



16 LUXURY RESIDENTIAL CONDOMINIUMS

163 Chestnut St.
Chelsea, MA

PRE-SALES SPRING 2023

OCCUPANCY SUMMER 2023

14 LUXURY RESIDENTIAL CONDOMINIUMS

157 Chestnut St.
Chelsea, MA



SCHEDULE A TOUR







WWW.157AND163CHESTNUT.COM

East Boston

TIMES-FREE PRESS

Wednesday, May 3, 2023

LOVE YOUR BLOCK EAST BOSTON CLEANS BROPHY PARK



DEREK KOUYOUNJIAN PHOTO

Residents gathered at Brophy Park to contribute to the neighborhood cleanup on Saturday. See page 5 for more photos.

Large turnout for International Workers' Day march

By Michael Coughlin Jr.

On Monday, May 1, hundreds of people gathered together to march from East Boston to Chelsea City Hall to celebrate International Workers' Day and fight for justice for workers throughout the country.

Just after 4 p.m., workers from communities such as East Boston, Chelsea, and Everett, gathered across the street from Liberty Plaza in East Boston

and began their march towards Chelsea City Hall for a rally.

As the hundreds of marchers made their way through the streets of East Boston and Chelsea, chants rang out, expressing the power of all the unions and workers in attendance – all of which who are fighting for change.

When the march finally made its way to Chelsea City Hall, one of the many speakers at the ral-

ly summed up what the march and rally were all about.

"We're here fighting for many different issues, and we represent many different organizations – all united for the fight of justice," they said.

Specifically, this demonstration sought to fight against things like discrimination, wage theft, and lack of a living wage.

“We are demanding fair wages so that we cannot

only pay our bills but live with decency," the speaker added.

In addition, a press release from La Colaborativa – one of the organizations that leads the May 1st Coalition of Chelsea, Everett & East Boston along with MassCOSH and La Comunidad Inc. – outlined several demands

This press release revealed that the coalition and its many partners are

See WORKERS' DAY Page 3



A portion of the marchers making their way though East Boston.

COURTESY PHOTO

Ruggiero Family Memorial Home

"Proud to welcome to our staff Mark Tauro, former owner and director of Rapino, Kirby-Rapino Funeral Homes"

• Ample Off Street Parking • Complimentary Valet Parking • Nonsectarian Transportation To & From Visiting Hours For Family & Friends • Se Habla Espanol

617-569-0990 • Visit us at our website: www.RuggieroMH.com



971 Saratoga St., Orient Heights
East Boston

For the latest news in East Boston that you need to know, check eastietimes.com

News in Brief



Edmond J. Zabin.

DA HAYDEN APPOINTS EDMOND ZABIN AS FIRST ASSISTANT DISTRICT ATTORNEY

Suffolk District Attorney Kevin Hayden today announced the appointment of Edmond J. Zabin as first assistant district attorney, a key legal and administrative position in the office.

“Ed brings an unmatched depth of experience, institutional knowl-

edge and professional achievement to this vitally important position. His guidance and acumen will be tremendously helpful as we set the course of the office in all of its many aspects—crime prevention strategies, illegal firearm initiatives, juvenile and young adult diversion efforts, trial preparation and community outreach and engagement. Ed is the ideal person to oversee our many teams and programs,” Hayden said.

Zabin, a graduate of Colby College and Northeastern Law School, joined the Suffolk DA’s office in 1993, working first on the appeals team and then as a prosecutor and supervisor at Dorchester District Court. He served on the general felony unit and the senior trial unit before moving to the homicide unit in 2002. He became deputy chief of the homicide unit in 2006. He has served as chief of the homicide unit since 2008.

Zabin was named a Super Lawyer Rising Star by Boston Magazine in 2005 and received the Suffolk Award for Outstanding Superior Court Prosecutor the same year. In 2013, Zabin was named a Fellow of the American College of Trial Lawyers, as well as the Massachusetts District Attorneys Association prosecutor of the year.

Zabin and his wife, who have three children, live in Boston.

LANE CLOSURES START ON TOBIN BRIDGE

The Massachusetts Department of Transportation (MassDOT) announced it has implemented evening and overnight lane closures on the Tobin Bridge on Route 1 southbound on the upper deck’s left lane, from the Everett Avenue on-ramp to approximately the old toll plaza area.

The closures will occur during the months of May and June, (and is a continuation of work that began last month.) The closures are occurring weekly, Mondays through Thursdays, starting each night at 6:00 p.m. and concluding the following day by 5:00 a.m. Two lanes of traffic will remain open at all times during these lane closures.

The lane closures are needed to support Tobin Bridge structural repairs and safety walk rehabilitation operations.

Advance warning signs will be used onsite to notify drivers about the planned closures and provide updates.

All scheduled work is weather dependent and subject to change without notice.

For more information on traffic conditions, travelers are encouraged to:

- Download the Mass511 mobile app or visit www.mass511.com to view live cameras, travel times, real-time traffic conditions, and project

information before setting out on the road. Users can subscribe to receive text and email alerts for traffic conditions.

- Dial 511 and select a route to hear real-time conditions.

- Follow MassDOT on Twitter @MassDOT to receive regular updates on road and traffic conditions.

BOSTON SUMMER PROGRAMS NOW ON LINE

Looking for outdoor fun this summer? Check out the Boston Parks and Recreation Department’s complete schedule of free events and activities for all ages. Visit boston.gov/parks to learn more.

You can select from a variety of free activities such as concerts, movies, fitness classes, sports centers, watercolor painting workshops, and fun children’s activities.

- Highlights include:
- Summer Fitness Series

- The opening celebration at the Boston Common Frog Pond spray pool on June 27
- Arts & Craft Workshops for children ages 3 to 10
- Boston Children’s Summer Festival at Franklin Park
- Paint Nights at our golf courses in June
- Movie Nights in parks citywide
- ParkARTS Neighborhood Concerts
- Sports Centers in East Boston, Dorchester, Mattapan, and Jamaica Plain
- Intimate concerts on our golf clubhouse patios
- The Tito Puente Latin Music Series in the South End, East Boston, Mission Hill, and Jamaica Plain
- Leagues and tournaments for basketball, pickleball, baseball, softball, golf, lacrosse, soccer, tennis, and street hockey
- And much more!

For more information, please view the full summer guide and other Parks Department events and programs at boston.gov/parks.

GSCA// CONTINUED FROM PAGE 1

storage and mechanical.”

Finally, another GSCA Board Member, Chen Cao, asked if there were other roof decks on adja-

cent buildings and only had some concerns about the roof deck sticking out and being viewable from the street.

While Drew indicated that other adjacent buildings in the area did not have roof decks, he said, “We don’t feel like it’s out of context by any means,” and also said it is pushed back so it would not be viewable from the street.

As for the next steps for the project, this project will have to be presented once again to the GSCA before it goes up for a vote, and there is a planned virtual meeting with abutters tonight – Wednesday, May 3, at 6:00 p.m.

BPHC// CONTINUED FROM PAGE 1

COVID-19.

Dr. Ojikutu began the conference by previewing soon to be published data from the upcoming 2023 Health of Boston report detailing significant inequities that highlight the impact of COVID-19.

• Across all demographic groups, life expectancy in Boston decreased by 3.1 years between 2019 and 2020, falling to 79 years.

• For Black Boston residents, life expectancy fell by 4.4 years to 71.8 years between 2019 and 2020, the lowest life expectancy for any racial group in Boston.

• For Latinx Boston residents, life expectancy fell 4 years to 80.3 years, between 2019 and 2020.

• For Asian residents, who have the highest life expectancy in Boston, life expectancy decreased by 4.5 years to 86.6 years versus a 1.9 year drop in life expectancy amongst White individuals (to 80 years) from 2019 to 2020.

• From 2017-2021, Black residents experienced a 37.3% increase in premature mortality. There was no significant change in the rate of premature mortality among Asian, Latinx, or White residents from 2017-2021.

These inequities underscored the urgency of Dr. Ojikutu’s call for action to her colleagues.

“Today’s event marks the beginning of a new chapter in Boston’s mission to advance health equity. We have renewed momentum across city

stakeholders. I challenge all our public health partners to think differently about how we can put the lessons we have learned over the past three years into action,” said Dr. Bisola Ojikutu, Commissioner of Public Health and Executive Director of the Boston Public Health Commission. “Boston has the resources and infrastructure necessary to be a leader in advancing health equity, and I am confident that if we all continue to collaborate, we will achieve transformative change.”

“An informed, community-centered approach is essential to address the inequities that exist in the public health sector,” said Mayor Michelle Wu. “I am grateful to Dr. Ojikutu, the Boston Public Health Commission, and our community partners for coming together to discuss how we can provide all residents with the care and support they deserve.”

Dr. Kathryn Hall, Deputy Commissioner for Population Health and Health Equity, who led the planning team, saw it as an example strong collaboration.

“The success of today’s conference is the result of collaboration between health equity researchers and public health practitioners at schools of public health, universities academic teaching hospitals and smaller healthcare institutions.

It’s another reminder of the power and potential of what we can accomplish

when we work together,” said Dr. Hall.

The day’s panels covered how to mobilize community members during public health emergencies, the path forward for promoting health equity, novel strategies developed during the pandemic to advance health justice, and the intersection between public health policies and partnerships.

Several themes emerged throughout the conversations, including the major impact persistent health inequities have in Boston, as demonstrated by the 23-year life expectancy gap among residents in Back Bay and Roxbury. The need for bold, visionary action to advance health was also a key point of conversation. Promoting community-led health initiatives, increasing diverse and community representation at all levels of public health policymaking, and reparations for descendants of enslaved individuals were all discussed as solutions to some of Boston’s most pressing public health challenges.

Dr. Ojikutu closed the conference by announcing the creation of a BPHC-led Community Health Equity Empowerment Fund (CHEEF) to encourage partnership between community-based organizations and community health centers to improve access to care and address social determinants of health among the residents they serve. An RFP will be available soon.

SPINELLI'S

FUNCTION FACILITY

BEREAVEMENT BUFFET \$26.95

Please accept sincere condolences, from the Spinelli family and staff. During this difficult time, we would like to offer our facility at a specially reduced price, for you, your family and friends.

SERVED UPON ARRIVAL

Coffee, Mini Danish Pastries and Tea Breads

BUFFET LUNCHEON MENU

Tossed Salad, Assorted Rolls with Butter Chicken, Ziti and Broccoli Alfredo

Eggplant Parmigiana

Italian Sausages, Onions and Potatoes

Above price does not include a 19% Administration Fee and a 7% Mass State Tax.

