

East Boston

TIMES-FREE PRESS

HAVE A HAPPY AND SAFE THANKSGIVING!

Wednesday, November 27, 2024

SACRED HEART PARISH HOLDS ANNUAL CHRISTMAS FAIR



Christmas Fair Planning Committee: Cyndi Forina, Lorraine Curry, Father Paolo Cumin, Theresa Malionek, Maryann Zaluski, and Richard Alm.

The Sacred Heart Parish held its Christmas Fair on November 23, beginning with a pancake breakfast with Santa. Families enjoyed homemade baked goods, and taking chances at the toy game and penny raffle gift basket table. The bazaar also included second-hand holiday decorations and household items for sale, and vendors displaying artisan soaps, jewelry, children's books, hair accessories, and pockebooks.



Kathie Hughes and Maryann Manfredonia at the baked goods table. See Page 6 for more photos.

GSNA discusses EV charging stations

By Michael Coughlin Jr.

On Monday, the Gove Street Neighborhood Association (GSNA) held its monthly meeting, at which attendees discussed electric vehicles (EVs) and the city's plans to bring some charging stations to the neighborhood.

As part of the discussion, Judith Gibson-Okunieff, the program manager for the city's EV charging program, gave a presentation about EVs, charging stations, and other related topics throughout the city and in East Boston.

As of this past July, the city has more than 7,600 registered EVs and over 4,000 plug-in hybrids, while the state as a whole has in excess of 120,000 EVs or plug-in hybrids.

In the same time frame, East Boston has 2,861 registered EVs — though it

should be mentioned that Gibson-Okunieff called the number "funky" because it may take into account a rental fleet.

However, she pointed out that there is insufficient access to public charging stations since the neighborhood only has one municipal lot with two charging stations and four charging ports.

In the spirit of increasing access, eight level II charging ports are slated to come to the neighborhood this upcoming summer. Four ports will be on Saratoga Street at Border Street and another four at 175 Orleans Street.

As for why the city is trying to increase accessibility to charging stations, Gibson-Okunieff noted that the state is slated to ban the sale of new gas cars

See GSNA Page 3

OHNC supports Mi Pueblito license and patio requests

By Michael Coughlin Jr.

At the Orient Heights Neighborhood Council's (OHNC) monthly meeting on last week, attendees voted to support a couple of requests from Mi Pueblito Restaurant, located at 964 Saratoga Street.

According to Attorney Kristen Scanlon, who presented at the meeting, the first request was to

upgrade its existing beer, wine, and cordials license to include full spirits.

"For a long time, they've had customers asking them — especially because it's part of their tradition and culture in particular — with their famous soups at this location to drink tequila along with their soups," said Scanlon.

See OHNC Page 2

Merry and Bright

East Boston Holiday Light committee ready to decorate the neighborhoods

Special to the Times-Free Press

The East Boston Holiday Light committee is geared up for another year

of making East Boston bright and festive this holiday season.

The group recently received a grant from the

East Boston Foundation in the amount of \$12,500 to support the program which includes lights, decorations and Christmas

wreaths in the business districts.

"We are very excited to see how quickly the program is growing and the support we receive from local businesses and residents and the East Boston Foundation. This year we added two new features. Adopt a wreath program, to give residents and businesses an opportunity to purchase a wreath to be hung in various squares in honor of a business or in Memory of a deceased loved one." Said Lisa Capogreco-Cappuccio Co Chair.

"This type of effort serves the mission of the East Boston Foundation and is a benefit for all of East Boston. Seeing the neighborhood lit up is sure to put a smile on people's faces. The trustees were impressed with last year's

See LIGHTS Page 2



Lorene Schettino, Executive Director of the East Boston Foundation, Kannan Thiruvengadam, East Boston Foundation Board Member, Lisa Cappuccio, Co-Chair of the Holiday Light Group, Yesenia Martinez, Committee member, Shirley Fabbo, President of the East Boston Chamber of Commerce, John Casamassima, Co-Chair, and Samantha Wu-Topolski, committee member. Bari the official mascot.

New Thanksgiving Day rivalry for the Jets

The East Boston High School football team will trek over to Chelsea High School on Thanksgiving Eve (tonight) to take on the Chelsea High Red Devils in year one of a new rivalry. The game is scheduled for 5 p.m. on Wednesday, November 27. Both teams are 1-8. East Boston is led by John Parziale, 15th season. Chelsea is led by David Roque.



Our office will be closed Thanksgiving Day, Nov. 27th and Friday, Nov. 28th

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

Ruggiero Family Memorial Home Presents

Orient Heights Tree Lighting!

Sunday, December 15 — 5pm-6pm

Toy Drive
Meet Santa
Snacks

New tools to assist residents in building Accessory Dwelling Units

—Special to the Times-Free Press

The City of Boston today announced a new program to support Boston homeowners in building Accessory Dwelling Units (ADUs) on their property. This initiative, administered by the Boston Home Center (BHC), a division of the Mayor's Office of Housing, offers a new bank loan option alongside grants and other financial assistance to help cover costs related to designing, permitting, and building an ADU. Additionally, the Planning Department is releasing an Accessory Dwelling Unit (ADU) Guidebook, an illustrated manual that will help property owners in Boston who may want to build an ADU on their property. This book is available online, and in all Boston Public Library branches. Building on the Mayor's leadership to make Boston a home for everyone, these steps are important to increasing the City's multigenerational housing stock, keeping families together and building wealth.

"Accessory Dwelling Units are a powerful tool in our efforts to address the housing crisis in Boston," said Mayor Michelle Wu. "By creating more

flexible and affordable living options, ADUs allow homeowners to maximize their property while contributing to the availability of housing in our neighborhoods. This initiative not only supports families looking to generate extra income or house loved ones but also strengthens our communities with more diverse and accessible housing choices."

Through the loan programs, the BHC provides income-eligible owners of 1-3 unit homes who plan to add an ADU with a Technical Assistant Grant of up to \$7,500. This grant provides eligible homeowners with targeted funding and staff guidance throughout the pre-construction phases of researching, designing, and permitting their ADU. Additionally, homeowners can apply for an ADU Loan from the City of up to \$50,000 to support construction costs. The ADU Loan carries 0% interest and is deferred, meaning there are no monthly payments. Homeowners approved for this program are paired with a BHC Construction Specialist who monitors progress throughout the building process. Eligible homeowners who receive an ADU Loan may also ex-

plore additional financing opportunities with participating lenders. To qualify for the program, applicants must meet specific income and asset limits.

"Accessory Dwelling Units are an important part of our strategy to expand housing options in Boston," said Sheila A. Dillon, Chief of Housing. "ADUs give homeowners a way to create additional living spaces that can serve as a source of income, provide housing for family members, and help address the city's housing needs. By making it easier to build ADUs, we are supporting residents, increasing housing supply, and strengthening neighborhoods."

As part of this effort, the City is also piloting a new ADU Bank Loan in partnership with local banks, Leader Bank, Dedham/Southshore Bank, Needham Bank, and the Cooperative Bank. Recognizing the challenges posed by construction expenses, the Boston Home Center and the Mayor's Office of New Urban Mechanics initiated a collaboration with Harvard's Laboratory for Values in the Built Environment and local lending institutions to develop innovative solutions that ensure low- and moderate-income homeown-

ers can access the unique benefits ADUs provide. This resulting loan fills a gap in the market, providing affordable financing to cover construction costs associated with building ADUs.

"Our research shows that homeowners need new loan products to meet the unique opportunity that rental ADUs can offer homeowners, and provide equitable access to ADU financing," said Charu Singh, Research Associate at the Laboratory for Values in the Built Environment at Harvard GSD. "I'm proud of the groundbreaking work our group has done to equitably expand the lending toolbox, especially during this time when Boston is struggling with too few housing options and high costs."

Building on Mayor Wu's commitment to remove barriers to building ADUs across Boston's neighborhoods, the ADU Guidebook is designed to provide homeowners with practical guidance and inspiration for adding an ADU to their property, whether it is for additional living space, rental income, or housing family members. The ADU Guidebook features realistic, buildable designs tailored to Boston's

neighborhoods. Although the designs will still require permits and may need review by the Zoning Board of Appeal, they offer a clear starting point to help residents more easily move forward with their ADU. It will be available online and at all Boston Public Library branches.

