

Wishing you and your families a happy holiday
and a healthy, happy New Year

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THURSDAY, JANUARY 2, 2025



FREE

CHARLESTOWN

PATRIOT-BRIDGE



Boston Police A1 CSO Chrissy Vraibel chats with some of the Walk The Beat ladies. See Pages 6 and 7 for more photos.

HOLIDAY CELEBRATION FOR THE LADIES OF WALK THE BEAT

The ladies of Walk The Beat were treated to a Holiday celebration at the Warren Tavern through the generosity of Kim Mahoney and the staff there as well as their friends from the Boston Police Community Service Office and the A1 Station.



Boston Police CSO Chrissy Vraibel, Santa, and Ann Griffin.

Wu, Cox highlight reduction in murders, shootings in 2024

Special to the Patriot-Bridge

Boston Mayor Michele Wu and Police Commissioner Michael Cox, along with Isaac Yablo, a senior city advisor for public safety in the mayor's office, held a press conference at Boston Police Dept. (BPD) headquarters this past Friday to highlight the significant reduction in the murder rate and shootings in the city in 2024.

Cox began the session by noting that the 2024 statistics represent "an historic run" (which has resulted in Boston being named the safest big city in America by the Economist magazine and the Gallup poll survey), highlighted by a 33% reduction in homicides year-over-year to a record-low total of 24 and a 14% reduction in total incidents of gunfire to 307, which also is a record-low.

"We thought it important to lay out what we have done and what we plan on doing about crime and safety in the city," said Cox. "Our mission is to partner with the community to reduce crime -- our mission is community policing. The goals of the Police Department are to build trust through community partnerships, improve professionalism among the Police Dept., and to engage the community to find out the best way to use our resources to improve public safety."

Cox then recited a number of statistics, including the 14 percent decrease in gunfire incidents year-over-year and a 37 percent decline over the past five years. He said 2024 saw the lowest number of gunfire incidents since 2011 when

(CRIME Pg. 2)



MAYOR'S OFFICE PHOTOGRAPHER JOHN WILCOX

Boston Mayor Michele Wu, (right) along with Police Commissioner Michael Cox, comment on Boston's crime dropping.

SOFTBALL AWARDS BANQUET

Charlestown Girls Softball closed another great season with their awards banquet at the Knights of Columbus recently.

Congratulations to all of the players, and thank you to all of the coaches, parents and sponsors who helped to make the season possible.



Summer 14u Special Awards - Coaches Heather Thompson, Jack Schievink, Mike Lynch, Players Ava Hess, Camryn Collier, and Lilliana Telesford.



Summer 10u Special Awards - Coaches Billy Nugent, Katie Mabardi, Nicole Collier, Players Thora Hamill, Rayven Willis, Liza Oh, and Averie Moralez.



Spring 8u White Special Awards - Coach Caroline Conroy and player Leila Brett.



Spring 14u Championship Team - Coaches Jack Schievink, Heather Thompson and players.



Spring 8u Columbia Special Awards - Coaches Thomas Tang, Richard Doucette, Players, Claire Castro, and Cailyn Tang.



3 Season Special Awards - All the players that played at least 3 seasons in 2024.

SOFTBALL AWARDS BANQUET



Joseph D. Hayes Award Winner - 10u Player Liza Oh.



Spring 10u Navy Special Awards - Coach Nicole Collier
Players Emma Sullivan, Stella Braga, and Brielle Chery.



Spring 14 Special Awards - Coaches Heather Thompson,
Jack Schievink, Players Maya Castro, Caroline Bresler, and
Ashlyn Brady.



Spring 12u Special Awards - Coaches Mike Lynch, Mike Fenn, players Emma Healey, and
Kathryn Lynch.



Spring 10u Columbia Special Awards - Coaches Billy Nugent, Katie Mabardi, play-
ers, Ava Dietz, Peyton King, Josie Passacantilli, and Mia Mabardi.



Fall 8u Special Awards - Coaches Richard Doucette, Kendall Miller, players Kate Kim, and
Claire Castro.



Fall 12u Special Awards - Coaches MIke Fenn, Katie Mabardi, Mike Lynch, players
Mia Mabardi, Scout Hamill, and Kathryn Lynch.



Fall 14u Special Awards - Coach Jack Schievink, Players Avery Libby, Lilliana Telesford,
Anneliese Von Hunnius, Claire Castro, Camryn Collier, and Ryleigh Jones.



Fall 10u Special Awards - Coaches Billy Nugent, Nicole Collier, Kendall Miller, players
Thora Hamill, Ave Dietz, Judith Hart, and Brielle Chery.

EDITORIAL

HAPPY NEW YEAR

It's hard to believe that another year has passed and that 2025 is here -- and that we now are entering the second quarter of the 21st century.

For those of us who are close to three-quarters of a century in age, as we look back at the quarter-century markers of our lifetime, we realize that when we were young, everything from the past seemed like very, very long ago.

For example, when we'd be watching WWII movies such as *The Longest Day* or *The Battle of the Bulge* in the 1960s, that war seemed to be entirely of another era. But those events had occurred less than 20 years previously.