280 BENNINGTON STREET, EAST BOSTON, MA

Telephone: 617-567-4499

www.spinellis.com

Mammograms Save Lives.

All women over 40 should have a mammogram once a year. Breast cancer found early offers the best chance to be cured. Free or low cost mammograms are available.

For more information and answers to any of your cancer questions, contact us any time, day or night.

www.cancer.org

1.800.ACS.2345

American Cancer Society

Extend your Business's reach with Online Advertising!

Clients and Customers are just a click away!

\$300⁰⁰ per month per site

THE INDEPENDENT NEWSPAPERS

REVEREJOURNAL.COM • WINTHROPTRANSCRIPT.COM

LYNNJOURNAL.COM • EVERETTINDEPENDENT.COM

EASTIETIMES.COM • CHELSEARECORD.COM

CHARLESTOWNBRIDGE.COM • BEACONHILLTIMES.COM

NORTHENDREGIONALREVIEW.COM • THEBOSTONSUN.COM

JAMAICAPLAINGAZETTE.COM • MISSIONHILLGAZETTE.COM

Combo Rates available! Buy any 3 sites, get 4th FREE

Call 781-485-0588 to get started!

AD SIZE

in pixels

W: 160px

H: 600px

please send in "png" format

HOME SERVICES 2023

Now is the time to get your service in the eyes of thousands of readers in Print & Online

GET 6 MONTHS OF EYES ON YOUR AD ONLY \$175*

CHOOSE FROM 5 COMMUNITIES TO ADVERTISE IN!

2.19-BY-1-INCHES BLACK-AND-WHITE

*Per Paper. Must be paid in advance.

Buy 4 Get the 5th Free!

Workers’ Day//

CONTINUED FROM PAGE 1

demanding an anti-wage theft bill from the state legislature, things like rent control from City Councils, permanent solutions for Temporary Protective Status and Lawful Permanent Residency status from Congress, and much more.

Along with a few music and dance performances, the rally also consisted of a bunch of speakers, including the headliner – Yanira Merino, the President of the Labor Council for Latin American Advancement (LCLAA).

Merino spoke at length about the workers before those in attendance who died fighting for the same justice that is being fought for now.

“Their fight is our fight, and that hasn’t changed. That hasn’t changed, and we cannot stop fighting. Why? Because this fight still continues,” said Merino.

“We have to recognize that giving up today is not respecting those who fought for us.”

She also talked about how the fight for immigrant rights goes hand in hand with workers’ rights, saying, “We know that the fight of immigrants is the same fight as our workers.”

“Racist attacks against immigrants should be an attack against us, and we should fight against that.”



COURTESY PHOTO

Hundreds of marchers made their way through the streets of East Boston and Chelsea, chants rang out, expressing the power of all the unions and workers in attendance.

Added Merino.

After Merino spoke, several other workers came to the stage to discuss their experiences and bolstered why fighting for things like unionization and fair wages is so important. In addition, several kids representing the younger generation spoke about the need for justice for workers.

One of the younger speakers probably explained best what those in attendance at Monday’s demonstrations were fighting for.

“I don’t ask for a million dollars ... what I need, what I simply need is a right to have a job that doesn’t overwork me or treat me like an animal. I

am asking for fair pay – not just that, but I ask for respect. Respect my hard work and my sweat,” said the young speaker.

“It’s a shame that we’ve been fighting for the bare minimum for so long. I’m afraid to be 60 years old with gray hairs and walking with a cane all over again at a May 1 rally.”

While there was a tremendous turnout for the march and subsequent rally, as Merino indicated, the fight for justice for workers is far from over.

“This is the beginning because nobody told us that the fight for justice has an end. Nobody told us that the fight for dignity has an end,” said Merino.



Yanira Merino, the President of the Labor Council for Latin American Advancement (LCLAA), speaks to the crowd.



Shown are some of the performances during the rally at Chelsea City Hall.



A float that bookended the marchers makes its way down the road.

Hearing regarding the coordination of construction and utility permits held

Boston City Councilor Gabriela Coletta and City Council President Ed Flynn held a hearing on Tuesday, April 19 regarding the coordination of construction and utility permits in compliance with minimal impact to residential life last Wednesday.

“I have heard from many residents about the need for better coordination, maintenance of sites, and notification of neighborhood street work. Holding this hearing with Council President Flynn was vital as our city grows. We have dense neighborhoods with a lot of activity that requires street digging and the temporary loss of parking spaces. There is road work taking place at the same time within a 100 ft radius due to a lack of coordination,” said Councilor Gabriela Coletta. “There is more work ahead; these things affect residents’ lives every day. I look forward to continuing the conversation with utility companies and looking at how we, as a City, can invest in resources to modernize the permitting system and ensure that residents are informed about what is happening in our neighborhoods.”

Councilor Coletta and Council President Flynn put forward the hearing given the frequency in how neighborhood streets get closed down, trapping residents due to multiple utility companies conducting work within a 100 ft radius due to lack of coordination.

“One of the top constituent issues my office receives is about the coordination of construction and utility permits in the neighborhood. With the growth of development projects and the frequent utility maintenance and build outs across the City, it is important that we work together with the construction and utility companies to improve neighborhood outreach and coordination so that residents can have ample time to plan ahead and around these work,” said Council President Flynn. “Often, residents are finding out about these projects as they are going about their day which can be very disruptive to their quality of life.”

Representatives from the Boston Water and Sewer Commission, National Grid, Inspectional Services Department, and Boston Transportation Department were present to share the permitting process and community outreach process. During

the hearing, Councilors could ask questions and gather information to fully understand the internal machinations of interdepartmental approvals for street occupancy, excavation permits, permit approving system, how COBUCS works, and the potential to modernize the system.

The Councilors look forward to continuing the conversation with more hearings to be scheduled and with utility companies and residents to ensure that street work permits are coordinated and residents’ quality of life is minimally interrupted.

Highlights of the Order Include:

“WHEREAS: Both residential construction work and public utility work can have a significant impact on residents’ quality of life; and

WHEREAS: These quality of life impacts are multiplied if there are numerous projects happening in a small geographic area; and

WHEREAS: As more development projects are approved and begin construction, there are increasing examples of both utility and construction permits being issued sometimes on same residential block;

WHEREAS: This leads to negative impacts to the overall quality of life for residents due to a lack of parking availability and detour delays, especially if they haven’t received adequate notice; and

WHEREAS: The Boston Transportation Department and the Department of Public Works issue the permits necessary for these projects and could issue them in such a way that would minimize quality of life issues and overlap of projects;”

The following is a letter to John Sullivan Chief Engineer of the Boston Water and Sewer Commission 980 Harrison Ave., Rox-

bury, MA 02119

Dear Mr. Sullivan,
Last week you attended my hearing regarding the coordination of utility work and construction through the committee on City Services & Innovation Technology at Boston City Council. I appreciate the Boston Water and Sewer Commission’s partnership on this matter.

In an ongoing effort to mitigate further impacts to the local community, I have connected with the Boston Public Works Department regarding your ongoing work in East Boston and would like to formally request that the Boston Water and Sewer Commission (BWSC) not move to a new street until 90% of the work is completed on an existing street permit. We respectfully request this agreement be included in all future contracts moving forward for the betterment of quality of life in East Boston.

As mentioned at the hearing, our office has received an abundant amount of negative responses from residents regarding the work BWSC is conducting in the neighborhood. Their concerns include long-term loss of parking due to monthly permits being pulled repeatedly and consecutively, gridlock due to multiple detours, equipment being stored on city streets and sidewalks, and interference with sidewalk and street access.

It is essential that we work together before work begins to ensure their concerns are addressed. I appreciate your time, attention, and partnership on this matter. If you would like to discuss this request further, please feel free to contact me directly at gabriela.coletta@boston.gov and (617) 635-3200.

Gabriela Coletta
Boston City Councilor
District One

SEND US YOUR NEWS

The Times 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 0215. Items can also be faxed to 781-485-1403. We also encourage readers to e-mail news releases and photos to deb@reverejournal.com



Virtual Public Meeting

PLAN: EB Spanish-Language Meeting

May 25, 2023

6:30 PM - 8:00 PM

Zoom Link: bit.ly/PLANEastBostonEspanol0523

Toll Free: (833) 568 - 8864

Meeting ID: 161 308 6222



Project Description:

Please join us for a community meeting in Spanish to preview draft recommendations for Neighborhood Residential areas. This event is part of PLAN: East Boston, a long-range neighborhood-wide planning initiative that, when complete, will update neighborhood zoning, establish neighborhood design guidelines, and propose new capital improvements to public space, including near- and long-term improvements to the neighborhood’s transportation network. This meeting is being held in Spanish, and English interpretation services will be provided.

At this time, the Boston Planning & Development Agency (BPDA) is continuing to host public meetings in a virtual setting for the health, safety, and accessibility of Boston residents. For more information and updates, visit bostonplans.org.

La reunión se llevará a cabo en español, se proporcionarán servicios de interpretación en inglés.

mail to: **Angel Guzman**

Boston Planning & Development Agency

One City Hall Square, 9th Floor

Boston, MA 02201

phone: 617.918.4338

email: angel.guzman@boston.gov

website: www.bit.ly/PLAN-EastBoston-0525

LOVE YOUR BLOCK EAST BOSTON CLEANS BROPHY PARK

Brophy Park was the focus of Love Your Block East Boston as neighbors came together to clean up their scenic park on Saturday.



Sara Sienkiewicz helps Mary Cole at Brophy Park before meeting up with her fellow runners with the East Boston Running Club to help with their neighborhood cleanup.



Maxwell Flecchia from Holbrook wanted to help his father Stephen and complete his community service duties for the National Honor Society.



Alex Marcello and Chris Corrado move some mulch around to distribute.



Kirsten Marcello spreads some of the sawdust that was given to the East Boston Love Your Block team from Grain Wood-shop in the Shipyard too serve as mulch for landscaping.



Stephen Flecchia from Holbrook works at the airport and wanted to help out the East Boston community.



The East Boston Running Club are on their way to Porzio Park to cleanup there.



Massachusetts State Rep. Adrian Madaro's Chief Of Staff Gloribel Rivas and State Senator Lydia Edwards' Chief Of Staff Eduardo Moreno represented their respective offices in the neighborhood cleanup.




