

East Boston

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Proposal at Swan Ave. presented to OHNC

By Michael Coughlin Jr.

During its monthly meeting on Monday, the Orient Heights Neighborhood Council (OHNC) learned more about a proposal to bring two new buildings to 28-30 Swan Avenue.

The project, which has origins that date back to 2021, was presented by Attorney Richard Lynds and would involve building two separate multifamily dwellings, each with four units on three existing vacant lots at the site totaling more than 10,000 square feet combined.

The latest version of this proposal is scaled down from what was initially proposed a couple

See OHNC Page 2



PHOTO BY PATRICK O'CONNOR

East Boston High School senior football players: seated: Jakih Sanders, Jose Pedroza, Alejandro Garcia, Mychell DeSouza, Osmin Castaneda. Standing: Head Coach John Parziale, Paul Fortes, Gabe Silva, Nick Calderon, and JeanCarlos Flores.

East Boston and South Boston will meet on Thanksgiving

Special to the Times-Free Press

The 105th game between the East Boston High School and South Boston High School football teams takes place on Thanksgiving morning, November 23. The game this year is at Sartori Stadium in East Boston and

not White Stadium. Kick-off time is 9:30 a.m. sharp.

The East Boston Jets, led by Coach John Parziale (14th season), are 5-4. The team ended the season with a neat win over Dracut last Friday evening in a non-league clash 26-25. Star of the game was senior Gabe

Silva who rushed for two touchdowns and hauled in a 30 yard touchdown reception.

The South Boston Knights, led by Coach Germaine Sattiewhite (7th season) have been rebuilding this past fall

See FOOTBALL Page 3

JPNA holds vote on two projects

By Michael Coughlin Jr.

At last week's monthly meeting, the Jeffries Point Neighborhood Association (JPNA) opened the polls to members to vote on projects at Maverick and Jeffries Streets.

The first project up for discussion and vote was a proposed café called Café Gloria, located at 287 Maverick Street.

Will Isaza, who initially presented his café concept to the JPNA last month, explained that he currently has a signed lease in hand but is now looking to rezone the property to a restaurant and café space.

At last month's meeting, Isaza, an East Boston resident, likened his concept for the space to an

internet café.

"The concept is as you see here — Café Gloria — will be a coffee and espresso bar from an East Boston born and bred resident," said Isaza.

Isaza also spoke about some of the partners for the project. The proposed café would work with Broadsheet Coffee Roasters out of Somerville. "We're importing our own coffee bean in particular and roasting in Somerville," he said.

The café would also partner with Mavam Espresso, based out of Seattle, for its espresso and equipment.

Regarding the food and beverage options at the

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BPDA hosts PLAN: East Boston Advisory Group meeting

By Michael Coughlin Jr.

On November 8th, several residents gathered together along with members of the Boston Planning and Development Agency (BPDA) for an Advisory Group (AG) meeting at East Boston High School to discuss the neighborhood planning initiative PLAN: East Boston.

The meeting served as an opportunity for AG members to comment and ask questions about the plan while allowing the BPDA to explain what they had heard from residents.

Kristina Ricco, a Senior Planner with the BPDA, outlined some major themes the agency has been hearing about the plan.

These themes include concern and misunderstanding about recommendations for Bennington, Border, and Meridian Streets, worries about the potential impacts of shadows coinciding with future development along

the Mary Ellen Welch Greenway, and the number of parcels that would be allowed to have six units under the proposed East Boston Residential-2 (EBR-2) zoning subdistrict.

Additionally, Ricco explained they have heard calls for a neighborhood needs assessment, differing opinions on the extension of the Haul Road, and support for public realm improvement in squares.

While Ricco indicated they could not go into more detail during the meeting regarding how they would respond to these sentiments, she said they are working on it.

Ricco outlining the points mentioned above served as a jumping-off point for AG members to talk about their concerns or questions about the plan.