"This Guidebook is a fantastic starting point for anyone looking to add another unit to their home, and we hope it will inspire people to see ADUs as an expedient and unique way to add to our housing stock," said Chief of Planning Kairos Shen. "I look forward to working with the community on new complementary zoning that will make the process of adding an ADU more flexible and affordable."

These initiatives align with the City's broader zoning reform efforts to enable more housing options across Boston. By updating zoning regulations, the City aims to break down barriers and foster flexible housing solutions. ADUs not only help increase the housing stock but also offer residents opportunities to age in place, provide extra space for growing families, or generate rental income. ADUs can help residents stay in their neighborhoods, adapt

their homes, and address their evolving needs. By allowing various forms of ADUs, the City aims to help homeowners fully utilize their properties, create more space, or unlock new income opportunities.

Founded in 2010 as one of the first municipal innovation offices in the world, the Mayor's Office of New Urban Mechanics serves as the City's civic research and design team, building partnerships between internal and external agencies to pilot projects that increase the quality of life for all of Boston's residents and visitors.

About the Planning Department:

The City of Boston's Planning Department shapes growth that serves Boston's residents and centers their needs. Our mission is to address our City's greatest challenges: resilience, affordability, and equity, and to take real estate actions and prioritize planning, development, and urban design solutions that further these priorities. We seek to build trust with communities through transparent processes that embrace predictable growth and shape a more inclusive city for all.

Lights // CONTINUED FROM PAGE 1

efforts and look forward to seeing this years' Said Lorene Schettino, Executive Director of the East Boston Foundation.

Lisa Cappuccio added. "We've also teamed up with the Hilton Garden Inn who will generously sponsor a Christmas Party for children with Santa Claus on December 7, 2024 from 9AM-12PM. Our goal is

to celebrate holidays like the years past, give back to our community and make East Boston shine for the vibrant community it is."

We once again received support from Cora Operations and Cappuccio Construction who will sponsor wreaths to be installed in our business districts of Maverick, Central and Orient Heights Squares.

We are grateful for Spinelli's Bakery and Function Facility for sponsoring Day Square which will enhance the square this Christmas with more wreaths and decorations.

For more information, please visit call 617-967-0463 or Lisa@bostonconcepts.net.

OHNC // CONTINUED FROM PAGE 1

"It's one of the reasons they'd like to utilize the upgrade that's now available to them through the city's new legislation creating new alcohol licenses to several different neighborhoods, including East Boston."

Scanlon noted that the restaurant has been at the location for the past nine years and that there have been no issues.

"I think the length of time of the restaurant being open there, especially going through COVID — as we saw so many folks, unfortunately, have to shudder their businesses — is really a testament to the quality of the food they offer at this establishment and the hospitality

they provide to their patrons," said Scanlon.

Additionally, Scanlon mentioned that the establishment is looking to make its outdoor patio permanent. She emphasized that the patio would remain the same.

After the presentation, the floor was open to questions and comments from attendees.

One attendee asked about the hours of operation, which are 8 a.m. to 11 p.m., and she clarified that the license would be for 11:00 p.m.

Another attendee asked about the patio's opening date, and Scanlon said it would remain seasonal and open from May to October.

Later, attendees offered some kind comments about the establishment, indicating they had been good neighbors.

"We're hoping to submit an application before the city's first initial deadline for consideration, which is December 6. So we would anticipate a hearing probably in the latter part of December or the first part of January," said Scanlon.

"But, certainly can keep the group apprised of that hearing date and are certainly hopeful for voices of support."

For more information about the OHNC, visit its Facebook Page at <https://www.facebook.com/OrientHeightsNC/>.

Boston man charged with assault, civil rights violation for attack on MBTA train

Special to the Times-Free Press

A Boston man was deemed dangerous in BMC East Boston last week after he was arraigned on a civil rights violation and several assault charges stemming from an incident at the Maverick MBTA station on Halloween, Suffolk District Attorney Kevin Hayden announced.

Gregory Burnett, 53, of Boston was charged with assault and battery causing serious bodily injury, assault and battery, assault and battery with a dangerous weapon (shod foot) and civil rights violation with injury.

Judge Debra DelVecchio found Burnett dangerous on Friday and ordered him to home confinement with GPS monitoring except for employment. Burnett is due back in court on January 21 for a probable cause hearing.

On November 1, MBTA Transit police met with the victim, 41, who reported being assaulted by another passenger at Maverick station the night before. The victim was on a Blue Line train which was stopped with the doors open when a man, later identified as Burnett, boarded the train, immediately approached her, and began shouting

derogatory terms at her. The victim said Burnett made statements such as "you're not a woman, you're a man" and then assaulted her by punching and kicking her. The victim reported Burnett kicking her in the crotch area.

The victim attempted to defend herself but Burnett grabbed her foot by the heel and pulled her leg, causing her to fall to the ground, fracturing her wrist.

Several passengers on the train intervened and assisted the victim in fighting off Burnett and removed him from the train.

The victim, who identifies as transgender, told police she felt targeted due to her gender identity based on Burnett's remarks during the assault.

Using witness descriptions and review of surveillance video MBTA police investigators were able to identify Burnett. Burnett was arrested on November 12 at Maverick station.

"We will never tolerate anyone being subjected to abuse—much less physical attack—for their sexual orientation, gender identity or expression. And all our residents and visitors have the right

and expectation to travel on public transportation in peace and safety. I thank the transit police for their diligent work in identifying and arresting a suspect in this frightening assault," Hayden said.

All charged individuals are presumed innocent until and unless proven guilty beyond a reasonable doubt.

Suffolk County District Attorney Kevin Hayden's office serves the communities of Boston, Chelsea, Revere, and Winthrop, Mass. The office handles over 20,000 cases a year. More than 160 attorneys in the office practice in nine district and municipal courts, Suffolk Superior Court, the Massachusetts Appeals Court, the Supreme Judicial Court, and the Boston Juvenile Courts. The office employs some 300 people and offers a wide range of services and programs to serve anyone who comes in contact with the criminal justice system. This office is committed to educating the public about the services we provide, our commitment to crime prevention, and our dedication to keeping the residents of Suffolk County safe.


Real Estate Transfers

BUYER 1	SELLER 1	ADDRESS	PRICE
28-30 Swan LLC	Swan Avenue Rt	Swan Ave	\$1,600,000
Chen, Qing	Haselton, Victoria L	109-111 Webster St #7	\$700,000
Castillo, Sandra P	Langone, Kristine M	113 Sumner St #72	\$493,000
Ghosh, Kaushik	Hutchens, Cody P	114 Bennington St #3	\$588,000
Barnstable Vlg Com Re Lp	Honan, Robert C	2-6 Cottage St	\$1,300,000
246 Havre LLC	Two M Rt	246 Havre St	\$1,450,000
Dufour, Amy	Ciarcia, Jeffrey	247 Everett St #1	\$515,000
Mai, Anthony	439 Chelsea Realty LLC	439 Chelsea St #1	\$629,000
Zhou, Sabrina	Chrostowski, Todd	66 Eutaw St #2	\$679,000






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Winter Fest debuts as Boston's biggest and most magical festive experience

Special to the Times-Free Press

Winter Fest, a large-scale, immersive winter experience has transformed Hood Park in Charlestown into a dazzling wonderland featuring a breathtaking festival of lights. From December 5th through January 25th, guests can enjoy ice skating, an Après Ski Veuve Clicquot Gondola Lounge, charming shopping vendors, festive food & beverage, and a life-size castle adorned in twinkling lights.

Presented by team behind Wicked Haunt Fest, highlights include special meet-and-greets with Santa on the weekends, a whimsical toy workshop, and a life-size gingerbread house. Winter Fest will offer themed food and beverage stations featuring winter warmers such as decadent hot chocolate with seasonal toppings like

house-made marshmallow and crushed peppermint as well as select beers and wines. The Après Ski Veuve Clicquot Gondola Lounge transports guests to Aspen and is the perfect photo-worthy place to make a champagne toast.

The festival's stage comes alive with local artists performing beloved holiday classics that capture the spirit of the season. The festivities kick off with the lighting of a majestic 32-foot Christmas tree and continue with attractions for visitors of all ages. Winter Fest is proudly sponsored by Beasley and Bent Water Brewing, whose support helps bring this magical celebration to life.