Christine Corrado rakes mulch around the Daffodils in Brophy Park during Love Your Block event.



Shirley Fabbo spreads mulch around the daffodils.



Daffodils in Brophy Park.



Young Minds At Work, Inc.

NOW HIRING!

Experienced Childcare Assistant Teacher
Winthrop, MA


Responsible for providing assistance to the childcare teacher at a family childcare, including but not limited to:

- monitoring and supervising children constantly;
- preparing and serving meals;
- changing diapers;
- recording daily attendance;
- engaging in play;
- assisting with safe sleep routines;
- helping with daily craft activities;
- greeting parents and addressing children by name;
- assisting with outdoor activities;
- creating a safe environment; and
- all other duties that support in ensuring a high-quality learning and care environment.

Full-time position (40 hours/week) with one-week paid vacation and three personal/sick days.

Must meet EEC qualifications and willing to obtain First Aid/CPR certification within one month of hire (first aid/CPR training cost paid by provider.)

If interested, email Sue @ Teacher295@gmail.com




EMERGENCY

ALL BLOOD

TYPES NEEDED.

Give now.

 American Red Cross

Eastie resident among recent EMT graduates

Boston Mayor Michelle Wu along with Boston Public Health Commission Executive Director Dr. Bisola Ojikutu and Boston Emergency Medical Services (EMS) Chief James Hooley on Friday celebrated the graduation of 11 Emergency Medical Technician (EMT) Recruits and one promotion. Also included in the graduates is a resident of East Boston. The EMTs will be assigned to 911 ambulances and dispatch operations, strengthening the City of Boston's Emergency Medical Services.

In the keynote address during the ceremony, Mayor Michelle Wu recognized the newest EMTs and promotees, as well as the department as a whole, for their commitment to our communities. She spoke of their ability to act with compassion and precision, urgency and composure; to treat injury and illness, and provide comfort and reassurance.

"Our Emergency Medical Technicians provide lifesaving care and compassion to every patient they serve at a moment's notice, embodying the spirit of giving back to our community," said Mayor Michelle Wu. "The entire City of Boston is so grateful to our newest recruit graduates for joining the team and congratulations to our promoted member."

The 11 EMT-Recruit graduates started the Academy in November 2022 and throughout the last 6 months have spent time in the classroom enhancing their clinical expertise, honing practi-

cal skills, and training in ambulances responding to more than 1,500 real medical emergencies, treating and transporting over 1,200 patients. Many of the graduates were drawn to Boston EMS through their desire to help people, give back to their community and because of the department's reputation as one of the best emergency medical services in the Country.

The Boston EMS Recruit Academy is a full-time paid training program for state certified EMTs, ensuring residents receive the highest quality pre-hospital care, before they are badged as department EMTs. Boston EMS recently started a subsequent Academy class in February, which is in training and expected to graduate in August. Those interested in a rewarding career at Boston EMS are encouraged to go to www.boston.gov/ems to learn more and sign up for training and employment opportunities. Starting pay for newly hired EMTs is \$30 an hour.

During Friday's ceremony, Lieutenant Jonathan Welch was recognized for his promotion that took place in February 2020 during the onset of the COVID-19 pandemic. Lieutenant Welch, a 14-year veteran of the department, promoted from the rank of EMT to Lieutenant, is dual trained to work in field and dispatch operations as a supervisor. As a Supervisor, Jonathan serves as a role model, mentor, and an advocate for both peers and

patients.

Boston EMS has long seen a benefit in combining graduation and promotional ceremonies, allowing the newest members to stand beside those with 5, 10 and 20 plus years of experience, as equally vital members of the department.

"We have invested in preparing you for whatever may come next, but please, don't stop learning, don't stop challenging yourselves. We don't know what we will be faced with next," advised Chief Hooley. "We also know that meeting the needs of our community means adapting to those needs. We as a department have never feared change."

To better serve the evolving needs of residents, Boston EMS continues to expand services, including screening of 9-1-1 behavioral health emergencies for call transfer directly to a licensed mental health clinician. This service, referred to as "TeleBEST", has been offered since late October of 2022, with over 50 patients effectively transferred. As of April 11th, 2023, TeleBEST became available 24/7. In June, Boston EMS anticipates activation of an Alternative Response Model, a unit jointly staffed with an EMT and behavioral health clinician, designed to provide on scene support at low acuity behavioral health incidents. Boston EMS is the first emergency medical service in the state to be approved for the Massachu-



Emergency Medical Technicians (EMT) from the City of Boston Emergency Medical Services, pictured at their graduation ceremony.

setts Department of Public Health, Office of EMS, Mobile Integrated Healthcare (MIH) Emergency Department Avoidance program.

"On behalf of the Boston Public Health Commission, I am pleased to welcome the class of 2022-2 to Boston EMS and look forward to working with them," said Dr. Bisola Ojikutu, Commissioner of Public Health and Executive Director of the Boston Public Health Commission. "Boston EMS' work is central to our health care and public health systems and advances health equity across our city."

Boston EMS is one of the busiest municipal EMS providers in New England, responding to more than 134,000 emergency medical incidents per year. As a bureau of the Boston Public Health Commission (BPHC), Boston EMS is committed to serving Boston's residents through clinical excellence, emergency planning and preparedness,

and community outreach.

Boston EMS is the primary provider of emergency medical services for the City of Boston and is a nationally recognized leader in the field of pre-hospital emergency medicine. The department leverages the latest advances in both medicine and technology to bring high-quality, compassionate care to the people of Boston. Boston EMS also plays a key role in the City's emergency preparedness efforts and provides community programming designed to educate the public about important health and safety topics.

The Boston Public Health Commission, one of the country's oldest health departments, is an independent public agency providing a wide range of health services and programs. It is governed by a seven-member board of health appointed by the Mayor of Boston. Public service and access to quality health care are the cornerstones of our mission - to protect, preserve

and promote the health and well-being of all Boston residents, particularly those who are most vulnerable. The Commission's more than 40 programs are grouped into six bureaus: Emergency Medical Services; Child Adolescent & Family Health; Community Health Initiatives; Homeless Services; Infectious Disease; and Recovery Services.

If you or someone in your family is experiencing a behavioral health crisis and does not require emergency medical services, please call the toll-free 24/7 BEST Call Center directly at 1-800-981-HELP (4357) to speak with a clinician. This number can be used 24 hours a day, seven days a week to obtain services. The Call Center is staffed by behavioral health clinicians who will triage calls, provide support, and make appropriate referrals via phone, in-person evaluations, mobile clinicians, or Telehealth. Callers will always speak to a live clinician.

Attention MassHealth Members



You need to
renew your
coverage
this year.

If you have MassHealth, you need to take steps now to keep your health coverage this year. MassHealth wants to help you and your family stay covered.

To get help, call 800-841-2900, visit www.masshealthrenew.org or scan the code.

Take three steps to renew your coverage:

1. Update your info

2. Check your mail

3. Respond to MassHealth

Act now. Stay covered.











HIGHEST PRICES PAID

P.B. MARKETPLACE

CARDS - CARDS - CARDS - CARDS

We buy cards and We'll come to you! Highest prices for VINTAGE cards. All Sports. Call Paul to schedule an appointment ☎ 617-791-5274

Specializing in Sports Cards Coins, Comics, & Toys

SINCE 1985



Police officers graduate from the MPTC Police Academy

Special to the Independent

The Municipal Police Training Committee (MPTC) Executive Director Robert Ferullo and Lynnfield Academy Director Jack Dillon announced the graduation of 49 police officers from the MPTC Lynnfield Police Academy's second Recruit Officer Class (ROC). The graduates successfully completed over 20 weeks of intensive, standardized training in all aspects of law enforcement and will now serve as full-time officers representing 24 police agencies across Massachusetts.

"The latest MPTC graduating class represents our investment in the future generation of public safety leaders who are well-prepared to protect and serve their communities and advance public safety across the Commonwealth," said MPTC Executive Director Robert Ferullo (Ret. Police Chief). "I commend their commitment to meeting our statewide professional training standards, which has prepared these officers to provide communities with exceptional policing services by putting into practice the advanced skills, values, and principles engrained throughout their training."

In a graduation ceremony at the Lynnfield Academy, members of the second ROC took an oath and received their badges for service. The new officers represented several police departments and agencies, including Chelsea, Everett, and Lynn. They join the more than 650 officers who have graduated from MPTC-operated academies in training year 2022-2023.

As part of the MPTC's commitment to academic excellence and world-class police training, the Recruit Officer Course (ROC) provides over 800 hours of course curriculum designed to prepare student officers for the safe and effective performance of their duties. In keeping with mandates established by the landmark 2020 police reform law, the MPTC curriculum includes de-escalation training based on new use-of-force policies and regulations. Student officers also receive uniform training based on best practices related to essential modern-day policing needs, including



Shown are the recent graduating class from the MPTC Lynnfield Police Academy.

effective communication skills, victim-centered and trauma-informed incident response, missing persons and human trafficking investigations, mental health-related emergency response, active shooter and hostile event response, patrol duties, and officer safety and wellness.

Upon successful completion of the Academy, student officers have met all training requirements to be eligible for Peace Officer Standards and Training (POST) Commission certification.

About the Municipal Police Training Committee:

The Municipal Police Training Committee (MPTC) develops and delivers world-class training across the Commonwealth to 24,000 officers at every stage of their careers, ranging from basic training for new officers to mandatory and specialized professional development training. An agency within the Executive Office of Public Safety and Security (EOPSS), MPTC is responsible for the statewide standardization of police training, delivering a modernized training program that aligns with national best practices, public expectations, and legislative mandates put forward by the 2020 police reform law. MPTC operates a network of convenient regional academies and authorizes independent academies that meet the Agency's standard of excellence.

In addition to municipal officers, MPTC ensures the highest training standards for MBTA Police Officers, Environmental

Police Officers, UMass Campus Police Officers, Campus Police Officers, and Deputy Sheriffs performing Police duties and functions.


The MPTC operates

Police Academies in Boston, Haverhill, Holyoke, Lynnfield, Plymouth and Randolph. The MPTC also authorizes full-time academies with the Boston Police Academy, Cam-

bridge Police Academy – Northeastern University, Fitchburg State University Police Program, Lowell Police Academy, MBTA Police Academy, Merrimack College Police

Academy, Springfield Police Academy, Worcester Police Academy, Quinsigamond Community College, and the MA National Guard Civilian Academy.