That's about the same length of time, for example, that separates the start of the war in Iraq, which was in 2003, to today. Yet as we look back on that war, it seems like it was only yesterday that we were glued to our TV sets watching the U.S. forces advance to Baghdad.

Thoughts such as these make us realize that the one thing we've discovered about aging is that the older we get, the faster that time seems to go by.

We often quote a verse from Alfred Lord Tennyson's "Ring Out Wild Bells" when we write our annual New Year's editorial.

But after re-reading the poem in its entirety, we are printing the whole thing, because it sums up -- better than we ever could express -- our feelings about 2024 and our hopes for 2025.

Although it was published in 1850, its verses are timeless. Indeed, one could apply every stanza to something going on in the world today.

So we hope you take the time to read it and enjoy it, as we did the other day:

Ring out, wild bells, to the wild sky,
The flying cloud, the frosty light;
The year is dying in the night;
Ring out, wild bells, and let him die.
Ring out the old, ring in the new,
Ring, happy bells, across the snow:
The year is going, let him go;
Ring out the false, ring in the true.
Ring out the grief that saps the mind,
For those that here we see no more,
Ring out the feud of rich and poor,
Ring in redress to all mankind.
Ring out a slowly dying cause,
And ancient forms of party strife;
Ring in the nobler modes of life,
With sweeter manners, purer laws.
Ring out the want, the care, the sin,
The faithless coldness of the times;
Ring out, ring out thy mournful rhymes,
But ring the fuller minstrel in.
Ring out false pride in place and blood,
The civic slander and the spite;
Ring in the love of truth and right,
Ring in the common love of good.
Ring out old shapes of foul disease,
Ring out the narrowing lust of gold;
Ring out the thousand wars of old,
Ring in the thousand years of peace.
Ring in the valiant man and free,
The larger heart, the kindlier hand;
Ring out the darkness of the land,
Ring in the Christ that is to be.

We wish all of our readers a Happy and Healthy New Year.

City announces Copley Square Park to partially reopen New Year's Day

The City of Boston today announced updates in the reopening timeline for Copley Square Park. The northeast triangle of the park, located between Trinity Church and Boylston Street, will reopen on New Year's Day 2025 following a renovation. The Plaza and Raised Grove areas are set to reopen as well in January/February 2025, with the fountain, lawn areas, and perimeter sidewalks scheduled for completion after the 2025 Boston Marathon. The park has been under renovation since July 2023.

"Copley Square is one of the most iconic parks in Boston, offering vibrancy and open space in an area that welcomes visitors and residents alike," said Mayor Michelle Wu. "We're excited to ring in the New Year by opening a newly renovated piece of this historic park, with the rest of the park's reopening to follow soon after."

The \$18.9 million renovations will bring upgrades with a focus on enhancing accessibility, functionality, and community use. Key improvements include the renovation of the iconic fountain, increasing the existing tree canopy through a raised grove with shaded seating, updated pathways and lighting, and new flexible event spaces to accommodate events including the Boston Marathon and the Copley Square Farmers Market, as well as daily public use.

"We're excited to begin reopening Copley Square for public use on New Year's Day and we look forward to unveiling the fully renovated park this spring," said Boston Parks Interim Commissioner Liza Meyer. "These improvements, from the revitalized fountain to the expanded tree canopy and flexible event spaces, reflect the community's vision and we can't wait to share the finished project."

Recent Progress Highlights:

Fountain Vault: Interior work is complete, with exterior work resuming soon.

Boylston Street Sidewalk: The east half is finished, with new glass panels in the bus shelter. Once temperatures rise, the west



The Tortoise and the Hare are back at Copley! They are located in the area we'll be opening for New Year's Day.

half will be completed in spring 2025.

Raised Grove & Plaza: Paver installations are nearly complete, with furnishings already being installed.

Tortoise and Hare Statues: The beloved statues have returned to their home in Copley Square.

Upcoming Work:

Final touches to the Raised Grove and Plaza will continue in the coming weeks.

Porous brick pavements and other elements near Boylston Street and the Kiosk will proceed as weather permits.

For updates and inquiries, visit the project website at boston.gov/copley-improvements. Sign up for our email list at bit.ly/Get-Parks-Emails and follow us on social media @bostonparksdept to stay up-to-date with Boston Parks and Recreation Department news and events.

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PATRIOT-BRIDGE

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Healey-Driscoll awards \$9.9 million to expand individual homelessness winter capacity

Special to the Patriot-Bridge

In anticipation of increased wintertime shelter needs for individuals experiencing homelessness, the Executive Office of Housing and Livable Communities has awarded \$9.9 million in supplemental grants for shelter providers, municipalities, and community-based organizations to open or expand seasonal shelter bed capacity.

The City of Revere, in collaboration with Housing Families, has been awarded \$142,800 for an overnight warming center to serve 24 people each night.

"Given the increasing demand for shelter services and warming centers in recent years, this funding is crucial to easing the pressure on our community's limited resources. I am deeply grateful for the funding opportunities provided by the Healey-Driscoll Administration, and I am incredibly proud of the efforts being made by the City of Revere and Housing Families to address these critical shelter needs," said State Representative Jessica Ann Giannino (D-Revere).