"We set out to create an experience that feels like you're stepping into a storybook, where every corner brings a new moment of magic," said Creative Director, Carl

Rugato. Katie Kwiatkowski, Director of Events and Marketing at MNM Restaurant Group says Winter Fest is more than a festival, "it's a celebration of community, seasonal traditions and the beauty of winter."

With its easily accessible location and ample parking—offering three hours of free parking—Winter Fest promises an enjoyable experience without the hassle of overcrowded spaces. Whether guests are planning a festive family outing or a romantic winter escape, Winter Fest ensures a relaxed and spacious environment for everyone. The festival is located at 100 Hood Park Dr., Boston, MA, 02129. For tickets, event hours, and additional information, visit www.winterfestboston.com or follow on social media @bostonwinterfest.

GSNA // CONTINUED FROM PAGE 1

in 2035. "This is likely going to happen, and we're going to have a lot more EVs on the road very, very soon, so we need to have the infrastructure in place to be able to accommodate this."

She indicated that the city's goal is for every resident to be within a five-minute walk of a publicly accessible EV charging station by 2030.

Moreover, as part of this EV charging project, the city is focusing on on-street parking. Gibson-Okunieff said this was because the city's municipal lots cannot meet demand.

The curbside EV charging program is slated for up to 30 locations throughout the city, with four charging ports at each location. Most of these locations are in the design and engineering phase, and one site in Charlestown has been completed.

As for who is installing the charging stations, Gibson-Okunieff said it will be Better Together Brain Trust, and the stations will be "the highest-powered level II stations on the market." Additionally, the stations will be owned and operated by the city.

It should also be noted that the city is working with private partners like Itselectric and Greenspot to install charging stations around the city.

In addition to provid-

ing general information about the program and the specific locations ports are slated to come in East Boston, Gibson-Okunieff spoke about a suggested location survey that has been ongoing for the last year and a half and noted there is a lot of demand.

For example, some of the suggested locations in the neighborhood include areas around 310 Marginal Street, 345 Chelsea Street, 156 Porter Street, East Boston Memorial Park, and 144 Marginal Street. However, it should be noted that Gibson-Okunieff indicated the city could not install anything in the park because any profit made would have to go back to the park—something that would be complicated for pricing.

Gibson-Okunieff also highlighted some feedback from residents, which pointed to a lack of accessibility to charging stations in the airport and their prices, questions about enforcement, and more.

After Gibson-Okunieff wrapped up her presentation, the floor was open to attendees with questions and comments.

One attendee wanted to know if the charging stations in the neighborhood would be limited to residents with stickers, and Gibson-Okunieff mentioned that parking regulations would be maintained

at the locations where these charging stations will be installed.

Another resident thought that if a station was brought to the suggested location at 156 Porter Street, it should be moved further west to make it more convenient for the neighborhood.

There was also a question regarding whether traffic, congestion, and limited parking in the areas were considered when choosing the location for the charging stations.

In response, Gibson-Okunieff said, "We are aware that parking is a tough situation in East Boston, and we're open to any feedback in areas where parking is going to be a major issue."

The same attendee who raised this question thought putting stations at the suggested Marginal and Porter Street locations would be challenging.

Several other residents chimed in as the meeting progressed and offered suggestions before the discussion ended.

For more information about the GSNA, visit its website at <https://www.govestreet.org/home> or its Facebook page at <https://www.facebook.com/groups/govestreet>. The GSNA will not meet in December and will convene again on January 27.

HARBOR VIEW NEIGHBORHOOD ASSOCIATION MEETING AGENDA

The next meeting of the Harbor View Neighborhood Association will be on December 2, 2024, at 6pm. The meeting is In Person only but will be streamed via Facebook for archival purposes. Attendance on Facebook does not qualify for voting. The meeting will be held in the Salesian Boys and Girls Club cafeteria, across from the Brooke Charter School on Byron Street. You can access the meeting from the front door on Byron Street or from the rear door on Wordsworth Street, which is the handicap entry, to avoid the stairs. We also have an elevator available from the front door. Since we are indoors, masks are optional for those in attendance.

La proxima reunion de Harbor View Neighborhood Association esta en 2 de diciembre a las 6pm. La reunion esta en persona y via Facebook. La asistencia en Facebook no califica para vota. Llega a la cafeteria del Salesian Boys y Girls Club por la calle Byron al otro lado de Brooke Charter School. Pueda usar la entrada principal por la calle Byron o la entrada en calle de Wordsworth. La entrada de calle Wordsworth no tiene escaleras por personas con discapacidades. El cubre bocas sera opcional puesto que estaremos adentro.

Agenda
Welcome/Introduction (5min)

ONS Roberto Gomez (5min) Neighborhood announcements.

Announcements (5min) Greenway, Tree Eastie, Eastie Farm, Madaro Family Community Fund presents 21st Annual Eastie's Elves, Friday, December 13, 2024, 6pm-10pm, Hyatt Regency Boston Harbor. Grace Church Food Pantry needs cash and food donations to help those in need of food. The initial presentation of El Parche Restaurant/Bar, 636-638 Bennington Street, that was scheduled for the December 2nd meeting, has been changed to the January meeting.

Station 7 Police Report (15min) Captain Bickerton, Sgt. Cintolo, Officers Mosley, Alvarez and Figueroa.

McLean Park (5min) Barbara Puopolo will update us on the Community Preservation Act application.

99-105 Addison Street (30min) Attorney Richard Lynds on behalf of Addison Realty, LLC will make an initial presentation to erect a 4 story, 20-unit residential dwelling with 10 on site garaged parking spaces and 22 bike spaces. This project, due to its size, is subject to Article 80.

206 Byron Street

NEWS IN BRIEF

(5min) Informational report on the status of this development that has been stopped due to Asbestos.

636- 638 Bennington Street (5min) Attorney Ken Levin has asked to present this project at our HVNA meeting on January 6, 2025. If this presentation occurs, the following month a vote will be taken. Then the next step is for them to go before the Licensing Board and the Zoning Board.

HVNA Christmas/Holiday Party will take place on Thursday, December 12, 2024, 6pm-9pm at the East Boston Yacht Club.

The Board would like to wish all our members and their families a Merry Christmas, Happy Hanukkah, Kwanzaa and Happy Holiday to all. See you in the New Year.

The next meeting of the HVNA will be on January 6, 2025. Visit us at <http://www.facebook.com/groups/harborviewna> or check our website at harborvieweastboston.com or board@harborviewna.org

REAL ID DEADLINE IS MAY 7, 2025

The Massachusetts Registry of Motor Vehicles (RMV) is reminding residents that beginning May 7, 2025, anyone traveling by plane domestically or entering certain federal facilities will need a Registry-issued REAL ID-compliant driver's license or ID, or a valid passport. The Registry is strongly encouraging everyone seeking a REAL ID-compliant license or identification card to go online now at Mass.Gov/REALID to learn what documents are needed for a required in-person appointment. Appointments are available right now. Customers who already have a compliant creden-

tial may renew online as long as they have not had a name change.

The fee to obtain or renew a REAL ID compliant credential is the same as obtaining or renewing the equivalent non-compliant credential:

- The fee for renewing a non-commercial standard or a REAL ID driver's license is \$50.

- The fee for renewing a Mass ID is \$25.

- The amendment fee for upgrading to a standard or REAL ID credential before an existing credential's expiration is \$25.
- Customers with a less than five-year stay in the U.S. pay a pro-rated fee.

"Do not wait. We are six months away from the REAL ID federal requirement going into effect and strongly urge Massachusetts residents who wish to upgrade to a REAL ID-compliant credential to act as soon as possible," said Registrar of Motor Vehicles Colleen Ogilvie. "For customers who qualify for a REAL ID and want to renew and upgrade, we recommend you schedule your appointment at least three weeks before your birthday so that you can receive your credential in the mail ahead of your expiration. The Massachusetts Registry of Motor Vehicles, and its partner AAA Northeast, have successfully been issuing REAL ID credentials since 2018 and are prepared for interested residents prior to the May 2025 deadline."