One concern an AG member raised was the proposed heights and density for buildings in squares. This topic

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EBNHC launches new Behavioral Health Urgent Care Service

East Boston Neighborhood Health Center (EBNHC), the largest community-based primary care health system in Massachusetts, gathered with city, state and community leaders last week, to officially announce the opening of its new Behavioral Health Urgent Care Service (BHUCS). Part of the EBNHC's integrated behavioral health program, the BHUCS provides same-day and urgent mental health services for children, adolescents, and adults, in East Boston and surrounding communities, transforming how community members -- predominantly low-income immigrants -- can access the high-quality behavioral health services they need and deserve.

"Timely access to high-quality behavioral health services is a common challenge across the Commonwealth, especially for vulnerable families. I'm proud to say that EBNHC's Behavioral Health Urgent Care Service addresses this growing need head on," said EBNHC President and CEO, Greg Wilmot. "Our industry must offer innovative ways to close long-standing gaps in care. This expansion of our behavioral health program is a monumental step in the right direction as we strive to achieve health equity for our patients and neighbors."



Leaders gathered on November 9th at the Taylor Building at 10 Gove Street to celebrate the opening of the new BHUCS site. Featured from left to right: EBNHC Chief Medical Officer Dr. Jackie Fantes, EBNHC CEO and President Greg Wilmot, Boston EMS Medical Director Dr. Sophia Dyer, MD, FACEP, FAEMS Chief of Department of Boston EMS James Hooley, State Rep. Adrian Madaro.

umental step in the right direction as we strive to achieve health equity for our patients and neighbors."

The new service is innovative and different from other behavioral health urgent care options across the state as it is co-located with the state's only community-based satellite emergency facility, operated by EBNHC.

Additionally, the service is fully integrated within the health center and EBNHC's larger behavioral health and recovery services program. This unparalleled care model allows patients in the community to be connected to a wide range of care services, seamlessly and immediately moving from

the BHUCS to emergency medical care, primary care, additional behavioral health care, and other health and wellness programs available through the Center.

Addressing health equity gaps, like disparities in access to behavioral health care for Black and Latinx

See EBNHC Page 5



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Colin Cash, Point Shirley resident, Tom Loring, 25-year volunteer for Friends of the Boston Harbor Islands, Carol Fithian, retired national park ranger and Friends of the Boston Harbor Islands volunteer, and Michael Herbert, WIHA President.

Discussion on the Outer Brewster Island Diaries at Winthrop Historical meeting

Story & Photos by Marianne Salza

Four Lowell women set out on a 17-day excursion on Great Brewster Island in July 1891. They referred to themselves as the Scribe, the Aristocrat, the Acrobat, and the Autocrat; and documented their self-discoveries in a handwritten diary that was later discovered in a Cape Ann used bookstore.

“Women at the time did not go to college, or have opportunities to go off and study as they would like to,” explained Carol Fithian, retired national park ranger, and coordinator of volunteers for the Friends of the Boston Harbor Islands, now called Boston Harbor Islands National and State Park. “These women had some money, but were still under restriction. Women would form groups and clubs. They’d read and study together.”

Fithian is the co-author of “A Boston Harbor Islands Adventure: The Great Brewster Journal of 1891,” by Stephanie Schorow and the Friends of the Boston Harbor Islands. Published in 2023, the book is a transcription of the ladies’ diary, which chronicles their activities and observations, and includes poetry and photographs.

“They reflected on seeing the fog lift, looking



Carol Fithian, co-author of “A Boston Harbor Islands Adventure: The Great Brewster Journal of 1891”

across to Boston at the dome of the State House, and watching the waves hit the shore,” Fithian expounded. “They would paint watercolors of these things to preserve their harbor experience.”

Fithian presented the collaborative project during the Winthrop Improvement & Historical Association’s (WIHA) Thanksgiving dinner meeting in the Deane Winthrop House barn on November 7.

“These women supported each other,” Fithian emphasized. “We got to know them through this experience, and started to tell their story.”

The ladies detailed their meals, and diagramed the cottage that they used as living quarters, with photographs of each room.

“It’s interesting how

they made it a home away from home,” said Fithian.