"As individuals, and as a Commonwealth, one of our most important moral obliga-

tions is to care for the least of those amongst us, including the poor and the homeless. With this in mind, I am thankful to Mayor Keefe for his leadership in seeking and obtaining this important funding and for providing the necessary supplemental funding," said State Representative Jeffrey Rosario Turco (D-Winthrop).

"We're thankful to our state officials for their advocacy in supporting our unhoused populations, and for their continued support of the Chris Alba Emergency Warming Center. This year, we've partnered with American

Legion Post 61 to activate a new, larger location for our warming center, at 249 Broadway – all which would not have been possible without these supplemental grants," commented Mayor Patrick M. Keefe Jr.

"Our nonprofit community partners provide a lifeline to individuals who are struggling with the very basic need of a safe place to lay their head at night," said Housing and Livable Communities Secretary Ed Augustus. "In addition, these organizations are well-equipped to connect individuals with other important services ranging from behavioral

health to the search for permanent housing, which helps lift people out of homelessness."

"The City of Revere is grateful for the Division of Housing and Stabilization's One Time Grant to sustain and expand the Chris Alba Emergency Warming Center that has operated the last two winter seasons. This funding will allow us to increase both our nightly capacity limit and our scope of services, helping those most vulnerable during the coldest months," said Lauren Buck, Chief of Health and Human Services, City of Revere.

CRIME (from pg. 1)

the city began tracking those stats. In addition, shooting victims have declined by seven percent compared to 2023, by 18 percent compared to the five-year average, and by nearly 40 percent compared to the 10-year average.

Over the previous 20 years, the city has averaged 260 shooting victims per year, but over the past three years this has declined by more than 100 victims per year; 2024 saw the third consecutive year of declines and the third consecutive year of fewer than 200 persons being shot in the city.

Most significantly, the 24 homicides thus far in 2024 are the lowest number since 1957 and by far the lowest total since in-depth data-keeping began in 2007, representing a decrease of 33 percent compared to 2023 and a 37 percent decrease compared to the average over the past five years.

However, Cox noted that so-called Part 1 crimes, which include aggravated assaults, commercial burglaries, and larcenies, have increased by one percent, but overall violent crimes are down by two percent, despite the three percent increase in aggravated assaults, which is attributable mainly to an increase in domestic violence incidents.

He said property crime has increased two percent, driven mainly by a 30 percent increase in shoplifting. Commercial burglaries are up six percent, but Cox said the data shows the six percent increase is entirely related to shoplifting incidents being reclassified as burglaries by perpetrators who have been previously trespassed. Cox said commercial burglaries actually are down by 17 percent without that quirk in the



MAYOR'S OFFICE
PHOTOGRAPHER JOHN WILCOX

Senior city advisor Isaac Yablo talks about the drop in Boston's crime.

stats.

"In the entire time I've been a police officer, the city has never been safer from violent crime. I've never been more proud of the city and our leadership in terms of crime and crime reduction," Cox concluded.

Mayor Wu (who began her remarks by speaking in Spanish) said, "Boston is recognized as a national leader in community safety with numbers far lower than comparable cities.

"Safety is the foundation of everything we do in making Boston a home for everyone," Wu continued. "Safety is not merely the absence of harm or fear or violence. It is the positive affirmation of belonging, of people feeling excited to be part of a community where they are welcome and able to use every opportunity and every part of every neighborhood."

Wu then highlighted some of

the innovations undertaken by the BPD including: the sharing of data (that previously had been privy only to the police) with the local communities that provide a shared understanding of the trends in the city, which in turn has resulted in suggestions from the community that have been helpful to the police; the largest and most diverse academy-training classes in many years; a new contract that adheres to the highest-professional standards; the deployment of community intervention teams that increase visibility and presence; and the reinstatement of weekly youth safety meetings to prevent violence.

Wu also emphasized the interconnection between the reduction in crime and violence with programs involving other city departments, particularly those conducted under the auspices of the Boston Center for Youth and Families. Wu also mentioned paid summer jobs for youth that reached a highest-ever level of 10,000 this past summer; more programming in the parks; a doubling of the level of universal pre-K; expanded early college through the school system; investments in small businesses; the increase in enrollment in the public schools for the first time in more than a decade; and the reduction in chronic absenteeism in the schools.

"It has been an all-hands-on-deck effort," said the mayor. "This is about saving lives. The most important investment of all is to stop cycles of trauma and violence. When we do well at keeping violent crime down, we do well at doing everything else.

"But most of all," Wu concluded, "we know there is more work

to do. Today is not a victory lap. It is a report out, a reflection of the type of results we can see when we all view community safety as a collective responsibility that we share together and that everyone has a part in."

Yablo emphasized some of the points made by Cox and Wu. "This has been a tremendous year of success, particularly in the reduction of firearm violence," said Yablo. He said that the city has adopted three strategies: Focusing on individuals who engage in firearm crimes; looking at how a person's environment contributes to crime; and positive policing initiatives.