Appointments can be scheduled by visiting the RMV's Online Service Center at Mass.Gov/myRMV or if you are a AAA member at <https://northeast.aaa.com/automotive/registry-services/massachusetts>



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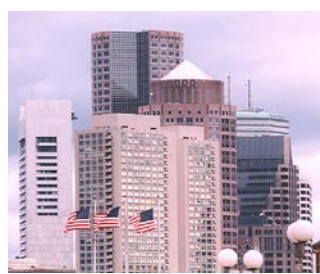
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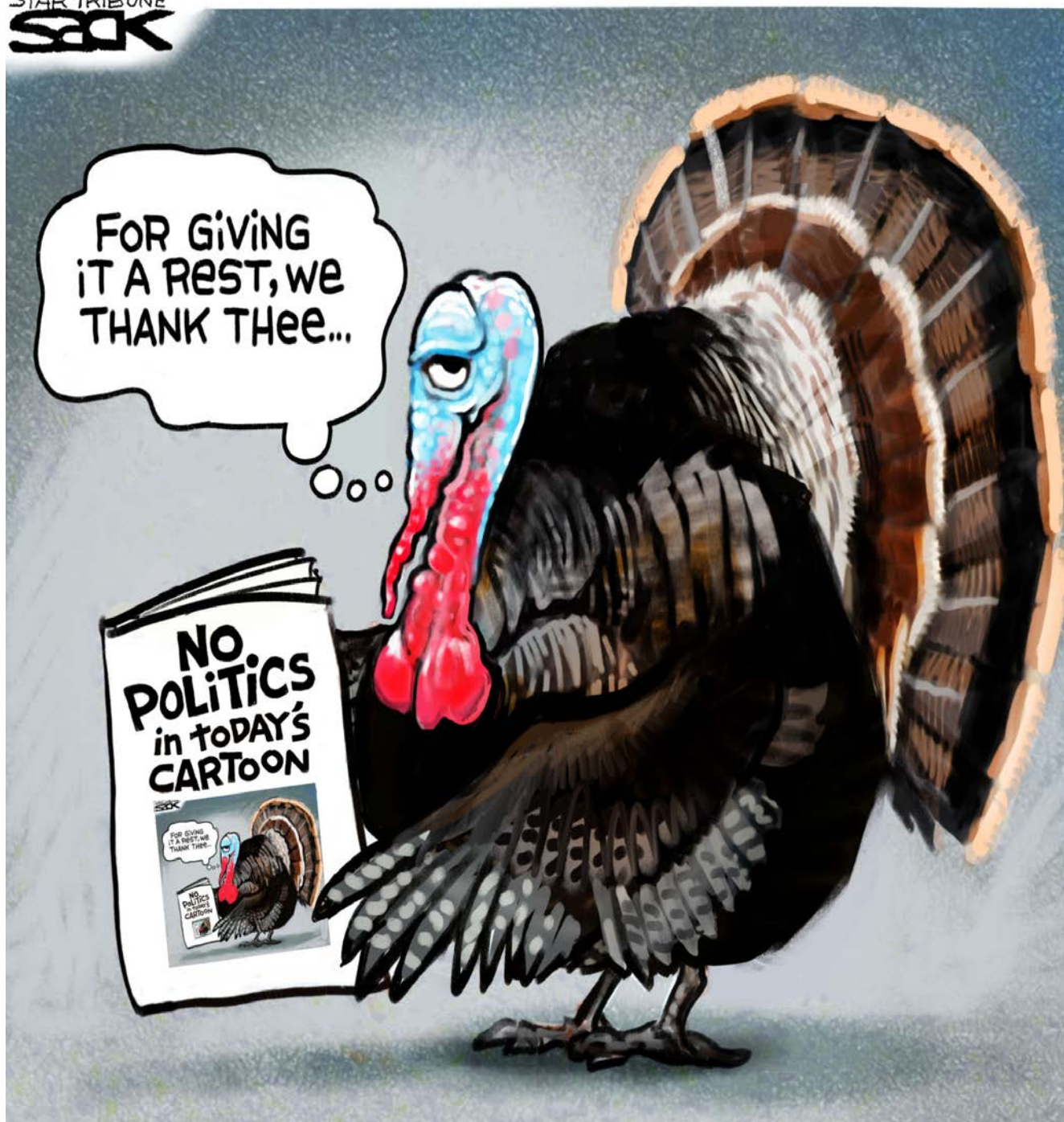
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Forum

STAR TRIBUNE
S&K



HAPPY THANKSGIVING

Although a Harris poll a few years back revealed that Christmas is the favorite holiday of the year among all age groups of Americans, we think that Thanksgiving, our uniquely American holiday, has much more to recommend it than Christmas.

Thanksgiving has its roots with the Pilgrims, long before the concept of a United States had crossed anyone's mind. It always has been a secular celebration of peace and relaxation. It simply is a day to be grateful for what we have, however much that may be.

Thanksgiving is a day of no pressure. It is the ultimate family-centered holiday. It has no religious meaning, no national-celebration connotations, and no required gift-giving. It lacks the commercialism, solemnity, and political overtones of all of our other national observances.

In a world where anxiety follows us 24/7, Thanksgiving provides a welcome respite from the commercialism that accompanies Christmas and most of our other holidays. There is no obligation to spend a lot of money (that many of us do not have in the first place) to buy the perfect gift in order to be the perfect spouse, or the perfect parent, or the perfect friend.

Thanksgiving demands nothing more from each of us (other than for the person who is doing all the cooking!) beyond just showing up and enjoying the company of our family and friends and then having a great meal.

When we think of the Christmas vs. Thanksgiving debate, we think it's analogous to the late, great comedian George Carlin's skit about football vs. baseball (check it out on YouTube if you've never seen it!). In Carlin's telling, football is the equivalent of war in which the quarterback, known as the "field general," throws "bullet passes" and "long bombs" in the face of an opponent's "blitz" to pierce the "enemy defense." By contrast, the aim of baseball is to "be safe at home."

Similarly, while Christmas epitomizes our hyper-capitalist, consumerist, and frenetic society, Thanksgiving is its complete antithesis.

Thanksgiving is a national celebration that serves to remind us how blessed we are at a time when circumstances are so cruel for so many others in a world in which there are more refugees than at any time since the end of World War II.

Whatever our personal trials and tribulations may be, Thanksgiving reminds us how remarkably fortunate we are to live in this country. And in a day and age when so many of us are connected 24/7 to some instrument of communication, it truly is a relief to have a day when we can just shut it all off (other than perhaps watching a football game.)

We wish all of our readers a happy -- and restful -- Thanksgiving.

DPH reminds patients and providers of alternatives to discontinued asthma medication

Special to the Times-Free Press

As Massachusetts enters fall and winter respiratory virus season, the Department of Public Health is sharing resources to help patients, families, providers and pharmacists identify and access the best options for timely and effective asthma care, particularly in the wake of the discontinuation of two commonly used inhaled treatments — Flovent® HFA and Flovent® Diskus by manufacturer GlaxoSmithKline (GSK).

The fall and winter season typically brings an increase in asthma exacerbations in Massachusetts 1.

During this time, circulating respiratory illnesses, such as flu, RSV, and COVID increase, can potentially trigger asthma symptoms or make ongoing symptoms worse.

Key Information For Patients and Caregivers:

- A generic version of Flovent® (fluticasone propionate) and other clinically appropriate alternative medications do exist.

- You may be prescribed a medication that you are not familiar with. The medication may be a different dose or a different inhaler device from what you are used to – talk with

your provider if you have questions or concerns.

For Providers:

- Reach out to your patients to be sure they are aware of any medication changes and discuss the clinically appropriate alternatives that are available. Provide culturally informed asthma education to patients, especially related to new medications and delivery devices.

- Learn more on this 2020 Focused Updates to the Asthma Management Guidelines: Clinician's Guide (nih.gov).

For Pharmacists:

- Depending on patient insurance status and insurance type, out-of-pocket costs for clinically appropriate alternative medications can vary widely.

This includes wide variability in costs of brand and generic medications (i.e., Symbicort®, Breyna®, and generic budesonide/formoterol, which are therapeutically identical.)

- Work with providers to navigate the complexities of insurance benefits to support patients in accessing affordable and effective asthma medications.

- Communicate with healthcare providers if patients face barriers to fill-

ing prescriptions for asthma controller medications, particularly if the cost of these medications is difficult for patients to afford.

For more information on the Flovent discontinuation and alternate medications, view the attached fact sheet on What to Know About Flovent Discontinuation.

Continued Impact of Flovent Discontinuation

The discontinuation of Flovent has led to ongoing shortages of alternative medications. The situation has been made worse by variable prescription drug coverage and steep out-of-pocket patient copays for some alternative medications. Disruptions in the availability of affordable asthma controller medications more broadly are impacting many patients and families, especially among communities with already existing barriers to accessing care.