The Friends of the Boston Harbor Islands team comprised of fashion, photography, history, and handwriting experts. Fithian researched the women’s backgrounds and provided historical information about Boston Harbor Islands. Eventually, the identities of these adventurers were determined.

The “voracious scribe” was discovered to be Helen Augusta Whittier, who ran a cotton mill in Lowell.

Fithian believes that Boston Harbor’s unique, bustling environment offered the women freedom. Great Brewster Island was a safe place for the ladies to express themselves and record their experiences.

“If you read the book, discover through them what is possible out there,” encouraged Fithian, with her soon-to-be retired seeing eye dog, Georgette, beside her.

Fithian is an Ipswich resident and mother of two children. She has been a guidance counselor and a literature teacher. For Halloween, Fithian appeared as a giraffe during a Department of Conservation and Recreation celebration on Georges Island. Fithian is presently studying French and fencing.

JPNA // CONTINUED FROM PAGE 1

café, Isaza displayed a mock menu that includes specialty and classic coffee drinks, tea, rice bowls, and “cold take-home food.”

There was only one question concerning the project, which related to the financial viability of the project due to capacity restrictions on the property that Isaza explained at last month’s meeting.

“The majority of the business will have to be takeout just because of the capacity,” said Isaza.

In the end, members of the JPNA supported the project by a vote of 26 to 1.

The next project discussed concerned Unit One at 49 Jeffries Street and was presented to the JPNA by Attorney Richard Lynds. This project was initially presented at the JPNA’s Planning and Zoning meeting last month.

As part of this project, the living space in unit one at the property would be extended and include the enclosure of a deck. It should be noted that the project does not include a proposed change in occupancy.

Lynds explained that currently, the unit is a one-bedroom with living space in the back with an

outside deck attached and described the project as straightforward.

“We’re basically closing in a portion of that deck, rebuilding a portion of the deck, and essentially extending the living area out to where that deck is,” said Lynds.

He also indicated that the project would not really change anything regarding the building’s footprint and called the zoning violations that need relief “technical.”

Lynds also said that the proponent is looking to “increase the space here to allow for a little bit more of a cozier sized unit.”

“We feel that the impact is minimal based upon the current conditions of the building as it stands now,” he added.

During the discussion time for the project, Andrew Pike, the JPNA’s Treasurer, read out a comment opposing the proposal.

Pike, in part, read, “This addition will change the landscape of the street. Also, this will set a precedent for other homeowners on the street.”

However, Lynds responded and disagreed with the resident’s comment, saying, “This is such a modest addition to the building. I don’t feel

that this is actually going to change much by way of the impact on surrounding properties, including the abutters.”

“The structure, for all intents and purposes, is already there. We’re essentially enclosing that lower level only. So whether or not that sets precedent on the rest of the street, that’s not really accurate,” he added.

Following Lynds’ response, another comment from the chat claimed that the property was being extended with the deck, but Lynds refuted that, explaining that the deck is already there.

“We’re enclosing the area where the deck currently is and replacing the balance of the deck with a smaller deck. I mean, it’s essentially all within the footprint of what’s already there today,” said Lynds.

Moreover, Lynds mentioned that a rebuilt staircase to the second floor is the only area that comes back further than what exists currently.

As for the vote, JPNA members supported the proposal by a vote of 18 to 6, with two voters abstaining. The JPNA is slated to meet again on December 11th for its Winter Potluck.

OHNC // CONTINUED FROM PAGE 1

of years ago. In 2021, the project called for a total of 12 units.

Moreover, the proposal includes eight parking spaces — one space per unit — and the units are proposed to be condominiums that would be professionally managed.

While Lynds acknowledged that the current zoning subdistrict for the area is 2F-5,000, meaning the project would need zoning relief to build more than two units on each lot, he pointed out that there are proposed zoning changes from the Boston Planning and Development Agency (BPDA) that could be coming through PLAN: East Boston.

“Even though we have current zoning in place that this probably wouldn’t conform to, we are moving toward new zoning, and because of that, we are trying to adopt a plan that would meet the BPDA’s recommendation for PLAN: East Boston,” said Lynds.