WWW.BOBSAUTOBODY.COM



Bob Bolognese
Owner

Conveniently located On The Blue Line

- PICK-UP & DELIVERY

SAFE DEPENDABLE QUALITY REPAIRS

with a lifetime Guarantee

Licensed • Bonded • Insured

Registered by the
Commonwealth of Massachusetts
Reg. #3053

1456 NORTH SHORE RD., REVERE • 781-289-1300

WINTHROP MARKETPLACE

Your Independent Grocer, Where Old Friends Meet And New Ones Are Made

SALE DAYS THURSDAY, MAY 4TH THROUGH WEDNESDAY MAY 10TH, 2023

Grocery

Great grocery specials

Maxwell House Canned Coffee.....	\$3.99	limit 2
(ex: decaf & hazelnut)		
Gatorade 28 oz	4/\$5.00	limit 8
B&M Baked Beans 16 oz.....	3/\$4.00	
Bumble Bee Solid White Canned Tuna.....	2/\$3.00	
Best Yet Cranberry Juice 64 oz	2/\$5.00	
Tuttorosso Canned Tomatoes 28 oz.....	2/\$3.00	
Heinz Barbecue Sauce.....	2/\$5.00	
Barilla Pesto Sauce	2/\$7.00	
General Mills Lucky Charms Cereal.....	2/\$8.00	
Weight Watchers Smart Ones	2/\$4.00	
Vans Waffles.....	2/\$7.00	
J&J Pretzels.....	2/\$7.00	
Hood Cottage Cheese.....	2/\$5.00	
Almond Breeze Milk 64 oz.....	2/\$6.00	
Philadelphia Cream Cheese Tub.....	2/\$7.00	

Bakery

Assorted Danish.....	\$6.99
Table Talk 8" Cherry Pie	\$7.99
Mini Muffins 12 pk	\$4.49

Deli

Russer Wunderbar German Bologna	\$3.99/lb
Stella Slicing Provolone	\$5.99/lb
Sara Lee Honey Ham.....	\$7.99/lb
Kretschmar Black Forest Turkey	\$8.99/lb

Produce

Hot House Slicing Tomatoes	\$1.69/lb
Tropical Sweet Golden Pineapples	\$2.99
Fresh & Crisp Large Celery Bunch	\$1.59
Fresh & Sweet Mangoes.....	10/\$10.00
Fresh & Crisp Yellow or Orange Bell Peppers.....	\$2.99/lb

Meat

"Meat Cut Fresh Every Day"

Family Pack Specials

Grade A Chicken Tenders	\$2.19/lb
Sirloin Strip Steaks	\$9.99/lb
Assorted Bone In Pork Chops	\$1.99/lb

Best Yet Raw Shrimp 16-20 ct.....\$7.99

Bob Evans Side Dishes.....2/\$8.00

Weekend Specials

Friday, May 5th through Saturday, May 7th

"while supplies last"

BAKERY

5" Cookies & Cream Cake.....	\$6.99
Mini Butter Croissants 10pk	\$7.99

DELI

Best yet Roast Beef.....	\$9.99/lb
Best Yet Corned Beef	\$4.99/lb

PRODUCE

California Fresh & Sweet	
Juicy Strawberries.....	2/\$7.00 limit 4
Fresh & Plump Blueberries	2/\$6.00 limit 4

MEAT

Family Pack Boneless Chicken Breast	\$2.19/lb
Family Pack Boneless Skinless	
Chicken Thighs	\$2.39/lb

GROCERY

Tropicana Orange Juice 52oz.	\$3.99
Kemps Frozen Yogurt.....	\$3.99

35 REVERE ST., WINTHROP • (617) 846-6880
WWW.WINTHROPMTPLACE.COM
New Store Hours starting June 22: Mon-Sat 7:30 am-8pm;
Sun: 7:30am-7pm
Not responsible for typographical errors.
We have the right to limit quantities.


EAST BOSTON

Coffee Hours


NOYES PLAYGROUND


WITH


Mayor Michelle Wu
and Nathalia Benitez- Perez
your East Boston Liaison




Wednesday, May 17
9:30 AM - 10:30 AM
Noyes Playground, 86 Boardman
Street, East Boston 02128

City of Boston
Parks and Recreation

DUNKIN'

starline

Neighborhood Services

CITY PAWS

Daily routine is important

By Penny & Ed Cherubino

A predictable daily routine can create a strong bond between an animal and a person. Your daily schedule should include dependable times for your pet’s meals, exercise, play, and quiet time when everyone can relax and rest. Routines are important to animals and are one way of reducing stress and preventing behavior problems. Adherence to a routine is most important to young dogs, cats, and new family members. These animals are learning what we expect of them and what they can expect of us. Trainers will often stress the need for a routine when you’re in training mode. However, there is another side to dependence on a routine. Animal behavior expert Cathy Madson, in an article for Peventive-Vet, wrote, “As your dog gets more comfortable in their new home, it’s use-

ful to mix up their routine every so often to prevent separation anxiety, and lessens both your and your dog’s stress in case you can’t make it home in time for a regular feeding or walk.” She considers structure more important than a strict routine. As you create a structure or routine that will work for your lifestyle and your animal’s needs, remember that your actions will provide clues that tell a dog or cat what will happen next. If your dog sees you dressing for the outside world in the morning, it may cue the pup that a walk is coming soon. If you move to the kitchen around mealtime, your cats may line up where you usually put their bowls. Before long, you may find that the kitties are lining up to remind you that it’s supptime. And your dog may bring you a toy at the time when you often play toss. **Internal Clock?** Do you ever feel as if

the furry members of your household have a built-in clock that tells them when it’s time for food, play, or exercise? You may be right. The American Kennel Club reported, “Researchers at Northwestern University’s Department of Neurobiology found evidence that previously unknown neurons in an animal’s brain are activated when the animal is in waiting mode.” While this is an early study on this aspect of animal behavior, anyone who has been reminded of dinnertime by their dog knows there must be some reason for the animal’s accurate assessment of eating time. Dogs and cats, like humans, have a circadian rhythm, an internal sense that tells them when to sleep or when to be active. And a hungry tummy may be an alert that mealtime should be coming soon. Sitting on the sofa may



Does your dog bring you a toy at the time when you often play toss?

be an invitation for some cuddle time with a dog. **Support System** Sometimes, you may need a support system to help you provide your companion animals with a human to meet their routine needs. Not only do you want someone ready to assist you or take over for you, but that person should have some idea of the existing daily structure your animals expect. Beyond seeing the need for food, elimination, and companionship, someone should know if routine medications are needed and have access to whatever information your veterinarian may have for your animals. Every guardian should provide a friend or neighbor access

to their home and the information needed to care for your animals. To give someone access to veterinary care and records, add that person to the records at your veterinarian’s office. *Do you have a question or topic for City Paws? Send an email to Penny@BostonZest.com with your request.*

Boston-based nonprofit to raise money for local hunger relief programs

On May 7, Many Angels Needed Now and Always (MANNA), will be among over 3,000 participants to lace up for Project Bread’s 55th annual Walk for Hunger. For the second consecutive year, the Boston-based nonprofit will raise money to fight hunger. They are participating in The Commonwealth Program, which gives organizations addressing food insecurity 60% of all funds they have raised to


support their own hunger relief programs, with the remaining 40% applied to Project Bread’s statewide anti-hunger effort. To date, Project Bread has awarded over \$1,000 to MANNA. Beginning in 1969, as the first pledge walk in the nation, Project Bread’s Walk for Hunger brings together a diverse community dedicated to creating change. On Sunday May 7th, the annual fundraiser returns to Boston Com-

mon after 3 years of being virtual due to COVID-19 safety precautions. This rite of passage for people in Massachusetts returns in its 55th year with a shorter route and a fresh look. The mission of the time-honored tradition will never change. The fundraising goal this year is over \$1 million dollars. “Right now, 1 in every 5 households with children in Massachusetts is struggling without enough

to eat,” according to Erin McAleer, CEO of statewide anti-hunger organization Project Bread. She notes the number of families with children unable to afford food among Black, brown, and immigrant households, it’s disproportionately higher. “Hunger in Massachusetts is simply unacceptable,” McAleer says. “This is a solvable problem but every single one of us needs to do our part. We all must take action. The work MANNA does reflects what The Walk is all about—stepping up to benefit our friends, neighbors, and family members in Massachusetts who cannot meet the most basic of human needs: food. The MANNA walk team understands hunger is an injustice and they are doing something about it. That is powerful.” MANNA is a community with and for people experiencing homelessness, mental illness and substance abuse disorders. Identified as a faith community, the organization seeks to provide nourishment through shared meals, emotional and spiritual support, and prayer. The community is diverse in culture, gender, sexual identity, housed and unhoused. Each time the community meets, MANNA serves between 35 and 75 people. Programs of the organization include community meetings to share resources, light breakfast Sunday through Tuesday, community lunch and worship every Monday, a writer’s group, and meditation. Their 25-person

Walk for Hunger team hopes to raise \$1,000 to fight food insecurity in Massachusetts and support their own food ministry to help serve people facing extreme food scarcity. “The Walk for Hunger is a highlight of the year for our community,” says Rev. Jennifer McCracken, MANNA’s Pastor. “It is a way for us to give back to the community that supports us. Project Bread’s mission is vital to support those experiencing hunger. We have witnessed the importance of proper nourishment to the body to support physical and emotional health. The Walk for Hunger allows us to do something great together for the greater good and have a great time doing it!” Money raised through the Walk for Hunger is critical to Project Bread’s statewide work to ensure kids reliably have enough to eat, provide one-on-one support for individuals and families who need food assistance, and work to prevent hunger in the first place by eliminating barriers to resources and implementing policies that make food more accessible. In keeping with the community-spirit of the event, the Walk also provides a platform for organizations, like MANNA, to fund the vital work they do fighting hunger locally. The Commonwealth, a joint fundraising program, Project Bread launched in 2019. In 2022, 36 nonprofits raised more than \$123,000 to support their own programs.