"We have done constant monitoring of what the problem is," said Yablo. "We don't go into any solutions without a constant and up-to-date understanding of where the problems lie. But we are not done. We will continue to get better. We cannot rest well until we are at zero."

In response to a question from a reporter about the single-biggest reason for the good numbers, the mayor replied, "Strong coordinated leadership, the dedication of everyone moving in the same direction on the cityside and in the community, and having that commitment every day of the year to make this the focus."

In response to a question about the open drug use that is evident in many communities, Cox responded, "We do drug investigations all the time and have become highly-responsive to our communities." However, he added, "We're not going to criminalize mental health issues. But we are doing more with the DA's office and through the courts to get help

for individuals. We didn't invent the opioid crisis and we cannot arrest our way out of it, but we do need to do more to make people in our communities feel safer and we are trying to do that by becoming more agile with these teams of officers going into places to make sure that individuals know they will be held accountable."

Cox also noted that repeat offenders are responsible for committing an outsize number of violent crimes. Yablo added that there is a dedicated unit -- whom he labeled, "The 'stop shootings team'," -- that is focused on preventing firearm crimes by certain individuals. He said the unit has been tasked with reaching out to young people, typically ages 18-24, who have been involved with firearm crimes in the hope of reaching them while they're still young. He noted that this is important because the typical age for both firearm-related criminals and their victims is between 27-30 years old.

"Boston's steady decline in violent crime reflects the collective efforts of the Boston Police Department, the Office of Public Safety, community organizations, and strategic investments, including historic funding for youth summer jobs. Community safety requires an all-hands-on-deck approach, addressing cycles of trauma and violence through every facet of city services. Thank you to our police officers, first responders, and advocates for their unwavering commitment to protecting our communities," said District 1 Councilor Gabriela Coletta Zapata.

HOLIDAY CELEBRATION FOR THE LADIES OF WALK THE BEAT

The ladies of Walk The Beat were treated to a Holiday celebration at the Warren Tavern through the generosity of Kim Mahoney and the staff there as well as their friends from the Boston Police Community Service Office and the A1 Station.

DEREK KOUYOUMJIAN PHOTO



Boston Police Officers Frank Wong, Frank Ciampa, Peter Garabedian (4th from left), and Jason Richardson (3rd from right), Director of Community Engagement Kerry Ryan, Warren Tavern manager Kim Mahoney, CSO Chrissy Vraibel, and Sgt Gino Provenzano.



Boston Police A1 team: Officers Frank Ciampa, Rob DiRienzo, Frank Wong, Santa, and Jason Richardson (3rd from right), CSO Chrissy Vraibel, Boston City Councilor Erin Murphy, and Police Captain Richard Driscoll.



Warren Tavern manager Kim Mahoney checks in on the Walk The Beat ladies.



Boston Police Captain Richard Driscoll and Santa with some of the ladies of Walk The Beat.



Warren Tavern manager Kim Mahoney and Boston City Councilor Erin Murphy with some of the ladies of Walk The Beat awaiting their Christmas lunch.

HOLIDAY CELEBRATION FOR THE LADIES OF WALK THE BEAT

DEREK KOUYOUMJIAN PHOTO



Warren Tavern manager Kim Mahoney checks in on the Walk The Beat ladies.



Patricia Copeland shows off her festive holiday hat.



Ann Griffin, Peggy O'Brien, Lynn Chiacchiarotto, and Mary Beth Madden.

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Our readers are always seeking local resources. Call for a great rate on a long term COLOR campaign for your business.

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KEEP THE SKIES MERRY AND BRIGHT

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CITY PAWS

Strollers, joggers,
and wagons

By Penny & Ed Cherubino

One of the nicest additions to our city life this year has been a combination of a Strollee pet stroller and shopping cart. As a pet stroller, it has allowed us to take longer walks and adventure into places that might have frightened our anxious little pup.

We've enjoyed picnics with Poppy, using the stroller to carry our supplies until we arrive at the perfect spot. Then, we set up our table, secured Poppy in her carriage, and enjoyed a meal without her jumping up or begging. The same is true of meals on legally dog-friendly patios. We may arrive walking Poppy, but before we sit down, we set her and her stroller between us and enjoy our meal without bothering those at nearby tables.

Strollers, Joggers and Wagons

As we researched before purchasing, we were pleased with the wide selection of vehicles for dogs (and cats) from tiny to large. We spotted ones with high ratings that accommodated dogs of 60 to 70 pounds.

A few allow a large dog to enter at ground level with only mild encouragement from their human.

Wagons are also a good option for a large breed. Joggers are perfect for those who want to run longer than might be good for their dog.

What to Look For

Reading reviews is a great way to learn what features to consider when evaluating options. One of our top considerations was size folded and weight since we live in a small condo. The fact that it transformed into a shopping cart and would replace our trusty old Rolster Trolley was a bonus.

Reviewers look for sturdiness, storage on the stroller, SPF protection fabrics, strong, comfortable straps to hold the dog in place, recommended weight limits, solid tires, and ease of use. Consider the stroller's weight, ease of folding, and the amount of storage space it will take up when not in use.