To build toward an equitable system and effectively respond to the

current system, providers, pharmacists, caregivers, and patients with asthma need to be informed about this situation and work together to support those with asthma and their families so they can access asthma medications and manage their asthma. In response, MassHealth has also continued to adapt to this challenging situation with expanded coverage to support patients.

"When there are large shifts in availability of key asthma medications, like we have seen surrounding the discontinuation of Flovent products, many families are impacted. This is especially true for Black and Brown communities, which already experience a higher burden of asthma," said DPH Commissioner Robbie Goldstein, MD, PhD. "With the respiratory virus season approaching, it is important for communities to come together to promote vaccination and prevent disease."

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and clarity. We regret that we cannot publish unsigned letters. Please include your street and telephone number with your submission. The East Boston Times-Free Press publishes columns, viewpoints and letters to the editor as a forum for readers to express their opinions and to encourage debate. Please note that the opinions expressed are not necessarily those of The East Boston Times-Free Press. Text or attachments emailed to editor@eastietimes.com are preferred.

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NeighborHealth and HarborArts unveil art installation

Photos & Story by Marianne Salza

NeighborHealth, formerly East Boston Neighborhood Health Center, and HarborArts celebrated the unveiling of the art installation, "Expressions of Community: Honoring Voices Through Art," on November 20, at NeighborHealth's new administrative offices, located on the second floor of the MGH Revere HealthCare Center on Revere Beach.

"This space is special," said Greg Wilmot, President/CEO, NeighborHealth. "We wanted our employees to imagine walking into a space filled with art, each piece telling a story, each a window into the soul of a culture. This is the magic of art."

The exhibition features 18 curated pieces by local and international artists, with many of the works created by or highlighting stories of NeighborHealth patients.

"As we planned our relocation here in Revere, it's important that we continue to feel connected to the communities and patients serve by NeighborHealth," Wilmot stressed. "We wanted the presence of the patients to be felt as you come through this space."

Wilmot hopes that "Expressions of Community" helps people feel seen and fosters understanding among diverse cultures.

He believes that art supports healing and has the power to promote empathy, allowing deeper connections to be formed.

"It's an act of inclusion, and gives a voice to community members whose stories might otherwise go unheard," explained Wilmot. "Art speaks a universal language, allowing us to share our histories, dreams, and struggles without barriers. We acknowledge that our own experiences are not the only truths."

Matt Moyer Bell, Creative Producer of HarborArts, asserted that art should be accessible to everyone.

"Public art, creativity and expression is an integral part of a healthy community," Bell asserted. "That's what NeighborHealth has always shown a commitment to."

NeighborHealth, the state's largest, community-based primary care health system, serves over 120,000 patients a year, like life-long East Boston resident, David Riley, who described how the community has had a profound impact on him.

Riley emphasized that he never lets his learning disability due to lead poisoning stop him from challenging himself and composing art. He shared that he prays to God to visit him in his dreams to guide his creative ideas.



Greg Wilmot, President/CEO of NeighborHealth, explaining supporting a whole person's health through arts and culture.



Matt Moyer Bell, Creative Producer, HarborArts, believes that art should be accessible to the public.

"As I paint, I tell myself, 'David, don't ever let your mental illness or learning disability stop you from your passion,'" said Riley. "All my life, I've seen people with disabilities do great things. The highest inspiration I have is God."



NeighborHealth staff: Emily Martin, Director of Communications, Takesha Hurd, Chief of Staff, Hollis Graham, AVP of Strategy, and Jaynie Green, Project Manager



Greg Wilmot, President/CEO of NeighborHealth, Erin Bourgault, Director of Community Healing Response for NeighborHealth, artist, Felipe Ortiz, in front of his painting, "Puerto Rico," and Matt Moyer Bell, Creative Producer, HarborArts.



Representative Adrian Madaro and Greg Wilmot, President/CEO of NeighborHealth.



Artist, Jackie Reeves, Mimi Gardner, Vice President and Chief Equity Officer of NeighborHealth, Greg Wilmot, President/CEO of NeighborHealth, and Matt Moyer Bell, Creative Producer, HarborArts.



Felipe Ortiz, Greg Wilmot, President/CEO of NeighborHealth, Fran and her son, David Riley, artist, Representative Adrian Madaro, and Matt Moyer Bell, Creative Producer, HarborArts.



Attendees enjoying the November 20 unveiling of the exhibit "Expressions of Community: Honoring Voices Through Art."



Natalie Valencia, Oscar Aguerrido, Erin Bourgault, Director of Community Healing Response for NeighborHealth, and Reina Reyes.



Artist, David Riley, with Matt Moyer Bell, Creative Producer, HarborArts.

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SACRED HEART PARISH HOLDS ANNUAL CHRISTMAS FAIR

PHOTOS BY MARIANNE SALZA

The Sacred Heart Parish held its Christmas Fair on November 23, beginning with a pancake breakfast with Santa. Families enjoyed homemade baked goods, and taking chances at the toy game and penny raffle gift basket table. The bazaar also included second-hand holiday decorations and household items for sale, and vendors displaying artisan soaps, jewelry, children's books, hair

accessories, and pocket-books. "I love my church and I would do anything to help them out," said life-long parishioner, Maryann Zaluski, Christmas Fair Planning Committee member. "It [the fair] brings people together. Even people who left Sacred Heart come back. I love to see everybody supporting Sacred Heart."



Peter Cowell and David Riley.



Cyndi Forina, Jake MacDonald, and Nicole Forina.



Steve Licari, Lorraine Curry, and Richard Alm at the second-hand treasures table.



Happy customer, Mason Riley, wearing his new amethyst necklace and obsidian ring, with Alexa Stamison, Owner, Red Wraps.



Gabby and Jarrett Etheridge, and Mia Gaudino.



Hopeful raffer, Gail Tarmy.



Families taking chances at the toy table.



Chelsea Thrope and Jonathan Flores taking chances at the penny raffle table.



Food hospitality volunteers: Susan Crusoe, Joan Papa, Maria Mellone, Mason, Mia, John, and Nicholas Macaluso.

HAPPY *Thanksgiving* DAY

STATE REPRESENTATIVE

ADRIAN MADARO



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Lydia Edwards
STATE SENATOR



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May God Bless all of you and your families this Thanksgiving Day and the upcoming Holiday Season.

HAPPY Thanksgiving

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EAST BOSTON BOYS SOCCER FALL THE WATERTOWN 2-1

PHOTOS BY BOB MARRA

Until the final minute of regulation play last Tuesday at Watertown's Victory Field, it appeared that Helio Spinola's first-half goal would be enough to send East Boston into the MIAA Division 4 cham-

ionship game. But a pair of questionable corner kick calls—one in the waning moments of regulation and another late into a second ten-minute overtime period—set up a pair of Cohasset goals

that doomed the Jets, 2-1, ending East Boston's remarkable run through the championship playoffs. East Boston started the year slowly, losing three

See SOCCER Page 12



Freddy Garay tangles with Cohasset's Garret Wimberly as they fight for a loose ball.



David Alas slides on his back and Matheus Gomes stands to help break up an advance by Cohasset's Mike Sheehan.



East Boston's Helio Spinola (11), Brian Alas (21), David Alas (8) and goaltender Santiago Montoya (on ground) stand in shock as Cohasset's Connor Thornton runs by to join his teammates celebrating the double-overtime goal that gave Cohasset a 2-1 win in the Division 4 semi-finals Tuesday November 19 at Victory Field in Watertown.