He explained that Swan Avenue is proposed to be zoned in a new residential subdistrict — East Boston Residential-2 (EBR-2) — through the BPDA’s neighborhood planning initiative.

Specifically, EBR-2, as currently proposed, would allow for buildings three stories tall with three units. However, there is a provision in the proposed sub-

district that would allow for buildings with six units if a lot has a width greater than or equal to 50 feet, which Lynds mentioned was the case for these lots.

Lynds also pointed out that the proposed subdistrict allows for multi-family use and that the project would only slightly exceed the maximum proposed building footprint of 60%.

With all this being said, it should be noted and was also acknowledged by Lynds that if the project were to proceed before new zoning is enacted, it would require “a number of variances.”

Also, during the presentation, Lynds went through prior renderings and explained that the project had undergone some design changes to fit better with the surrounding neighborhood context.

For example, he spoke about how the project previously included design elements such as roof decks, and the buildings had more of a triple-decker orientation, which has been changed.

“They didn’t necessarily capture any of the architecture that you normally would see in this particular neighborhood,” said Lynds.

Following Lynds’ presentation, the floor was opened for discussion, and several topics were broached.

One attendee asked

about aspects of the project that would not comply with the proposed PLAN: East Boston zoning and cited the rear yard setback and maximum permeable space.

Regarding permeable space, Lynds identified that there was a metric the project needs to meet and that there is work to do on it.

As for the rear setback, he mentioned that the depth of the rear lot is proposed at a little over 20 feet, but the front of the building is around 12.5 feet off the front property line.

“In total, we have almost about 33 feet of space that’s not occupied by the building, which would allow us to shift our building even more forward, but we want to at least hear what the BPDA has to say about that,” said Lynds.

Another significant topic discussed was parking, with residents of Swan Avenue — a private way — expressing frustration with the parking situation on their street.

Attendees also expressed concern about the potential for heavy equipment coming to the site and how that might affect the surrounding area.

However, Lynds said, “The nice part about this site is it’s relatively large considering other sites that we see around the neighborhood. A lot of sites in this community are about 20 feet wide; this is over 100 feet wide.”

“A lot of the work that we can do when we’re, for example, digging our first foundation, we can do it from within the site; we don’t have to really occupy any portion of Swan Ave,” he added.

Other aspects of the project discussed included potentially maintaining trees in the back of the site and rodent control measures.

As the OHNC advertised this proposal as a first presentation, no vote was held. The OHNC will have the month of December off and reconvene in January.

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Football // CONTINUED FROM PAGE 1

and have managed to put together a team capable of playing for Thanksgiving Day. The rivalry began in 1903 but over the years, there have been games cancelled or missed for various reasons that have included snow storms and more recently, the Covid pandemic in 2020. South Boston last won the Thanksgiving Day game in 2008 by a score of 34-

6. East Boston has a 14 year win streak on the line as the game approaches. Overall, East Boston leads the series at 55-42. All are welcomed to come out and cheer on both teams.