Accessories can increase the price, so compare the total cost of the vehicle equipped for your use to the cost of the product alone.

Benefits for You and Your Dog

We have found that Poppy's stroller allows us to spend more time with her. In the past, there were times when we opted to leave her at home because she wouldn't



Here's Poppy enjoying lunch with us at one of her favorite restaurants.

be happy with what we planned. Now, she's included more often.

If your dog has a mobility issue due to injury, surgery, or old age, a stroller can bring them with you while you or another dog in your family enjoys a longer walk. These can also benefit dogs with disabilities like arthritis, blindness, deafness, and cardiac conditions.

Our stroller has a removable pet carrier with a separate base,

which can make it possible to bring Poppy in a ride-share vehicle or taxi that might refuse a dog on a leash.

Having the stroller along when traversing a crowded area or attending an open-air event can make the experience safer for Poppy and less stressful for us. In the heat of summer or with salty sidewalks in winter, the stroller can protect paws by taking your

dog to a grassy surface.

Many shops that might not welcome dogs could be open to dogs in carriers. In fact, we hope that one day soon, officials might decide that dogs in strollers are welcome in many places where they are now prohibited by law.

Do you have a question or topic for City Paws? Email Penny@BostonZest.com with your request.

FHAP AGENCIES & OTHER STATE/
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BOSTON FAIR HOUSING COMMISSION
One City Hall Plaza, Suite 966
Boston, MA 02201-1054
617-635-4408

CAMBRIDGE HUMAN RIGHTS COMMISSION
51 Inman Street
Cambridge, MA 02139-1732
617-349-4396

CONNECTICUT COMMISSION ON HUMAN RIGHTS & OPPORTUNITIES
21 Grand Street, 4th Floor
Hartford, CT 06106-1561
860-541-3400

MAINE HUMAN RIGHTS COMMISSION
51 State House Station
Augusta, ME 04333
207-624-6050

MASSACHUSETTS COMMISSION AGAINST DISCRIMINATION
One Ashburton Place, Room 601
Boston, MA 02108-1599
617-994-6000

RHODE ISLAND COMMISSION ON HUMAN RIGHTS
180 Westminster Street, 3rd floor
Providence, RI 02903-3768
401-222-2661/62

VERMONT HUMAN RIGHTS COMMISSION
135 State Street, Drawer 33
Montpelier, VT 05633-6301
802-828-2480

NEW HAMPSHIRE COMMISSION FOR HUMAN RIGHTS
2 Chenell Drive
Concord, NH 03301-9053
603-271-2767

NEW HAVEN COMMISSION ON EQUAL OPPORTUNITIES
200 Orange Street, Room 402
New Haven, CT 06510
203-946-8160/8165

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ADA curb ramp requests available online

Special to the Patriot-Bridge

The City of Boston is committed to providing accessible rights-of-way for all. Curb ramps are a critical element in allowing people with disabilities to have full and complete access to the public right of way. Title II of the ADA (Americans with Disabilities Act) requires an accessible public right of way including access to City and government facilities and programs, public transportation, places of employment, schools, medical facilities, and places of commerce.

Boston is undergoing big changes when it comes to accessibility. Over the next 10 years, the City is trying to make every curb ramp in the public right of way accessible. To help supplement this work, the ADA Curb Ramp Request System will help the City prioritize ramps that have an impact on your daily life.

How we process requests

Once a curb ramp request has been received, within 10 days the City will provide you with an ID number to track your request. Within 30 days, a member of the ADA Team will investigate each request and reach out to you with an estimated schedule of repair.

The City will use its best efforts to remediate each request within one year of submission.

Please review the examples of requests in this section that can be made through our online form. If your request falls into one these categories, please proceed to the Curb Ramp Request Form.

Please note: To submit photos related to your request, or to inquire about the status of your request, please contact curbramps@boston.gov.

If you have a different request,

please contact the City of Boston Disability Commission to discuss your specific concerns.

Types of requests

This form can be used to submit requests for the following types of ramps:

Missing Curb Ramps:

Locations at street intersection, mid-block crossings, or pass-through islands with crosswalks where there is currently no existing curb ramp.

Depressed Driveways:

Locations at residential or commercial driveways where there is no level or flush route to cross.

Inaccessible Curb Ramp:

A location where a curb ramp currently exists but is either damaged to the point of affecting accessibility or the ramp slopes are so severe that they affect accessibility.

Keeping Resolutions *WHILE ON THE GO*

Inspiring Recipes by Chef Candice Kumai

FAMILY FEATURES

Year after year, saving money and eating healthier rank high on the list of New Year's resolutions, but as many know all too well, busy schedules can make it hard to keep these resolutions up.

"Pretty Delicious" author and "Top Chef" alum Candice Kumai has partnered with The Glad Products Company to create delicious recipes that help bring healthy food out of the kitchen, and in turn, help to save you both the cost and calories associated with eating lunch out.

Chef Kumai's recipes are inspired by Glad To Go reusable lunch and snack containers, which feature a detachable 1.5-ounce "To Go" cup that snaps into the lid — allowing you to confidently transport foods that you haven't been able to before. Just imagine — no more dressing leak disasters when bringing a salad to work.