This year’s event will include remarks by McAleer as well as family-friendly activations on the Boston Common, such as live music, photo booths, giveaways and raffle prizes, lawn games, and a Kids’ Zone with balloon animals and face painting. Families with kids, community groups, individuals, and teams of corporate employees are encouraged to find creative ways to fundraise and join us on Boston Common for the new 3-mile route and for an exciting day of celebration. Project Bread will continue to engage virtual participants this year, inviting anyone interested to register and walk their own way from wherever they are. To register as a participant for Project Bread’s The Walk for Hunger, or to support a walker or team with a donation, visit projectbread.org/walk or call (617) 723-5000. There is no registration fee or fundraising minimum to participate. Participants who raise \$500 or more are recognized as Heart & Sole walkers, and receive access to personalized fundraising support, exclusive event gear, and invitations to events. People experiencing food insecurity should call into Project Bread’s toll-free FoodSource Hotline (1-800-645-8333), which provides confidential assistance to connect with food resources, including SNAP benefits, in 180 languages and for the hearing impaired. For more information, visit: www.projectbread.org/get-help.




Suffolk Downs

Union Job Opportunities

Info Session

Tuesday, May 23rd 5 - 7pm




525 William F. McClellan Hwy,
Boston, MA 02128

Join us at The Paddock at Suffolk Downs to learn about the redevelopment, the application process, and all the upcoming available opportunities for the residents of Revere and East Boston.

The info session will include representatives from unions and current subcontractors on site at Suffolk Downs.

Pre-registration is highly recommended, but walk-ins are welcomed and encouraged.



atsuffolkdowns.com/construction-updates/

BROADWAY MOTORS

FULL SERVICE INSPECTION STATION

Free Estimates and Quotes Online!
john@broadway-motors.com



Call to schedule service
781-284-4675

SPRING ROAD TRIP

Get your car ready!
Oils & Fluids • Breaks
Tires • Stickers

DIGREGORIO FAMILY OWNED + OPERATED
TOM DIGREGORIO • JOHN DIGREGORIO HEAD MECHANIC PAUL FLORIO

OPEN MON - FRI \ 88 BROADWAY REVERE \ BROADWAYMOTORSREVERE.COM

How to get rid of crabgrass and maintaining a healthy lawn

By Valerie Smith

Weeds can be unsightly in an otherwise perfect, healthy lawn. Not only are they sometimes ugly, but they also compete with your lawn for space, sunlight, water and other nutrients! One of the most notorious weeds known for its difficulty to control is crabgrass. If you’re one of the unlucky homeowners who have crabgrass in their lawn—not to worry! Read on to learn more about how to get rid of crabgrass.

What is crabgrass?
Along with goosegrass, crabgrass is a pervasive weed found throughout the continental United States that many lawn owners struggle to control.

As an annual weed, crabgrass remains present in the landscape for one growing season, which usually begins in the late spring and early summer after the soil temperature has reached a temperature of 55 to 60 degrees for over five days.

Once the plants germinate, they will continue to grow until the days begin to shorten, causing them to enter a reproductive stage. During this time, plants produce seed (up to 150,000 per plant!) until the first frosts of the fall hit and knock them out.

Even if crabgrass isn’t visible in your lawn during the fall and winter, if the plant was able to set seed, prepare to begin fighting it again in warmer weather.

What does crabgrass look like?

Appropriately named, crabgrass grows close to the ground and has branching stems resembling crab legs. Large crabgrass tends to have a dense coating of hair while smooth crabgrass does not. In smooth crabgrass, you can occasionally spot a pinkish red center where the grass is growing from.

A crabgrass seed head grows from different parts of the stems and has soft little spikes growing from them.

How to get rid of crabgrass

If you’ve identified crabgrass early on and only a few weeds are present, it can be pulled by hand and may not grow back again. However, if crabgrass turns into a recurring problem or is too extensive to pull by hand, many chemical options serve as crabgrass killers. Some methods for controlling crabgrass are by using a pre-emergent or post-emergent herbicide.

How to Kill Crabgrass



PHOTO COURTESY SOD SOLUTIONS

Carbgrass can make a lawn unsightly.

Chemical control is often the best approach if crabgrass has spread throughout your lawn. As previously mentioned, crabgrass produces up to 150,000 seeds per plant, so chemical control may be more effective.

While there are many herbicide options available, they will typically fall under one of the following categories: pre-emergent herbicides and post-emergent herbicides. Both types are typically necessary for controlling crabgrass since it’s such a tricky weed.

Start by using a pre-emergent herbicide to prevent crabgrass...it’s more effective.

Pre-emergent herbicides are used to prevent weeds from appearing while post-emergents are used to treat currently existing weeds. Use pre-emergents before the first frost in your area in the fall and before soil temperatures reach 70 degrees Fahrenheit.

One option is Dimension 2EW (active ingredient dithiopyr), which has a long-lasting window and can kill seeds that germinate at various times. This product has also been effective as an early post-emergent herbicide against crabgrass. The timing of the application is everything. The success of the application will depend on getting it out before the seeds germinate, so pay close attention to the changing temperature!

Pre-emergents are often the most effective method for controlling crabgrass. Once it appears in your lawn, it becomes harder to control.

Use a post-emergent herbicide when weeds are currently present.

If crabgrass has already established itself, the question then becomes “what kills crabgrass?”. A crabgrass post-emergent herbicide will be necessary at this point in the game. Even if you applied a pre-emergent on time, it’s good to apply a post-emergent to kill any current crabgrass weeds

before they begin spreading.

For post-emergent control, Meso 4SC Select (active ingredient mesotrione) is a newer product that looks promising at minimizing crabgrass competition so that your lawn can flourish. However, this product should not be applied on zoysia grass as it will kill the lawn.

Drive XLR8 is a tried and true method of control that when applied correctly, is extremely effective.

Lastly, Spectracide Weed Stop For Lawns + Crabgrass Killer is a great weed control product that controls over 250 various types of weeds and easily hooks up to the end of your garden hose.

If nothing else works, spot-treat the weed with a non-selective herbicide.

This is often a last-resort option and should be optional. If you’ve applied both a pre- and post-emergent herbicide and still see crabgrass, consider spot-treating it with a non-selective herbicide.

Non-selective herbicides will kill any and all vegetation it comes in contact with, which is why you should spot-treat it to kill crabgrass. You’ll use a liquid non-selective herbicide, tank-mix it in a spray-tank and apply directly to the weed with a nozzle.

Selective herbicides, on the other hand, only kill the weeds listed on their product labels.

When crabgrass cannot be controlled by maintenance practices alone and a chemical must be applied, make sure to read the label carefully to ensure that it will not cause any damage to your lawn and is compatible with your type of grass.

Non-chemical control of crabgrass

There are many control options available to help ensure that this season is the last time crabgrass invades your lawn. Some natural prevention methods to strengthen your lawn include:

1. Raising the mowing height: This will help keep

the soil cool by keeping the sunlight out, making it more difficult for the crabgrass to germinate and take over.

2. Watering deeply once a week: Avoid light irrigation that would allow weed seed to germinate, and make sure your lawn is well watered and healthy before germination begins.

3. Avoid fertilizing in the summer: Make sure fertilizer is applied before the crabgrass begins, this will keep your lawn thick and give it the upper hand.

Can you pull crabgrass?

Yes, you can pull crabgrass by hand and with a small garden shovel. Crabgrass can be hard to remove, so watering the soil around it might make it easier to pull the weed. The only risk with this is that they must be pulled early in the season before crabgrass has enough time to produce a bunch of seed.

With that being said, it’s also better to pull crabgrass if it’s younger. Larger, established crabgrass has seed heads that will drop into the soil and grow more in its place.

Where does crabgrass grow?

Crabgrass is a strong weed. It can be found in any type of grass including zoysia, bermuda grass, St. Augustine, centipede, fescues and others.

Additionally, you can spot this weed in lawns, athletic settings, commercial landscapes, gardens and more. It likes to grow in hot, dry conditions with poor soil quality and easily takes over lawns that are heat stressed.

What causes crabgrass?

As previously mentioned, crabgrass prefers warm, dry environments

with poor soil quality. Mowing the grass too low can encourage its growth in addition to light watering.

How does crabgrass grow?

Crabgrass spreads and reproduces by seed. It can produce up to 150,000 seed per plant. Mowing over crabgrass can also spread the seed it produces throughout other areas of your lawn.

When does crabgrass germinate?

This ultimately depends on your geographic location. It usually begins germinating in the late spring and early summer after the soil temperature has reached a temperature of 55 to 60 degrees for over five days.

When does crabgrass die?

Crabgrass is an annual, meaning the same plant won’t keep showing up year after year. It typically dies when colder weather ensues and once it’s been hit by a frost.

How to get rid of crabgrass in the summer

The best way to get rid of crabgrass in the summer is to remove it by hand. This can be risky if the crabgrass plant is mature with a lot of weeds. Once it is pulled, follow up by planting seed or grass plugs in the open area so that more weeds don’t invade.

Water the lawn deeply 1–2 times a week, as crabgrass doesn’t prefer moist environments. Mowing at a taller height also discourages remaining crabgrass seed growth.

It’s highly recommended to not apply any sort of chemical on the crabgrass during the summer because it can burn and

damage your lawn. However, carefully spot-treating it with an effective post-emergent without letting the chemical touch the grass will also kill crabgrass in the summer. To be super safe, consider surrounding the crabgrass plant with some sort of barrier to prevent it from making contact with your lawn.

With either method, be sure to apply a pre-emergent come next spring to prevent future crabgrass growth.

How to kill crabgrass in the spring

Apply a pre-emergent in early spring to prevent crabgrass from growing. Read more about application dates here. Use a post-emergent labeled for crabgrass control on any currently existing weeds.

Can crabgrass be prevented?

Start by using a pre-emergent herbicide to prevent crabgrass...it’s more effective.

Pre-emergent herbicides are used to prevent weeds from appearing.

Use pre-emergents before the first frost in your area in the fall and before soil temperatures reach 70 degrees Fahrenheit.

Additionally, maintaining a healthy lawn with good-quality soil and proper mowing heights will discourage crabgrass growth. Watering the lawn regularly so that the soil doesn’t get too dry will also discourage crabgrass growth.

Want to learn more about achieving a great lawn? Check out more Sod University tips here and subscribe to our weekly newsletter.

This article was written by Sod Solutions Content Strategist, Valerie Smith.

DRAW YOUR MOM!

Mom’s The Word!

SHOW YOUR MOM HOW MUCH YOU LOVE HER!

This is my mother - Mother’s name _____

Drawn By - Your name _____

Phone # _____

City_____

Draw Your Mom

• Complete the picture by creating a picture of your mother

• Pens, pencils, markers or crayons, use colors

Email your photo to
promo@reverejournal.com

Please include the publication you'd like to be printed in in the email or text

Deadline for entries will be Friday, May 5th.