The East Boston and South Boston High School Football Rivalry 1903 – 2022

Sat, Nov. 21, 1903	SB 30; EB 0	Locust Street playground, Dorchester
Thu, Nov. 12, 1914	EB 12; SB 6	Wood Island Park, East Boston
Thu, Nov. 25, 1915	SB 7; EB 0	McNary Playground, South Boston
November, 1916	No game	
November ?, 1917	SB 18; EB 6	
Mon, Nov. 25, 1918	SB 19; EB 7	
Thur, Nov. 13, 1919	EB 75; SB 0	M Street Park, South Boston at East Boston
November ?, 1920	EB 14; SB 13	
Tue, Nov. 8, 1921	EB 21; SB 0	Braves Field
November, 1922	No game, snow	
November , 1923	EB 14; SB 6	
Wed, Nov. 6, 1924	Tied 0-0	Brookline High School field
Wed, Nov. 25, 1925	EB 16; SB 9	University Heights, Newton
Mon, Nov. 22, 1926	EB 9; SB 0	Fenway Park
Wed, Nov. 23, 1927	SB 26; EB 7	Fenway Park
Wed, Nov. 28, 1928	SB 7; EB 6	Braves Field
Thu, Nov. 26, 1929	SB 13; EB 0	Braves Field
November 24, 1930	SB 9; EB 6	Fens Stadium
Tue, Nov. 25, 1931	SB 7; EB 6	Fenway Park
Tue, Nov. 22, 1932	Tied 0-0	Fenway
Mon, Nov. 27, 1933	Tied 0-0	Fenway
Tue, Nov. 27, 1934	EB 6; SB 0	Fenway
Tue, Nov. 26, 1935	SB 13; EB 7	Fenway Park
Tue, Nov. 24, 1936	No game due to snow	storm
Wed, Nov. 24, 1937	SB 12; EB 0	Braves Field
Mon, Nov. 21, 1938	SB 30; EB 14	Braves Field
Tue, Nov. 28, 1939	EB 6; SB 2	Braves Field
Fri, Nov. 22, 1940	SB 12; EB 6	Beehive
Wed, Nov. 19, 1941	SB 6; EB 0	Braves Field
1942	No game due to rain	
1943	No game due to rain	
Thu, Nov. 23, 1944	SB 33; EB 0	Braves Field
Sat, Nov. 24, 1945	SB 14; EB 6	Braves Field
Thu, Nov. 28, 1946	Tied 12-12	Fenway Park
Thu, Nov. 26, 1947	EB 19; SB 0	Fenway Park
Thu, Nov. 25, 1948	EB 28; SB 0	Fenway Park
Thu, Nov. 24, 1949	EB 7; SB 6	White Stadium
Thu, Nov. 23, 1950	EB 13; SB 12	White Stadium
Thu, Nov. 22, 1951	EB 7; SB 6	White Stadium
Thu, Nov. 27, 1952	SB 13; EB 7	White Stadium
Thu, Nov. 27, 1953	SB 26; EB 0	White Stadium
Sat, Nov. 27, 1954	EB 0; SB 0	White Stadium
Thu, Nov. 24, 1955	SB 6; EB 0	White Stadium
Thu, Nov. 23, 1956	EB 14; SB 6	White Stadium
Thu, Nov. 28, 1957	SB 32; EB 0	White Stadium
Thu, Nov. 27, 1958	SB 36; EB 0	White Stadium
Thu, Nov. 26, 1959	SB 16; EB 6	White Stadium
Thu, Nov. 24, 1960	SB 48; EB 0	White Stadium
Thu, Nov. 23, 1961	SB 30; EB 0	White Stadium
Sat, Nov. 24, 1962	SB 42; EB 0	White Stadium
Thu, Nov. 28, 1963	SB 28; EB 0	White Stadium
Thu, Nov. 27, 1964	SB 14; EB 0	White Stadium
Thu, Nov. 25, 1965	SB 28; EB 12	White Stadium
Thu, Nov. 24, 1966	SB 30; EB 0	White Stadium
Thu, Nov. 23, 1967	SB 14; EB 0	White Stadium
Thu, Nov. 28, 1968	EB 6; SB 0	White Stadium
Thu, Nov. 27, 1969	Tied 0-0	White Stadium
Thu, Nov. 26, 1970	SB 8; EB 0	White Stadium
Sat, Nov. 27, 1971	SB 6; EB 0	White Stadium
Thu, Nov. 23, 1972	SB 22; EB 12	White Stadium
Thu, Nov. 22, 1973	SB 16; EB 0	White Stadium
November, 1974	No game	
Sat, Nov. 25, 1975	SB 22; EB 0	Boston University