"Now there's no excuse for us to break our New Year's resolutions," says Kumai. "My recipes are not only healthy, delicious, convenient meal time options, but they fit into our everyday lives while helping to save money, time and calories and reduce waste."

For additional recipes, lunchtime tips, coupon offerings and more, visit [Facebook.com/Glad](https://www.facebook.com/Glad).

Spicy Tequila Lime Shrimp Salad

Prep Time: 10 minutes
Cooking Time: 5 minutes
Serves: 4

For the shrimp

- 2 tablespoons extra virgin olive oil
- 1 garlic clove, minced
- 1/2 teaspoon ground cumin
- Pinch red pepper flakes
- 1 pound medium shrimp, deveined
- 3 tablespoons high-quality tequila
- Salt, to taste
- 1 teaspoon dried chipotle powder
- 2 to 3 tablespoons fresh cilantro, chopped

For the salad

- 4 cups dark, leafy mixed greens
- 1/2 cup roasted red peppers, sliced thin
- 1/2 cup black beans, drained and rinsed
- 1 avocado, sliced thin

For the dressing

- 1/2 cup nonfat plain Greek yogurt
- 3 tablespoons high-quality tequila
- 1 tablespoon grated lime zest
- 1 teaspoon hot sauce
- 2 tablespoons fresh lime juice
- Pinch of sea salt to taste

Add olive oil to a large skillet over medium heat. Once oil is hot, add chopped garlic and cook for about 1 minute. Add cumin and red pepper flakes, and let flavors blend together.

Add shrimp and toss. Carefully add tequila and cook until alcohol burns off. Season with salt, and add dried chipotle powder. Once shrimp are cooked, add chopped cilantro, toss and put aside on a plate.

Toss mixed greens in a large salad bowl and add in roasted red peppers and black beans. In medium bowl, whisk all of the dressing ingredients together and alter to desired taste by adding additional hot sauce and salt. Top with avocado slices and sautéed shrimp.



Roasted Fig and Blue Cheese Salad

Prep Time: 10 minutes
Cooking Time: 20 minutes
Serves: 4

For the figs

- 2 cups fresh black mission figs, sliced in half
- 2 tablespoons balsamic vinegar
- 2 tablespoons extra virgin olive oil
- 1 teaspoon honey
- 1/4 teaspoon sea salt

For the salad

- 1/2 cup blue cheese, cut into elegant wedges or thin slices
- 6 cups mixed salad greens with arugula
- 1/2 cup candied walnuts
- Sea salt to taste

For the dressing

- 3 tablespoons honey
- 2 tablespoons Dijon mustard
- 1/4 cup balsamic vinegar
- 1/4 teaspoon sea salt

To roast figs, preheat the oven to 350°F. Remove stems off end of each fig, then slice fig in half. Roast for approximately 30 minutes or until a bit golden brown. Remove and cool slightly.

In small mixing bowl, mix 2 tablespoons balsamic vinegar, olive oil and honey. Add figs and toss to coat evenly. Marinate for 5 to 10 minutes.

Whisk honey, mustard, 1/4 cup balsamic vinegar and sea salt together to create dressing.

Place greens in large salad bowl; toss in candied walnuts. Serve with two fig halves on top of each salad with a blue cheese wedge.

Spinach Salad with Walnuts, Strawberries and Goat Cheese

Prep Time: 10 minutes
Cooking Time: 10 minutes
Serves: 4

For the salad

- 1/2 cup walnuts
- 4 cups fresh spinach, stems trimmed
- 8 large strawberries, hulled and thinly sliced
- 1/4 cup crumbled goat cheese

For the dressing

- 3 tablespoons honey
- 2 tablespoons Dijon mustard
- 1/4 cup balsamic vinegar
- 1/4 teaspoon sea salt

Heat the oven to 375°F.

Place walnuts on rimmed baking sheet and bake until fragrant and toasted, about 8 minutes. Transfer to a plate to cool.

Toss spinach with strawberries in a large bowl.

In small bowl, whisk together honey, mustard, vinegar and salt. Sprinkle walnuts on top of spinach and strawberries mix.

Serve sprinkled with goat cheese, with remaining dressing on the side.



N.E. boat show cruises into Boston Convention Center Jan. 8-12

The annual New England Boat Show, featuring more than 500 boats, special show sales, and fun for all ages, will take place right at the start of 2025, from Wednesday, January 8 through Sunday, January 12, at the Boston Convention and Exhibition Center at 415 Summer St.

This year's show, officially known as the Discover Boating New England Boat Show in partnership with Progressive Insurance, will kick off the 2025 boating season with post-holiday deals on hundreds of new boats, all the latest marine gear, and nautical fun for the whole family, bringing the summer vibes alive with more boats, a kids' mini paddleboat lake, SUP demos and yoga in an indoor pool, the Discover Boating Beach Club, and free education for boaters of all levels.

The Discover Boating Beach Club will bring a little summer to winter with live music, chef and mixology demos, and beach games throughout the show. In addition, there will be the New England Boat Show Opening Night Party to benefit Save the Harbor/Save the Bay with an oyster bar, beer & wine bar, and more.