Entries will be published with in the May 10th and 11th issues

tony’s

realty

37 MAVERICK SQUARE ■ EAST BOSTON ■ 617/561-4495

BPHC announces scaled down of standing COVID-19 sites

The Boston Public Health Commission (BPHC) announced it is scaling back vaccination and testing site operations starting May 13, due to a sustained decline in site utilization and patient volumes.

Two sites, the Bruce C. Bolling located in Roxbury and Boston City Hall will remain in operation.

The following sites will cease operations on May 13:

- BCYF Hyde Park
- Josephine Fiorentino Community Center
- Lena Park Community Development Corporation

The Boston City Hall and the Bruce C. Bolling Building sites will continue to provide COVID-19 vaccinations, boosters, and take-home rapid antigen testing kits. The Bolling site will close temporarily on Friday, May 12 and reopen on Thursday May 18 with new hours of operation – Thursdays through Saturdays from 12-6pm. City Hall’s hours of operation will remain the same.

The standing sites were established to improve access to lifesaving COVID-19 resources, particularly in areas of the city with high rates of COVID-19 and lower vaccination rates. The increased access to care helped close persistent disparities in the uptake of the COVID-19 vaccination primary series and fostered greater health equity at a particularly crucial time in Boston. BPHC distributed more than 6,000 doses of the COVID-19 vaccine in 2022 due in large part to the accessibility of the standing sites.

Boston’s COVID-19 metrics continued to decline:

- New COVID-19 cases per day decreased by 22% over the past seven days, and by 38% over the past 14 days (data through April 28).
- Boston hospitals had a total of 49 new COVID-19 related hospitalizations this past week, which is

a 6.2% decrease over the past seven days and a 42% decrease over the past 14 days (data through April 27).

- Boston is averaging 140 RNA copies/mL in its wastewater, which is a 68% decrease over the past 14 days (data through April 23).
- Seven out the 11 communities tested are below the citywide average (data through April 19).

BPHC also wants to highlight new guidance from the CDC and Massachusetts Department of Public Health on COVID-19 bivalent boosters for Boston residents:

- COVID-19 vaccination is recommended for everyone ages 6-months and older. Everyone 6 months and older should get at least one dose of a bivalent COVID-19 vaccine to be up to date, with different recommendations by age and vaccine series for children -new guidance from the CDC
- Individuals ages 65-years or older who have already received a COVID-19 bivalent booster vaccine are eligible to receive one additional bivalent booster dose at least 4 months following their initial bivalent dose.
- Individuals with moderate to severely immunocompromising conditions who have received a bivalent COVID-19 vaccine are eligible to receive one additional dose of a bivalent COVID-19 vaccine.
- Additional age-appropriate doses may be administered to immunocompromised individuals at the discretion of, and at intervals determined by their healthcare provider. Per CDC’s webpage at the time of this press release, “Information about the COVID-19 vaccination schedule for people who are moderately or severely immunocompromised will be available soon.”

- Adults and children ages 6-years and older are considered up to date with their COVID-19 vaccinations if they have received one dose of a bivalent mRNA COVID-19 vaccine.

Ahead of the scale down, BPHC encourages everyone to make sure they are up to date on their vaccinations, and for newly eligible individuals to get their second bivalent booster before the three standing sites shut down. All services are free with no prior appointments or identification necessary. There are rarely lines or long wait times at any of the standing sites.

“The sustained decline in our COVID-19 metrics is a testament to the protection afforded by the vaccines and boosters,” said Dr. Bisola Ojikutu, Commissioner of Public Health and Executive Director of the Boston Public Health Commission. “Strong immunity against COVID-19 is vital for decreasing hospitalizations and severe illness. I encourage all individuals who are 65-years or older or who are moderately or severely immunocompromised to get the second bivalent booster as recommended.”

BPHC would like to extend its gratitude to CIC Health and LCG Boston for their partnership in operating these standing sites. Thanks to their collaboration, the City of Boston was able to break down barriers to care and ensure that our residents, particularly those from communities that were hit the hardest by COVID-19, had access to lifesaving resources. The standing site program is proof of how far public health and health care organizations can advance health equity when we break down silos and work together.

Free COVID-19 vaccines, boosters, and testing will still be available at all standing locations until May 13. Visit boston.gov/covid19-vaccine for more information.

BCBS sponsors free Bluebikes Adventure Passes

In recognition of Mental Health Awareness Month and National Bike Month, Blue Cross Blue Shield of Massachusetts (“BCBS”) is sponsoring free Bluebikes Adventure Passes every Sunday in May, beginning on May 7, as part of their second annual “Miles for Mental Health” initiative. The free Adventure Passes will be available across the Bluebikes system’s 13 municipalities (Arlington, Boston, Brookline, Cambridge, Chelsea, Everett, Malden, Medford, Newton, Revere, Salem, Somerville, and Watertown). Blue Cross is the sponsor of Bluebikes, which is owned by the municipalities and operated by Lyft.

Research continues to demonstrate the direct link between exercise and improved mental health. Countless studies have shown that regular exercise, like biking, can reduce symptoms of depression and anxiety, improve cognitive function, and

even boost self-esteem, which is why Blue Cross is honoring Mental Health Awareness Month by encouraging Bluebikes ridership.

“At Blue Cross, we’re excited that our Bluebikes sponsorship can help members of our community improve both their mental and physical health,” said Jeff Bellows, the organization’s vice president of corporate citizenship and public affairs. “We hope as many people as possible will take advantage of this opportunity to enjoy the outdoors on a Bluebikes and experience the whole-body wellness benefits of exercise.”

For this activation, riders can take advantage of free unlimited, two-hour Adventure Passes each Sunday in May by downloading and opening the Bluebikes App on a mobile device and selecting “Adventure Pass.”

In recognizing the importance of supporting friends and family on their

mental health journeys, the state’s largest health plan is also sponsoring a “Take a Ride, Give a Ride” program, which provides all Bluebikes riders taking advantage of the “Miles for Mental Health” free rides with a unique free ride code every Sunday in May to share with a friend or family member. Additionally, riders can track how many miles* they travel during the month in the Bluebikes app, and the top 10 riders who record the most miles between May 1-31 will receive free annual Bluebikes memberships, courtesy of Blue Cross.

Blue Cross has been the title sponsor of Bluebikes since its launch in May 2018. Through their partnership with the municipal owners of Bluebikes, Blue Cross continues to support system growth and accessibility, including station expansions, upgrades, and additional bikes.

• Revere • Everett • Winthrop • Lynn • East Boston • Chelsea • Charlestown



Independent Newspaper Group
Classified
More Than 100,000 Readers Each Week

Call:
781-485-0588
Fax:
781-485-1403

7 COMMUNITIES

HELP WANTED - PCA
Personal Care Attendant
EVERETT - Personal Care Attendant needed Sat & Sun 3-7pm
Please call Susan 617-389-6190 5/10

APT. FOR RENT
REVERE Walk to Revere Beach Station.
1 BR Basement apt w/windows, all utilities included AC/heat.
Available May 1. Call for price 781-286-7621 4/26

DI PIERRO CONSTRUCTION
Design • Build • Remodel
Boston, MA
In business for over 40 years!
Let us turn your house into a home
Schedule a free estimate
617-592-6447
www.dipierroconstruction.com

Eastie's Professional Service Directory

CLEANING SERVICES
SPARTAN CLEANING SERVICE
Since 1978
COMMERCIAL RESIDENTIAL
CARPET AND UPHOLSTERY CLEANING
Satisfaction Guaranteed
Call
617-593-4532
617-567-2926
Removes Dirt • Cleans • Deodorizes
Complete Office Cleaning

CONTRACTOR
L. P. CONTRACTING
Building & Remodeling
Kitchen ♦ Bathroom
Additions ♦ Porches
Replacement windows
Garages ♦ Decks
Siding - All Types
LUIGI:
(617) 846-0142
FREE ESTIMATES
... LICENSED ...
INSURED

2 col. x 1 inch
\$120.00 for
3 Months
(\$10.00 per week)

ELECTRICIAN
Dominic Petrosino
Electrician
"No Job Too Small!"
Prompt Service is my Business
Free Estimates
Licensed & Insured E29162
617-569-6529

1 col. x 2 inches


MOONEY ELECTRIC LLC
Residential & Commercial
Fully Licensed & Insured
KEVIN MOONEY
781-799-1862

HOME REPAIR & IMPROVEMENT

RICH BUILDERS
Winthrop, MA 02152
Licensed & Insured
617-212-7792 Cell
Interior & Exterior • Construction
Remodeling • Painting
Over 25 years in business
FREE Estimates

HOME REPAIR?
Call **AL COY**
617-539-0489
Masonry & Chimney Pointing,
Carpentry & Odd Jobs
We Clean & Repair Gutters

PLASTERING
AUGUSTA PLASTERING
Interior/Exterior
• Blueboard • Plastering
Jim 617-567-5927
Free Estimates
978-777-6611

LANDSCAPING
Spring Clean Ups
CLOVERS LAWN CARE
• New Lawns Installed
• Trees and Branches
• Mulch & Hedges
• Mowing & Fertilizing
• Junk Removal
FREE ESTIMATES
Call Kevin
617-884-2143
cloverslawnca@gmail.com

RAY'S LANDSCAPING GARDENING SERVICES

Mowing - Weeding
Trimming: Bushes Shrubs
Everywhere in Front & Back Yard
New Lawn, Patios, Concrete, Brick work
Call RAY — 781-526-1181
Free Estimates!

PAINTING
Bertino Painting Company
Call For Free Estimates!

Joe Bertino Owner
978-376-6661
Interior and Exterior Painting
Bertinopaintingcompany@gmail.com

ROOFING
1 col. x 2 inches

PAINTING
Domenico PAINTING
SMALL EXTERIOR FULL INTERIOR
TOMMY DOMENICO 617-365-5451

PAINTING

Nick D'Agostino
Professional Painter
Cell:
617-270-3178
Fully Insured
Free Estimates


JOHN J. RECCA PAINTING
Interior/Exterior
Commercial/Residential
Fully Insured
Quality Work
Reasonable Rates
Free Estimates
reccapainting@hotmail.com
781-241-2454


SPECIALTY PAINTING & REMODELING SERVICES
Call Don Falzarano
617-846-6553
Specializing in Home Renovations
Kitchen • Bath • Cabinets, Granite Counters • Doors • Window • Decks
Enclosures • Pavers • Blockwalls • Additions • Interior • Exterior Painting
ALL YOUR HOME OWNER NEEDS

For Advertising Rates, Call 617-884-2416

EPA reminds New Englanders to use free air quality alerts

With the onset of warm weather, the U.S. Environmental Protection Agency (EPA) urges New Englanders to be aware of the increased risk of ground-level ozone and fine particle air pollution (often referred to as smog, when combined), and to take health precautions when smog levels are predicted to be high. EPA and the New England States continue to offer free resources for the public to monitor the latest air quality forecasts.