East Boston Boys Soccer; Division 4

T	09/03	Brighton	T	3-3
M	09/09	Burke-Dearborn (H)	L	1-0
W	09/11	Latin Academy (Carter)	L	3-2
Sat	09/14	Tech Boston	W	2-1
T	09/17	Boston International	W	3-0
Th	09/19	Brighton (H)	W	2-1
M	09/23	Tech Boston (H)	W	4-1
W	09/25	Burke-Dearborn	T	3-3
M	09/30	Rockland	W	3-2
Th	10/03	Boston International (H)	T	2-2
Sat	10/05	Latin Academy (H)	W	2-1
M	10/07	Chelsea	W	2-1
Th	10/10	Northeast (H)	T	0-0
T	10/15	North Quincy (H)	W	4-0
W	10/23	Burke/Dearborn (play-off)	L	2-0
M	10/28	Lynn Classical	W	1-0
W	10/30	Rockland (H)	W	2-1
	10-3-4			
T	11/05	Tri County (H)	W	3-1
F	11/08	Hamilton-Wenham (H)	W	2-1
W	11/13	Monument Mountain (H)	W	1-0
T	11/19	Cohasset (Watertown)	L	2-1 (2 OT 13-4-4)

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				1	2	3
28	29	30	31	8	9	10
4	5	6	7	14	15	16
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December

M	T	W	T	F
25	26	27	28	29
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31	1	2	3

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EAST BOSTON SENIOR CENTER HOLDS THANKSGIVING CELEBRATION

East Boston Senior Center held its Thanksgiving Celebration on November 21 with turkey dinner and live musical entertainment by Pepe. Attendees, like Winthrop resident, George Jones, was grateful for conversation with friends.

“I am enjoying the day at East Boston Senior Center. It is a very festive occasion,” said Jones. “I want to thank the Lord that I am alive and all these people are here to share the day.”



Ester Trinidad, JoAnn Troisi, and Michael Barone.



Barbara Marley, Jean Barry, and Sharon Martin.



Bob Haas, District Director for Senator Lydia Edwards, with Anna Marie Fiore and Ligia Amonde.



Rita Driscoll and Judith Thermidor, Director, East Boston Senior Center.



Luz Cardona and Alicia Ochoa.



Vivian Vahiden, George Jones, and Theresa Herbert.



Ruth Bernstein, Rita Driscoll, and Cynthia Steg



Maria Storms, Alberta Bridgeman, Gwen Healey, Carmen Polcaro, Franco Marini, and Carlo Sorrentino.



Barry Steg.



Paul and Margherita Collins.



Friends enjoying conversation at the East Boston Senior Center Thanksgiving Celebration on November 21.

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Five tips for a dementia-friendly Thanksgiving

With Thanksgiving approaching, the Alzheimer's Foundation of America (AFA) is offering five tips to help those affected by Alzheimer's disease and other dementia-related illnesses ensure their Thanksgiving celebration is dementia-friendly.

"Families caring for a loved one with dementia deserve to join together and celebrate Thanksgiving, and there are a few simple steps they can take to make that celebration as joyful as possible," said Jennifer Reeder, LCSW, SIFI, AFA's Director of Educational & Social Services. "For caregivers, it means creating an environment where our loved ones can feel safe, valued, and present in the moment. Being proactive and prepared are the best tools caregivers can use to give their loved one a Happy Thanksgiving."

AFA offers the following tips to help make a Thanksgiving celebration dementia-friendly:

- Schedule the celebration early and incorporate the person's routine. In-

dividuals living with dementia can "sundown," a syndrome which could cause agitation and confusion in the late afternoon to early evening hours. Adding a celebration with a house full of guests can impact these symptoms. Consider holding the celebration earlier in the day to make your loved one feel more comfortable. Changes in daily routine are challenging for someone living with dementia, so to the greatest extent possible, plan the celebration around an established routine.

- Prepare everyone involved prior to the celebration. Try to familiarize your loved one with all guests beforehand by showing photos, sharing stories, or arranging a phone or Facetime chat prior to the celebration. You could also make an invitation to the event to share with them so they know details and that it will be happening. Consider sharing beneficial information with guests about your loved one: ways to communicate with the person, what they

respond well to, and what may cause distress. These details are particularly important if guests have not seen the person recently, and they will help facilitate positive interactions and engagement.

- Keep your loved one involved. Make adaptations that enable your loved one to participate in the celebration. Focus on what they can currently do and invite them to help by preparing ingredients for a simple dish, setting the table, decorating, and other activities. Playing familiar music or going through old photos are good ways to reminisce and bring joy and positive feelings to the celebration. For intergenerational activities, try singing familiar songs together, doing art activities, and sharing a snack.

- Make a quiet space available. Prepare a quiet place away from the crowd where the person with dementia can go if the celebration becomes overwhelming. Provide familiar comfort items in the space (i.e., favorite blanket, sweater, stuffed animal) to help them feel

safe and at ease. Try to control the flow of visitors when possible; those in early stages are better able to interact than those in later stages.

- Plan for help. Preparing and holding a holiday gathering can be stressful, even without the additional responsibilities of caring for a loved one with dementia. Relatives and friends might be eager to help but may not know how. Don't be afraid to let them know what you need, whether you are asking them to bring a dish, help with cooking, shopping, or decorating, or spending time with your loved one while you are preparing for the celebration.

Caregivers who have questions about creating a dementia-friendly Thanksgiving celebration or any other question relating to dementia or caregiving can contact the Alzheimer's Foundation of America's Helpline, seven days a week, by phone (866-232-8484), text message (646-586-5283), or web chat (www.alzfdn.org).

OBITUARIES

Robert F. "Bob" Gross

August 15, 1944 – November 10, 2024



Robert "Bob" Gross at the age of 80, was sent to his eternal home, on November 10, 2024. As Bob wished, his final days were in the peaceful surroundings of his home with his loving family by his side.

Bob was born on August 15, 1944. He was the devoted son of the late George H. and Elizabeth (McGurin) Gross of East Boston and stepson of Frank Brobeck who he loved. Bob held a special place in his heart for his mother-in-law, Lillian DeBruyn.

Bob was the beloved husband of Lorraine J. (DeBruyn) Gross. In September of 1965, Bob met the love of his life, Lorraine at Sky Chefs where they worked together. Falling deeply in love, they married on April 17, 1966. They raised their family in Chelsea where they lived for 32 years until moving to Danvers in 1998 where they resided for the past 26 years. It was a romance that lasted for 58 beautiful years.

Bob was the devoted father of Bobby Gross of Milford, Chrissy Abramofsky and her husband, Jim of Dracut, Lorrie Pacheco and her husband, Dave of Danvers and Sharon Nash of Santa Cruz, CA. Forever cherished and adored Grampi, his memory will live on with his grandchildren; Kacie Ignacio, Jayme Abramofsky, D.J. Pacheco, Alyssa Pacheco, Joey Randolph, Angela Ford, Danielle Gross and the great-grandfather of Noah Ford and Jayden Randolph. Bob was the brother of the late Dorothy Doane and George Gross whom he loved deeply and he treasured the time spent with them. He is also survived by his brother, George (Sonny) Gross of Pennsylvania and many nieces and nephews who will sadly miss him.

Bob worked for 35 years with LSG Sky Chefs as a ramp supervisor at Logan Airport and medi-

cally retired in 1995. Bob found joy in his outings to Suffolk Downs and Wenderland Dog Track. He enjoyed playing pool and cards with friends. He loved spending time with his family in the White Mountains of New Hampshire, summers swimming in their pool, and holidays spent together - Bob loved the Christmas season most.

In his "retirement" years, he took pleasure traveling to Las Vegas with his wife, Lorraine, Dottie, Skip, George and Kay to play the slots and enjoy the many shows they attended. Bob was an avid Red Sox and Patriots fan, though his favorite baseball team to watch was the University of Richmond Spiders!

Bob will be remembered for his courageous strength, the twinkle in his eye and for his kindness when giving a compliment, which he gave effortlessly. He was a true gentleman.

A private family service will be held at St. Mary of the Annunciation Parish, 24 Conant Street, Danvers on Friday, November 30th at 11 a.m.

Memorial Contributions can be made in Bob's name to St. Jude Children's Research Hospital, 501 St. Jude Pl., Memphis, TN 38105-1905. WWW.StJude.org/Donate

Bob's family wishes to express their deepest gratitude to all the people from Hospice Care who provided Bob with compassion, love and gentle care to make his final days of life comfortable.

To send expressions of sympathy, visit www.welshfh.com.

Boston's Prudential Tower shines teal, gold, and purple in support of the Ace Mentor Program of Greater Boston

Beginning in December, Prudential Tower will once again shine bright with the help of local community organizations. ACE Mentor Program of Greater Boston, will flip the switch to light up Boston on Tuesday, December 3, 2024 as part of Prudential Center's 16th Annual 31 Nights of Light program. The top of Prudential Tower will beam teal, gold, and purple in support of ACE Mentor Program of Greater Boston's mission of encouraging high school students to pursue careers in architecture, engineering and construction (A/C/E). The program's goals include engaging, enlightening, and supporting students, advancing into the industry, and building a diverse and better-prepared workforce.