Show attendees can see & shop big sales on the most comprehensive selection of boat brands and types in New England, from center consoles and family cruisers to pontoons and wake sports boats with boat show specials on the newest boating accessories, marine electronics, and on-the-water must-haves.

New this year is the Float & Flow: SUP (stand-up paddleboard) Pool in which guests can experience Zen on the water with certified instructors who either will guide participants through an easy intro to paddleboard yoga, or just take a paddleboard out for a short spin, courtesy of SUP YO Adventures. The on-water demos are available on a first-come, first-served basis, Wednesday-Friday: 12pm-7pm, Saturday: 10am-7pm, and Sunday: 10am-5pm.

The Queen of the Show will be a Tiara 43 LS which features ample seating and refined yacht aesthetics, complemented by the power and performance of twin Mercury Verado® V12 600hp engines.

In addition, there will be a Pursuit OS 405, a spacious sport fisher designed for serious fishing and entertaining and powered by

quad Yamaha 450 XTO engines; an Everglades 395, featuring cutting-edge engineering and exquisite craftsmanship on the state-of-the-art center console; a Beneteau GT 41, the newest sporty express cruiser with slender lines, ultimate speed and elegance throughout; and a Formula 380 SSC, a full-cabin bowrider incorporates FAS-3Tech multi-step technology and a molded structural grid to deliver the sure-footed performance that is a Formula hallmark.

There will be "Art of Casting Pond & Saltwater Fishing Workshops" in which participants can learn the art of casting from the experts at Goose Hummock Saltwater Fishing Outfitter atop a 30' long fishing tank. Plus, fishermen can catch more tips at expert angler workshops, where anglers of all experience levels can improve their fishing game, learn proper rigging for big game fishing, and get the best tips on how to land a trophy tuna.

Other workshops include a "Jigging Techniques Tank" (in which pro anglers will demonstrate the basics of jigging, covering types of jigs, best techniques, and the fish species you can expect

to catch by jigging); a "Boating 101" education class for new boaters at Fred's Shed How-To Center, presented by Progressive, featuring a variety of daily seminars and demos covering everything from getting started to service, maintenance, updating, and operating; an America's Boating Club Boating Simulator for "hands-on" practice in boating skills such as docking, pivot turns, stopping, and more using a real Mercury throttle and steering wheel; a Classic & Wooden Boat Collection featuring vintage boats dating back 80 years;

live music presented by Pete's One Mann Band, who will play hits from ABBA to Zeppelin; and the "Big Catch Photo Op," to capture the fun of a day at the show with your family and friends.

Tickets are \$20 for adults. Children 12 & under get in free when accompanied by a paid adult. Tickets are available online at NewEnglandBoatShow.com. Admission is free for active/veteran military, active/retired first responders, and USCG & USCGA members on opening day, Wednesday, Jan. 8.

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Public health vending machines and Naloxone access points announced across city

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The innovative initiative by Mayor Wu and the Boston Public Health Commission is part of the City's push to reduce overdose deaths and combat the opioid crisis.

The City of Boston, Mayor Michelle Wu, and Boston Public Health Commission (BPHC) today announced a new strategy for equitably distributing the overdose-reversing medication naloxone and other harm reduction supplies. BPHC set up four public health vending machines at existing harm reduction, homeless services, and medical program facilities across the city. Additionally, the Health Commission will deploy eight indoor naloxone distribution kiosks, expanding access to this life-saving medication. These interventions are supported by Boston's Overdose Data to Action (OD2A) program, which placed the public health vending machines at various sites and is working with partners to place the naloxone kiosks.

"Harm reduction is about keeping people safe and alive. Unfortunately, many people living with substance use disorder don't use harm reduction tools, like naloxone and clean syringes, due to stigma, lack of access or unawareness," said Dr. Bisola Ojikutu, Commissioner of Public Health for the City of Boston. "These vending machines and kiosks are a low-cost, compassionate way to destigmatize harm reduction and expand access throughout our city."

The Massachusetts Department of Public Health's Bureau of Substance Addiction Services and Office of HIV/AIDS purchased 14 harm reduction vend-

ing machines, four of which have been provided to the City of Boston. The machines are located at: BPHC Recovery Services in the Finland Building, Southampton Street Shelter, EnVision Hotel, and the North End Waterfront Community Health Center's Charlestown public housing location. Each machine will contain harm reduction supplies including naloxone, safe injection kits, and fentanyl test strips. Sites are still developing plans on how to best utilize these vending machines and have a degree of flexibility in how they stock them. Organizations can choose to stock machines with other public health necessities like pregnancy tests, socks, and PPE.

"NEW Health (North End Waterfront Health) is proud to partner with BPHC on this initiative," said David Perry, Director of Substance Use Disorders at North End Waterfront Health. "This work reflects our continued commitment to community health care by increasing access to life saving supplies, inviting individuals into care, and reducing stigmatizing experiences for the Charlestown community."