“The New England States have made great strides in reducing air emissions, but ozone air pollution continues to be a significant public health issue in our communities,” said EPA New England Regional Administrator David W. Cash. “New Englanders, especially the elderly and people with underlying health conditions, should pay close attention to air quality and limit strenuous outdoor activity on days when poor air quality is expected. We also know that many historically underserved communities have suffered from exposure to more air pollution over the years and may also suffer from higher asthma rates. When air quality is poor, we can all take individual actions to reduce our emissions that contribute to air pollution, such as reducing energy use and driving less.”

On April 13, the U.S. EPA Region 1 issued an unprecedented early ozone season alert for South central Massachusetts (Worcester, Hampton, Hampshire counties),

Rhode Island (statewide), and southeastern Connecticut. Air quality forecasts are issued daily by the New England state air agencies. Current air quality conditions and next-day forecasts are available each day on EPA’s AirNow website. Individuals can also sign up to receive “Air Quality Alerts.” These alerts are provided for free by EPA and in cooperation with the New England states through the EnviroFlash system that automatically notifies participants (by email or text message) when ozone or fine particle pollution levels in their area are predicted to be high.

Warm summer temperatures aid in the formation of ground-level ozone. The current ozone standard, set in 2015, is 0.070 parts per million (ppm) on an 8-hour average basis. Air quality alerts are issued when ozone concentrations exceed, or are predicted to exceed, this level. EPA’s New England office posts a list of exceedances of the ozone standard, by date and monitor location, at Current AQI in New England.

Although the number of unhealthy days varies from year to year due to weather conditions, New England has experienced a significant decrease in the number of unhealthy ozone days over the long term. For the 2015 ozone standard, New England had 118 unhealthy days in 1983, compared with 24 in 2022. This downward trend is mainly due to a reduction in emissions from

powerplants and other industrial facilities.

Pollution sources that contribute to smog formation are diverse. They include cars, motorcycles, trucks, and buses; industrial sources; and fossil-fuel burning at electric generating stations, particularly on hot days. Smaller sources, such as gasoline stations and print shops, and household products, such as paints and cleaners, as well as gasoline-powered lawn and garden equipment, also contribute to the formation of smog.

Here are some of the actions everyone can take to reduce air pollution:

- Use public transportation, bike, or walk whenever possible.
- Combine errands and carpool to reduce driving time and mileage.
- Avoid using small gasoline-powered engines, such as lawn mowers, string trimmers, chain saws, power-washers, air compressors, and leaf blowers.
- Avoid outdoor burning, including leaf burning and use of firepits and campfires.

In addition, during poor air quality events, it is important to reduce household energy usage, such as setting air conditioners to a higher temperature, turning off unnecessary lights, equipment, and appliances. EPA’s ENERGY STAR Program also provides trusted guidance and online tools to help homeowners make smart decisions about improving the energy efficiency of their existing homes.

EPA also continues to

take actions to improve air quality. In March 2022, EPA proposed a federal plan that would cut pollution from power plants and industrial sources that significantly contribute to unhealthy levels of ground-level ozone, or smog, for millions of Americans who live downwind from those facilities. This “good neighbor” policy would, if implemented, help air quality in many areas of New England. Additionally, in March, EPA proposed a rule that would set new, more stringent standards to reduce pollution from heavy-duty vehicles and engines starting in model year 2027. The heavy-duty industry includes delivery trucks, tractor-tailers, school buses, and other types of work vehicles that contribute significantly to local, regional, and global air pollution. When finalized, these new vehicle standards will help ensure that air pollution levels improve over the years to come.

Poor air quality affects everyone, but those who are active outdoors and/or have respiratory diseases, such as asthma, are more sensitive. When air quality is predicted to be “unhealthy for sensitive groups,” EPA and states announce an air quality alert for the affected areas. On these days, EPA recommends that people in these areas limit strenuous outdoor activity and asks that the public and businesses take actions to help reduce air pollution and protect public health.

OBITUARIES

Susan Lewis

December 2, 1951 – April 26, 2023

Susan C. Lewis of Winthrop, formerly of East Boston, passed away on April 28 at the Kaplan Hospice Home in Danvers after a brief illness.

Susan worked in the healthcare field her entire professional life, beginning her career at the East Boston Neighborhood Health Center and most recently at Atrius Health/HVMA. She loved her family and thoroughly enjoyed the holidays with them.

She was the daughter of the late John A. Lewis and the late Dolores C. (Dolly Lamonica) Lewis. She is survived by her brother, Arthur Lewis and his wife, Jean, her brother, John Lewis, her sister, Sharon Inza and her husband, John, her brother



David and his fiancé, Maria Curro as well as several nieces, nephews and great nieces.

Funeral services will be private. In lieu of flowers, donations in her memory may be made to Kaplan Hospice Home at 78 Liberty Street, Danvers, MA 01923.

Robert Joseph Shone

Retired Suffolk Superior Clerk of Courts

Robert Joseph (“Bob”) Shone, 84, of Lynnfield, formerly a longtime resident of East Boston, died on Thursday, April 27 at the Melrose-Wakefield Hospital.

Born in Boston on December 4, 1938, the son of the late

John W. and Lillian M. (Regan) Shone, Bob was raised in Boston, spending time in Dorchester, West Roxbury and Roslindale. In 1963, he married Mary A. McGunigle and the couple settled in East Boston to raise their family of three. After an honorable discharge from the Army, Bob spent most of his career as a Clerk of Courts for Suffolk Superior Court in Boston.

Devoted to his faith, Bob was heavily involved in many Catholic charity organizations and was a very active and proud member of the Knights of Columbus, especially the chapter located in Chelsea.

Together with his wife, he enjoyed traveling, taking cruises and numerous road trips across the country.

They also enjoyed summering with their extended family in New Hampshire, both Hampton and Deerfield, where the family had a cottage on Pleasant Lake.

Extremely devoted to his family, he was incredibly proud of his children and grandchildren. He closely followed and participated in their various accomplishments and celebrated their achievements. He was the center of their lives and was much loved and adored.

He was the beloved



husband of the late Mary A. (McGunigle); the loving father of Maura Carlson of Burlington, Kevin Shone and his wife, Alanna and Kerri Pagliuca and her husband, Paul, all of Lynnfield; the grandfather of Catherine Garvey and her husband, Ryan, Allison Pagliuca, Harrison Shone, Lauren Carlson, Zachary Shone, Jennifer Pagliuca, Cassidy Shone, Ashley Pagliuca, Joseph Pagliuca and Andrew Shone and the brother of the late John and Walter Shone; the brother-in-law of Ann Hancock and her late husband, Allen, Claire Denahey and her late husband, Joseph, Patricia “Joy” Shone and the late Janet Shone. He is also survived by many nieces and nephews and his beloved dog, Lily.

His Funeral Mass was celebrated in Our Lady of the Assumption Church, Lynnfield on Tuesday and interment was at Puritan Lawn Memorial Park, Peabody. In lieu of flowers, donations to a charity that was near to his heart, the Makayla Fund, 8 Kipling Road, South Weymouth MA 02190. dick@themakaylafund.org would be greatly appreciated.

For online guestbook, please visit: www.mcdonaldfs.com.

NFPA, ESFI underscore safety related to electric vehicles

Electric vehicles and motorized micromobility devices (e-bikes and e-scooters) are more popular than ever, but the potential for fire-related hazards associated with the lithium-ion batteries that power these forms of transport is real and often underestimated.

The National Fire Protection Association® (NFPA®) actively supports National Electrical Safety Month, an annual campaign sponsored by Electrical Safety Foundation International (ESFI), which raises awareness of potential home electrical hazards, the importance of electrical fire safety, and the safety of electrical and non-electrical workers, each May. This year’s theme, “Electrification: E-Mobility,” emphasizes safety when using and maintaining different types of transit powered by electricity such as cars, buses, trucks, e-bikes and e-scooters.

According to a recent report by ERM, a global pure-play sustainability consultancy group, automakers and battery manufacturers worldwide will spend more than \$626

billion through 2030 to develop new electric cars, passenger trucks, freight trucks, and buses. The micromobility market is also expected to grow from \$40 billion today to \$215 billion by 2030, as stated by Allied Marketing Research. The growth in both production and use of electric cars, e-bikes, and e-scooters makes the work of educating people about safe practices more important now than ever before.

“While many people are buying electric vehicles and using e-bikes and e-scooters as a means of alternative transportation for work and recreational activities, what many consumers may not know is that the batteries that power them pose a major fire risk if they are not charged or stored properly,” said Lorraine Carli, vice president of Outreach and Advocacy at NFPA. “People who operate these vehicles and devices must continue to learn about the facts involved in safe usage, charging, and storage.”

During Electrical Safety Month, NFPA and ESFI are providing free safety information and resources

for residents to help reduce the risk of injury and damage to property when storing and charging lithium-ion batteries used in e-bikes and e-scooters, and electric vehicles. Firefighters and other first responders are encouraged to use these materials in their public outreach efforts.

Resources for electric vehicle owners:

- Understanding Electric Vehicles tip sheet
- Electric Vehicles: Charging Options and Safety tip sheet

Resources for e-bike and e-scooter owners:

- E-Bike and E-Scooter tip sheet
- Lithium-Ion Battery Safety tip sheet
- Safety with E-Bikes and E-Scooters webpage

NFPA also provides important information, materials, and trainings for firefighters and first responders to learn how to safely deal with emergency situations involving alternative fuel passenger vehicles, trucks, buses, and commercial fleet vehicles.

Resources for first responders:

- Training, response guides, report, and vid-

eos for first responders and emergency personnel related to fires involving alternative fuel vehicles (AFV)

- Electric and hybrid vehicle quick reference card

Additional e-bike and e-scooter resources for first responders:

- NFPA Podcast: E-Bike and E-Scooter Safety
- NFPA Journal article, Fall 2022 issue: Full Throttle

In 2020, NFPA introduced Faces of Fire/Electrical, a video awareness campaign focused on electrical hazards and created in collaboration with the Phoenix Society for Burn Survivors. The series reminds everyone about the importance of taking action – at home and in the workplace – to help stop electrical incidents from happening. The videos and related resources such as fact sheets, tip sheets, and reports can be found at nfpa.org/facesoffire.