The ACE Mentor Program of Greater Boston is a volunteer-driven organization that introduces high school students to the professions of architecture, construction management, engineering, and the trades. Their flagship program is a free, collaborative after-school program that convenes students from multiple schools at six sites around Boston and virtually as well. Each year, dozens of volunteers from ACE's industries coach student

teams through an end-to-end interdisciplinary design project, such as renovating a subway station or improving a neighborhood's resilience to climate change. Students can participate for up to four years, trying out a different profession each year, or sticking with a topic of compelling interest.

In addition to activating student interest in chosen industries, ACE also curates summer internship opportunities and raises money for scholarships to support college or training in the trades. In March 2024, ACE presented \$250,000 in awards to graduating ACE seniors.

ACE Mentor Program of Greater Boston also places an emphasis on helping high school students from underrepresented communities. By prioritizing outreach to students from different racial, ethnic, and economic backgrounds, ACE provides students with access to mentors, resources, and networking opportunities that students might not otherwise have. This diversity reflects ACE's commitment to making post-secondary opportunities available to all, not just those who typically have access. The program's diverse mentors also serve as role models, showing students paths to

success in fields where one may not have seen before. Through this inclusive approach, ACE aims to build a workforce that better reflects society and brings together a wide range of perspectives to strengthen the industry.

The 31 Nights of Light program was introduced in 2009 to celebrate local Boston-area organizations and draw attention to the great work they do in Boston and beyond. Utilizing a state-of-the-art LED lighting system, the top of Prudential Tower will change color daily to honor its 28 community partners.

For more information on Prudential Center, Boston, and the 31 Nights of Light event, visit www.prudentialcenter.com, follow @pruboston on Instagram or Prudential Center Boston on Facebook.

About ACE Mentor Program of Greater Bos-

ton:

ACE of Greater Boston was launched in 2007 and is one of 70-plus affiliates under the ACE national umbrella. Through practical, project-based, hands-on explorations, students work collaboratively and creatively to design innovative solutions to real world problems. With professional guidance by esteemed industry mentors who are full-time employees of construction, design and engineering firms, students embark on a five-month design project, through weekly sessions after school, to develop the professionalism, teamwork, and collaboration that the industry requires. During this time, the students construct a hypothetical project in order to learn about each discipline and take part in activities such as site visits, Revit training and trade day.

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CITY PAWS

Interacting with dogs

By Penny & Ed Cherubino

How does your dog react to people entering your space when you're out walking? Dogs, like people, can be introverted, extroverted, anxious, easily frightened, or protective of you or their space. As your dog's spokesperson, you must communicate their preferences to approaching humans.

How to Greet a Dog

First, ask the person with the dog permission to say hello and be gracious about whatever reply they give. If we may approach, we always ask the dog's name and use it to gain the dog's attention.

Let the dog approach you. Stay where you are, lower your body so you don't tower over the dog. Tuck your thumb and fingers under, forming a soft fist. Then, extend the back of your hand in the dog's direction low enough for the pup to come over and sniff you if they choose to meet you.

The American Kennel Club suggests, "To make yourself appear as friendly as possible, turn your body slightly to the side and look at the dog with your peripheral vision. In dog language, head-on approaches

and direct eye contact are threatening, so avoid them if possible. You can also kneel down to the dog's level so you aren't looming overhead. However, if you are in any way uncertain about the dog, stay standing. After all, kneeling will put your face at bite level."

Recently, we came across a chart illustrating more mistakes (from a dog's point of view) humans make when interacting with a dog they don't know well. These include patting or grabbing a dog's head, squealing or making any loud sound, and grabbing or hugging the dog.

Finally, pay careful attention to the dog's body language. There are excellent tutorials online that you can use to learn the signals that tell you a dog is stressed. Perhaps they keep looking away from you; their ears are back or flattened; their tail is tucked; or they are squinting, blinking, or shaking.

Rules for Visitors in Your Home

When people (of any age) visit your home, they need basic information and the house rules regarding your dog. A successful visit starts with preparation before the visit and supervision of the dog and the

guests.

Before guests arrive, decide if your dog or cat would be happier staying in a private space until everyone is settled. We use puppy gates to keep our dog Poppy confined to specific areas. This is very helpful when we have workers in our home. When we have guests, one of us controls our excited pup while the other greets the guests. Once everyone is settled, we let our Westie visit.

Our house rules are simple. Poppy is allowed on the furniture if you want her to sit beside you. She is a devoted scavenger, so don't leave anything containing food within her reach. Please don't feed her anything without checking with us. Your house rules will be different depending on your dog and your choices.

When to Stay Away

This information is aimed at situations when a person is with the animal to guide your actions. Some may apply when you encounter a stray or loose dog. Look around for someone connected to the dog. If no one appears, call animal control for assistance.

None of these suggestions apply if you have



Extend the back of your hand in the dog's direction low enough for the pup to come over and sniff you if they choose.

seen any sign of aggression, are afraid of the dog, or the person is on the phone or otherwise dis-

engaged from the animal. Then, you should simply stay away.

Do you have a question

or topic for City Paws? Email Penny@BostonZest.com with your request.

"Sounds of Christmas" will play in St. Anthony's Church December 15

Music Director Robert Lehmann and the North Shore Philharmonic Orchestra will make their Christmastime visit to Revere on Sunday, December 15 when they perform the annual Robert A. Marra Memorial "Sounds of Christmas" concert at St. Anthony's Church. Concert time is 4 p.m.

Admission to the concert is free for all who bring a generous donation of non-perishable food to benefit the Revere Food Pantry.

The Concert is jointly sponsored by Bocchioni Insurance Company, NeighborHealth, Massport, Xfinity, Astound, and Action Emergency Man-

agement.

Revere's Sounds of Christmas Concert dates back to 1976. It was renamed in 2002 in memory of Revere resident and former Revere High teacher Robert A. Marra, a charter member of the North Shore Philharmonic and the Orchestra's concertmaster for 50 years.

LEGAL NOTICE

LEGAL NOTICE

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court

CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO G.L.C. 190B, ss5-304
Docket No. SU24P2510GD
Suffolk Probate and Family Court
24 New Chardon Street
Boston, MA 02114
(617) 788-8300
In the matter of: Minh Nguyen
Of: Boston, MA
RESPONDENT Alleged Incapacitated Person
To the named Respondent and all other interested persons, a petition has been filed by Boston Medical Center of Boston, MA in the above captioned matter alleging that Minh Nguyen is in need of a Guardian and requesting that (or some other suitable person) be appointed as Guardian to serve on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority. You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of 12/24/2024. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail the written appearance by the return date, action

may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date. IMPORTANT NOTICE
The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Brian J. Dunn, First Justice of this Court.
Date: November 21, 2024
Stephanie L. Everett
Register of Probate

11/27/24
EB

LEGAL NOTICE

Commonwealth of Massachusetts
The Trial Court
Suffolk Probate And Family Court

24 New Chardon Street
Boston, MA 02114
(617)788-8300
SEPARATE SUPPORT SUMMONS BY PUBLICATION AND MAILING
Docket No. SU24D1239DR
Luz Elena Ardila Perez
Plaintiff
Vs.
Diego Orrego Canas
Defendant
To the Defendant:
The Plaintiff has filed a Complaint for Separate Support requesting that the Court establish that such living apart from the defendant is for justifiable cause. Grant him/

her custody of the child(ren). Order a suitable amount for support of the plaintiff and minor child(ren).
The Complaint is on file at the Court.

An 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: Luz Elena Ardila Perez, 366 Centre St. Apt. 5 Jamaica Plain, MA 02130 your answer, if any, on or before 01/02/2025. 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.