"I am thrilled to see the addition of public health vending machines and naloxone kiosks across our neighborhoods. This initiative is vital to saving lives and supporting the work of our public health officials by providing the tools and life-saving resources to deliver immediate assistance. This is a crucial step to breaking down barriers to access and ensuring that life-saving resources are available to our residents at more times and places," said Councilor Gabriela Coletta Zapata (District 1).

Funded by Carelon and

the Massachusetts Behavioral Health Partnership, the City of Boston and BPHC are installing eight indoor naloxone kiosks across the city to enhance access to this overdose-reversing medication. The kiosks, repurposed from recycled newspaper stands, will be strategically placed in reach of populations experiencing higher overdose rates. These locations include Bridge Over Troubled Waters, Harvard Street Neighborhood Health Center, Recovery on the Harbor, SPOKE Gallery, Suffolk County Jail and House of Correction, The Phoenix, and the Woods Mullen Women's Shelter.

These kiosks not only provide access to life-saving medication but also serve as a connection to valuable resources. Each naloxone kiosk displays the phone number for the Massachusetts Behavioral Health Help Line, which offers free clinical assessments, crisis support, and referrals to treatment for substance

use and mental health disorders.

"We're proud to work with the Boston Public Health Commission and sponsor the installation of naloxone kiosks where people need them most," said Dr. David Wolfe, Chief Medical Officer at MBHP and Manager Medical Director at Carelon Behavioral Health. "Making naloxone available can save lives and reduce the stigma associated with substance use disorders, both of which are part of our commitment to addressing the opioid crisis."

"The Suffolk County Sheriff's Department welcomes any and all opportunities to provide life saving and harm-reducing resources to the people in our catchment area, particularly to the men and women leaving our care and returning to our communities. We welcome this collaboration with the City of Boston and the Boston Public Health Commission as an extension of our mission to help foster a safer,

healthier and more vibrant society for everyone," said Suffolk County Sheriff Steven W. Tompkins.

Naloxone kiosks and public health vending machines are key components of the City of Boston's ongoing efforts to combat the opioid crisis through expanding access to naloxone. This evidence-based strategy has yielded promising results; in October, the Health Commission reported a 33% decrease in overdose deaths from January to April 2024 compared to the same period in 2023. Boston OD2A is funded by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$2,710,074.00 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

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FRESH AND LOCAL

Condiments, sauces, and chutneys, oh my!

By Penny & Ed Cherubino

We love exploring other cultures through their foodways which means we've amassed a wide selection of condiments, sauces, chutneys, and such. Slowly, our growing collection has taken over our already too-small refrigerator. To solve the problem, we've purchased a small refrigerator just for condiments.

Refrigerate After Opening

If you read the labels on most of these bottles and jars, they say,

"refrigerate after opening." We follow this advice not for food safety reasons but for food quality. Most of these products are not refrigerated in their native settings. Many are salted, pickled, or fermented for preservation. However, in their native settings, they are used and replaced far more frequently than in our home.

In a Korean household, Kimchi is eaten daily and used up quickly. The same applies to fish sauce in a Thai or Vietnamese kitchen or preserved lemons in the Middle



Here's a peek inside our condiment refrigerator.

East. These are treasured additions to favorite dishes, but they're not used quickly enough to prevent them from losing their flavor intensity without refrigeration in our home.

Fusion Experiments

We have a plan to use up many of the condiments we bought for special dishes by challenging ourselves to find other uses. Think about the role a condiment plays in its native culture, then use it to replace other ingredients.

Great starting points for this type of fusion experiment can be egg dishes, salad dressings, and sandwiches. Kimchi adds saltiness and spice to Korean dishes. Add some to scrambled eggs, and they take on a new dimension. Google

"kimchi salad dressing recipes" for dozens of options. Replace the sauerkraut on a hot dog or rye bread with kimchi.

Hoisin sauce is traditionally used in Chinese cooking as a glaze for meat, part of a stir fry sauce, and as a dipping sauce for Peking Duck. It offers a wonderful balance of sweet, savory, pungent and salty flavors. When something you cook is lacking those notes, add a bit of hoisin.

Consider what it might do as a glaze for carrots, squash, burgers, or spread on a wrap.

Make Your Own Condiments

While we have not taken on the task of making our own ketchup, we've improved the taste of commercial versions by adding srira-

cha. In researching for this article we found endless references to making your own preserved lemons, pickles, relishes, chutneys and sauces.

We love chutneys and have traditionally made small batches around the holidays. Our love of Indian food has added many chutney recipes to our collection. We also love to try some of the great chutneys from small producers like Blake Hill Preserves in Vermont.

Buy Quality Not Quantity

Early on in our use of fish sauce, we discovered the vast difference between the least and most expensive versions and finally settled on Red Boat Fish Sauce 40°N recommended by Andrea Nguyen a Vietnamese food educator we trust.

Chili Crisp is another example of a condiment that has become a fad and is appearing in so many versions at so many price points that deciding which to try can be daunting. We still buy the Lao Gan Ma Spicy Chili Crisp we've kept on hand for years.

One way to try a few different versions of the same condiment is to swap a bit with friends. We've been doing this with spices for years. Now that we have room to store a bit more we can start a condiment swap to add to our soup and spice swaps.

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

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