightly shorter as we finish the walk in front of Fenway Park. The finish line will include a celebration complete with food, music, and a speaking program.

If walkers wish to participate a bit closer to home, the Jimmy Fund Walk has flexible opportunities. Participants can also join the event virtually by "walking their way" from wherever they are most comfortable—in their neighborhood, on a favorite hiking trail, or on a treadmill at home. Materials to support Virtual Walkers are available.

To register to walk or volunteer (#JimmyFundWalk) or to support a walker, visit www.JimmyFund-Walk.org or call (866) 531-9255. Registrants can enter the promo code NEWS for \$5 off the registration fee. All registered walkers will receive a bib, medal, and a Jimmy Fund Walk T-shirt.





All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status (number of children and or pregnancy), national origin, ancestry, age, marital status, or any intention to make any such preference, limitation or discrimination.

This newspaper will not knowingly accept any advertising for real estate that is in violation of the

law. Our readers are hereby informed that all dwellings advertising in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development "HUD" toll-free at 1-800-669-

9777. For the N.E. area, call HUD at 617-565-5308. The toll free number for the hearing impaired is 1-800-927-9275. LOCAL REFERRAL AGENCIES BOSTON FAIR HOUSING COMMISSION One City Hall Plaza, Suite 966 Boston, MA 02201-1054 617-635-4408

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#### PAGE 12

# Fresh and Local Food as medicine

#### By Penny & Ed Cherubino

Harvard's Center for Health Law and Policy Innovation has prepared a summary of "Food is Medicine: Peer-Reviewed Research in the U.S." In the introduction, they explained, "Food is Medicine refers to a spectrum of programs, services, and other interventions that recognize and respond to the critical link between nutrition and health."

It's encouraging to see how much serious research is being conducted to test the value of food to help people with chronic and complex health issues reduce risk and improve their quality of life. When education on food as medicine works, it can be a cost-effective way to reduce medical expenses for both the individual and the health care system.

#### Testing Food as Medicine

There are four critical ways an individual can impact their health. They are improvements in diet, sleep, movement, and mindfulness. The choices you make in your diet can make it easier to sleep, move, and relax. The next time you visit your doctor, ask what diet or lifestyle changes might improve your health and reduce your need for medications.

Suppose you're dealing with chronic conditions like diabetes, heart disease, obesity, or gastrointestinal issues. In that case, ask for a referral to a registered dietitian to



Don't give up favorite foods like tacos for a food-as-medicine lifestyle. Simply adjust the quantity and quality of the ingredients. (Photo by: Krisztian Tabori)



# HELM NO! FUNDRAISER RESCHEDULED DUE TO WEATHER

Join together with your friends and neighbors

New Date: Wed, Sept. 20<sup>th</sup> 6 – 8pm

**Pier 6** 1 8th St Charlestown in the Navy Yard

Converting The Constitution Inn into Permanent Supportive Housing will have long-lasting impacts on our community, personal safety, and public health. You can help! help you prepare a food-as-medicine plan specifically for you and the problems you hope to resolve.

Keeping a food log is a significant first step in improving your diet. Most of us are very good at fooling ourselves about how much high-fat, high-sugar, ultra-processed, and junk food we consume. Some apps help with this, but even a small notebook and pen will work. Once you know what you are eating, start making small changes.

Our experience suggests you should slowly increase any high-nutrition density food in your diet. We have a recipe for high-fiber oatmeal soda bread. Unless someone is used to that fiber level, it may upset their GI system. Beans and legumes also require time for your system to learn to digest.

#### History of Food as Medicine

The concept of food as medicine has long been a part of other cultures. Chinese Traditional Medicine and Ayurvedic Medicine from India are two of the world's oldest medical systems, and both use food as a part of their treatment plan to cure disease and stay healthy. Scientists are now studying systems



October 6 - 22, 2023 StoveFactory

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AMPLE FROM: A DIRE ENCOUNTER, DAVID CABOT

like this from around the world to test their effectiveness and to create new medicines.

#### Basics of a Healthy Diet

The USDA established "Dietary Guidelines for Americans, 2020-2025." It recommends eating all types of colorful vegetables, beans and pulses, whole fruit, grains (with at least half of those whole grains,) low-fat and fat-free dairy, protein in the form of lean poultry, lean meats, eggs, seafood, soy, nuts, and seeds and vegetable oils, and eggs; seafood; beans, peas, and lentils; nuts, seeds, and soy products.

The USDA recommends limiting foods and beverages higher in added sugars, saturated fat, sodium, and alcoholic beverages. These guidelines are a great starting point for healthy eating. However, what you eat and how often you eat require adjustments for specific medical conditions.

#### Good Outcomes

One of the most encouraging things you may find as you improve your diet is that your tastes change. You might crave less salt and sugar. You may feel uncomfortable after eating a large piece of red meat or greasy fried food. It takes time, but as your body adjusts, it will tell you what food is good for you and what is harmful.

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