WITNESS, Hon. Brian J. Dunn, First Justice of this Court.
Date: October 30, 2024
Stephanie L. Everett
Register of Probate

11/27/24
EB

LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS
THE TRIAL COURT
PROBATE AND FAMILY COURT

Suffolk Probate And Family Court
24 New Chardon St.
Boston, MA 02114
CITATION GIVING NOTICE OF PETITION TO EXPAND THE POWERS OF A GUARDIAN
Docket No. SU24P1247GD
In the Interests of: Robert Medeiros
Of: East Boston, MA
RESPONDENT Incapacitated Person/Protected Person
To the named Respondent and all other interested persons, a petition has been

filed by Massachusetts General Hospital of Boston, MA in the above captioned matter requesting that the court: Expand the powers of a Guardian

The petition asks the court to make a determination that the powers of the Guardian and/or Conservator should be expanded, modified, or limited since the time of the appointment. The original petition is on file with the court.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of 12/16/2024. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date. IMPORTANT NOTICE
The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Brian J. Dunn, First Justice of this Court.
Date: November 14, 2024
Stephanie L. Everett
Register of Probate

11/27/24
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The North Shore Philharmonic Orchestra returns to St. Anthony's Church December 15 for the annual Robert A. Marra Memorial "Sounds of Christmas" Concert

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State Fire Marshal offers tips for serving up safety on Thanksgiving

Special to the Independent

With Thanksgiving a few days away, State Fire Marshal Jon M. Davine is asking residents to practice fire safety in the kitchen on the number one day for home fires in Massachusetts.

“There are about twice as many fires on Thanksgiving as on the next-closest day, and almost all of them start with unsafe cooking,” said State Fire Marshal Davine. “Don’t let a fire ruin this special day with your family and loved ones. Practice fire safety when cooking and heating your home, and be sure you have working smoke and carbon monoxide alarms that can alert you to danger.”

Thanksgiving Cooking Fires

There were 705 Thanksgiving Day residential fires in Massachusetts from 2019 to 2023. That’s more than double the 318 residential fires on Christmas Eve, the

second-leading day. Last year, Thanksgiving cooking fires increased by more than 25%, from 103 to 130, with 84% taking place at home. These fires injured one resident and one firefighter and caused \$1.3 million in reported damages.

State Fire Marshal Davine offered cooking safety tips that everyone can follow to stay fire-safe in the kitchen this year:

Smoke and Carbon Monoxide (CO) Alarms Save Lives

- Be sure you have working smoke and CO alarms on every level of your home
- Check the manufacturing date printed on the back of the alarms: smoke alarms should be replaced after 10 years, and CO alarms should be replaced after 5-10 years depending on the model
- Never disable a smoke alarm: modern smoke alarms should have a “hush” feature that is much safer than removing

the batteries

- If your alarms take alkaline batteries, replace the batteries twice a year: if you aren’t sure when they were last replaced, do it today

Keep it Clean:

- Clean up grease spills
- Keep groceries, food packaging, towels, and other flammable materials away from the stovetop
- Keep pot handles turned inward to prevent spills
- Create a three-foot child-free zone around the stove
- Only use the oven for cooking, not for heating or storage, and be sure it’s empty before you turn it on

Stand by Your Pan

- Stay in the kitchen when boiling, broiling, or frying food
- Set a timer when baking or roasting so you don’t lose track of time
- Loose sleeves can ignite if they get too close to burners or heating el-

ements: wear clothing with short or tight-fitting sleeves

Put a Lid on It

- In the event of a fire on the stovetop, cover the pan with a lid or cookie sheet to smother the flames
- Never try to move a burning pan or douse it with water
- For a fire in the oven or microwave, leave the door closed, turn off the appliance, and call the fire department
- Have the appliance professionally checked before using it after a fire
- If you can’t extinguish the fire quickly, get to safety and call 9-1-1
- If your clothing catches fire, stop, drop, and roll to put out the flames. Put burns in cool running water for 10-15 minutes. Call 9-1-1 for help.

Turkey Fryers

A devastating turkey fryer fire in New Bedford caused severe injuries and displaced almost 30 peo-

ple in 2020. Fire safety experts strongly discourage the use of outdoor gas-fueled turkey fryers that immerse the turkey in hot oil. There are no outdoor turkey fryers that have a listing from an independent testing laboratory such as UL or ETL, and the risk of hot oil spilling or igniting is high. The National Fire Protection Association states that home use of “turkey fryers that use cooking oil, as currently designed, are not suitable for safe use by even a well-informed and careful consumer.” They recommend using new “oil-less” turkey fryers.

Gas Ovens: A Source of Carbon Monoxide

Generally, the confined space of a closed gas oven does not produce enough carbon monoxide (CO) to present any dangers, but it can present a hazard if used for several hours consecutively – such as when roasting a turkey. If you have a kitchen exhaust

fan, use it; if not, crack a window for fresh air when using the gas oven for a prolonged period. Working CO alarms are vitally important to protect you and your loved ones from carbon monoxide poisoning.

Home Heating: #1 Source of Carbon Monoxide, #2 Cause of Fires

Heating is the second leading cause of fires on Thanksgiving and the primary source of carbon monoxide in the home. Give your furnace an annual check-up, have chimneys cleaned and inspected by a professional at the beginning of heating season, and place space heaters on flat, level surfaces where in locations where they won’t be bumped or tripped over. Keep a three-foot “circle of safety” free of anything that can burn around all heat sources.

For more information, contact your local fire department or the Department of Fire Services’ Thanksgiving web page.

ABCC ready to kick off “Operation Safe Holidays”

To ensure safety for everyone in Massachusetts during the holidays, the Alcoholic Beverages Control Commission (ABCC) will be conducting alcohol enforcement at local bars in Massachusetts cities and towns from Thanksgiving Eve through New Year’s Eve.

In doing so, the ABCC hopes to prevent accidents caused by impaired driving and other alcohol-related harm that often occurs at this time of year. The ABCC will work with municipal police departments and focus enforcement efforts at bars that have been identified as the last to sell alcohol to a convicted drunk driver and other high-risk locations.

“It is extremely important to deter bars from over-serving and prevent problems before they happen,” said State Treasurer Deborah B. Goldberg, who oversees the ABCC. “We want to keep people safe and make sure everyone can enjoy the holidays with their family and friends, avoiding tragedies before they occur.”

The program is run in


conjunction with the National Highway Traffic Safety Administration’s (NHTSA) Impaired Driving Crackdown, from Thanksgiving Eve through New Year’s Eve, and is funded through the Executive Office of Public Safety and Security - Highway Safety Division.

According to the NHTSA, from 2017 to 2021, 137 drivers involved in fatal crashes on Thanksgiving Eve (6 p.m. to 5:59 a.m.), also known as ‘Blackout Wednesday,’ were alcohol impaired. In 2021 alone, 36 drivers were in fatal crashes on that day. Also, from 2017 to 2021, young drivers ages 21-24 represented the largest percentage of drivers involved in deadly crashes. The message before Thanksgiving is simple – the NHTSA says to stop the blackout trend on Wednesday.

Alcohol is involved in 40 percent of traffic crash fatalities, resulting in 17,013 fatalities and injuring an estimated 275,000 people annually. Data indicates that well over 50% of impaired driving arrests originate at bars.

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Soccer // CONTINUED FROM PAGE 7

games before getting into the win column back in September. But they regrouped from there and compiled a 9-4-4 regular season record that earned

them a No. 4 seed in the Division 4 playoffs. In the tournament the Jets knocked out Tri-Country Regional Tech, Hamilton-Wenham, and Monu-

ment Mountain before the loss to the Cohasset Skippers, who then went on to beat Lynnfield to claim the Division 4 championship.



Brian Alas and Cohasset's Mike Giglio seek control of a loose ball.



Helio Spinola signals his first-half goal that put East Boston ahead 1-0. The lead stood until the final seconds of regulation time before Cohasset tied the game and went on to deal East Boston a heartbreaking 2-1 defeat in the MIAA Division 4 semi-finals.



Kayk Dos Santos holds off Cohasset's Connor Thornton.



Cohasset's Ty Rudnik (left, 10) watches as his header off a corner kick is about to slip past East Boston goaltender Santiago Montoya and defender Chris Acosta (12) near the end of a second 10-minute overtime period to give the Skippers a 2-1 win over the Jets.



Helio Spinola makes a move up the sideline in front of Cohasset's Ollie Buckley.



Goaltender Santiago Montoya makes a save on a close-up bid by Cohasset's Cian Casey (30).

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Senator Lydia Edwards makes sure each package receives enough supplies for the troops.



Senator Lydia Edwards with Rep. Adrian Madaro joined Suffolk Construction, Massachusetts Port Authority, and USO New England at the Care Packaging Event, where 1000 care packages were assembled and sent out to our nation's troops. It's essential to support our troops and express our gratitude for their service, especially during the holiday season.



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