For more tips and resources including infographics, fact sheets, videos, and podcasts related to electrical fire safety, visit the NFPA electrical safety webpage.

LEGAL NOTICES

LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT

Suffolk Probate And Family Court 24 New Chardon St. Boston, MA 02114 DIVORCE SUMMONS BY PUBLICATION AND MAILING DOCKET NUMBER:

SU23D0344DR

Jelena Lebedevitch Plaintiff VS. Jordan Lebedevitch Defendant To the Defendant: The Plaintiff has filed a Complaint for Divorce requesting that the Court grant a divorce for Irretrievable Breakdown. The Complaint is on file at the Court.

As Automatic Restraining Order has been entered in this matter preventing you from taking any action which would negatively impact the current financial status of either party. SEE Supplemental Probate Court Rule 411. You are hereby summoned and required to serve upon: Jelena Lebedevitch, 400 Massachusetts Ave. #86 Boston, MA 02115, your answer, if any, on or before 06/08/2023. If you fail to

do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer, if any, in the office of the Register of this Court at 24 New Chardon St., Boston, MA 02114. Witness, Hon. Brian J. Dunn, First Justice of this Court. Date: April 11, 2023 Vincent Procopio Register of Probate

5/03/23 EB

To place a memoriam in the Times Free Press, please call

781-485-0588

Magrath
FUNERAL HOME

336 Chelsea St., East Boston
617-567-0910 | www.magrathfuneralhome.com

OBITUARIES

All obituaries and death notices will be at a cost of \$150.00 per paper. Includes photo.No word Limit. Please send to obits@reverejournal.com or call 781-485-0588

PLEASE VISIT EASTIETIMES.COM

EARTH DAY CELEBRATIONS ON BOSTON HARBOR

Special to the Independent

On Saturday, April 22, almost 1,000 kids and families from across the city and around the region celebrated Earth Day weekend on Save the Harbor/Save the Bay’s annual free Marine Mammal Safaris.

The four free trips were narrated by Save the Harbor’s Harbor Historian David Coffin aboard M/V Massachusetts, which was donated for the day by Massachusetts Bay Lines. The trips departed the Rowes Wharf Ferry Terminal adjacent to the Boston Harbor Hotel, and searched for harbor seals and harbor porpoises from Castle Island and Logan Airport to the USS Constitution

in Charlestown.

Mancini was delighted with the turnout, which was one of the largest Save the Harbor has seen since beginning their Earth Day weekend Marine Mammal Safari tradition.

“We cleaned up Boston Harbor for all the region’s residents, but of course the seals and porpoises really appreciate it too,” said Mancini. “It was great to see hundreds of people from all over the area come down to the harbor to experience it up close, even on a cool, windy day.”

Save the Harbor’s Deputy Director Kristen Barry shared that sentiment as well, reminding participants to follow @savetheharbor on so-

cial media, and to join the group this summer for free “Share the Harbor” and “All Access Boston Harbor” cruises each week to the Boston Harbor Islands, and free events on the region’s public beaches from Nahant to Nanasket.

Barry said that Save the Harbor’s Marine Mammal Safaris and their other Earth Week Programming are possible thanks to the generosity of Massachusetts Bay Lines, The Cronin Group, BXP, the National Grid Foundation, the Mass Cultural Council, and the Massachusetts Department of Environmental Protection.

She also thanked the Champions of their Youth Environmental



COURTESY PHOTOS

Passengers on the free trips included the Rodriguez family from Chelsea.

Education Programs, Bay State Cruise Company, Liberty Mutual Foundation, Blue Cross Blue

Shield of Massachusetts, the Department of Conservation and Recreation, Eastern Salt Company, Executive Office of Energy and Environmental Affairs, and JetBlue.

Save the Harbor’s Youth Programs are also supported by Leaders Alexandria, Amazon, the Boston Bruins Foundation, Boston Properties - Atlantic Wharf, the Boston Foundation, Camp

Harbor View Foundation, Cell Signaling Technology, City of Boston Department of Youth Engagement and Employment, the Comcast Foundation, Constellation Generation, Hood Park, HYM Investment Group, Income Research and Management Charitable Trust, John Hancock Financial Services, Leader Bank Pavilion/Live Na



Almost 1,000 people joined Save the Harbor/Save the bay on Saturday for four free Marine Mammal Safaris. Attendees of the first cruise stopped for a photo as they exited the vessel.



Save the Harbor/Save the Bay Harbor Historian, David Coffin, who narrated the free Marine Mammal Safari trips, stopped to pose with participants after the trip!

FRESH AND LOCAL

You do you!

By Penny & Ed Cherubino

If there’s one characteristic we look for in someone teaching people about food preparation, it’s a “You Do You!” attitude. We borrow that specific phrase from Kenji Alt-Lopes, who uses it quite often in his cooking-at-home videos. Other food writers, podcasters, and vloggers may tell you what you can substitute for specific ingredients or options for preparing a dish. That’s great but not as inclusive as “You Do You!”

This definition of the

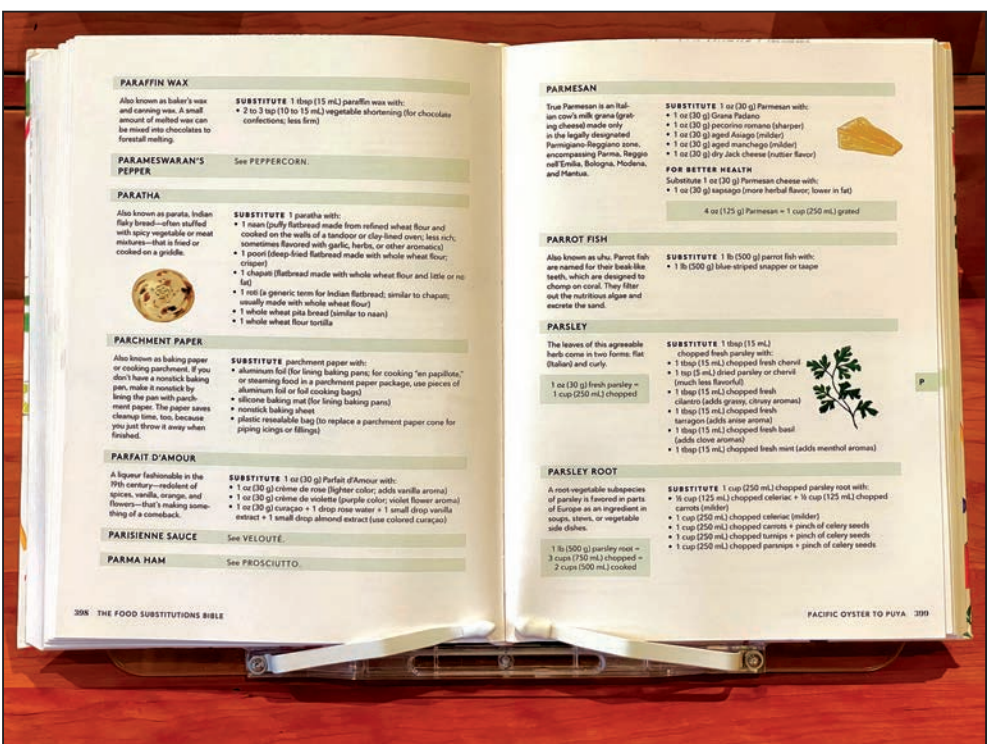
phrase from www.linguaholic.com made us choose Kenji’s term over other options for this column. “When someone says ‘you do you,’ they’re expressing their feeling that you are allowed to do whatever you want. While they may not have the same interests or agree with your approach or values, they will say ‘you do you’ to either express support or show that they will not try to stop you from doing whatever you want to do. You can use this phrase whether you agree with, disapprove of, or feel neutral about someone’s plans

or preferences.”

That’s exactly how it should be when you prepare food for yourself and your family in your kitchen, to your own taste and dietary needs, and with whatever you have on hand. If your housemates are chiliheads, toss in the habanero. If you have to watch your salt intake, make the adjustment.

The Food Substitutions Bible

Penny borrowed a library copy of David Joachim’s latest edition of “The Food Substitutions Bible: 8,000 Substitutions



“The Food Substitutions Bible” will spend a lot of time open on a bookstand near our desks both as a reference and to pause to enjoy a moment of learning something new.

for Ingredients, Equipment, and Techniques.” We quickly decided this book deserved a place on our bookshelf. If we had a large kitchen or pantry, we’d place it on a bookstand, ready for everyday use both to find substitutes and to pause, open a random page and enjoy a moment of learning something new.

Kenji, known for his scientific method of developing precise recipes, wrote this book’s introduction. He said, “Nowhere will you find a better-researched and more thorough one-stop shop to increase your access to recipes.” He likes how the book inspires creativity and gives home cooks the confidence to try a recipe they might skip because they don’t have a specific

ingredient. We’ll add that it also prevents food waste by guiding you to use what you have.

Mayo Substitutes

Penny didn’t use mayonnaise in our food because of a food allergy. However, when allergy testing reopened her to eating eggs, she still preferred the mayo substitutes she had always used.

The mayonnaise entry in The Food Substitutions Bible runs for more than a page. The entry is divided into substitutes, ways to vary the flavor, and ideas for better health. Joachim includes recipes for homemade mayo, a mayo substitute, a plant-based mayo, and ways to reduce the fat in this ingredient.

While our copy won’t live in our tiny kitchen, it

will spend a lot of time on a book stand next to our desks. We opened a page at random that contained substitutions for parmesan which we do run out of occasionally. In the case of parmesan, Joachim notes that pecorino is sharper, Manchego is milder, and dry Jack cheese is nuttier.

Cooking is experimenting and adjusting. If you don’t like your new substitute, don’t use it again. Go back to the book and try another option. If you own a copy of the book, you can add notes about what you liked or didn’t like. It will make your book more valuable as You Do You!

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

EAST BOSTON
NEIGHBORHOOD
HEALTH CENTER

**We take care
of our team.**

Visit ebnhc.org/apply

BOSTON GLOBE
**TOP PLACES
TO WORK**
8-TIME
RECIPIENT

Please Visit eastietimes.com