Thu, Nov. 25, 1976	SB 12; EB 7	White Stadium
Thu, Nov. 24, 1977	EB 22; SB 8	White Stadium
Thu, Nov. 23, 1978	EB 46; SB 6	White Stadium
Thu, Nov. 22, 1979	EB 30; SB 0	White Stadium
Thu, Nov. 27, 1980	EB 26; SB 14	White Stadium
Thu, Nov. 26, 1981	EB 8; SB 0	White Stadium
Thu, Nov. 25, 1982	EB 14; SB 12	White Stadium
Thu, Nov. 24, 1983	EB 18; SB 0	White Stadium
Thu, Nov. 22, 1984	EB 23; SB 0	White Stadium
Thu, Nov. 28, 1985	EB 26; SB 0	White Stadium
Thu, Nov. 27, 1986	EB 20; SB 0	White Stadium
Thu, Nov. 26, 1987	EB 25; SB 0	White Stadium
Thu, Nov. 24, 1988	EB 16; SB 14	White Stadium
Thu, Nov. 23, 1989	EB 14; SB 8	Daly Field, Bright
Fri, Nov. 22, 1990	SB 16; EB 15	White Stadium
Thu, Nov. 28, 1991	SB 14; EB 12	White Stadium
Thu, Nov. 26, 1992	EB 20; SB 14	White Stadium
Thu, Nov. 25, 1993	SB 46; EB 0	White Stadium
Thu, Nov. 24, 1994	EB 30; SB 22	White Stadium
Thu, Nov. 23, 1995	EB 26; SB 0	White Stadium
Thu, Nov. 28, 1996	SB 34; EB 20	White Stadium
Thu, Nov. 27, 1997	SB 13; EB 12	White Stadium
Thu, Nov. 26, 1998	SB 34; EB 16	White Stadium
Thu, Nov. 25, 1999	EB 14; SB 10	White Stadium
Thu, Nov. 23, 2000	EB 12; SB 8	White Stadium
Thu, Nov. 22, 2001	EB 14; SB 6	White Stadium
Thu, Nov. 28, 2002	SB 14; EB 0 (OT)	White Stadium
Thu, Nov. 27, 2003	EB 36; SB 16	White Stadium
Thu, Nov. 25, 2004	EB 41; SB 6	White Stadium
Thu, Nov. 24, 2005	EB 22; SB 12	White Stadium
Thu, Nov. 23, 2006	EB 41; SB 0	White Stadium
Thu, Nov. 22, 2007	EB 26; SB 6	White Stadium
Thu, Nov. 27, 2008	SB 34; EB 6	White Stadium
Thu, Nov. 26, 2009	EB 42; SB 8	White Stadium
Thu, Nov. 25, 2010	EB 28; SB 6	White Stadium
Thu, Nov. 24, 2011	EB 12; SB 6	White Stadium
Thu, Nov. 22, 2012	EB 22; SB 14	White Stadium
Thu, Nov. 28, 2013	EB 50; SB 6	White Stadium
Thu, Nov. 27, 2014	EB 24; SB 6	White Stadium
Thu, Nov. 26, 2015	EB 41; SB 8	White Stadium
Thu, Nov. 24, 2016	EB 59; SB 12	White Stadium
Thu, Nov. 23, 2017	EB 16; SB 0	White Stadium
Thu, Nov. 22, 2018	EB 22; SB 6	Sartori Stadium
Thu, Nov. 28, 2019	EB 36; SB 14	White Stadium
Fri, April 23, 2020	EB 36; SB 0	Sartori Stadium
Tue, Nov. 23, 2021	EB 50; SB 0	Fenway Park

ALL-STAR BOYS SOCCER



PHOTO BY PATRICK O'CONNOR

Representing East Boston at the all-star boys soccer game was Helio Spinola, Christopher Acosta and Adriano Gomez Garcia and Coach Jayson Smith. The Jets won two games in the state tournament and end the season at 8-10-2.

BPDA // CONTINUED FROM PAGE 1

brought up a change in approach that Ricco explained. “We are no longer going to proceed with putting aspects of PLAN: East Boston into city-wide zoning through the squares and streets,” she said.

She went on to explain that zoning for these areas will not be going into a citywide article and now will stay in Article 53. Zoning for squares and corridors was supposed to be discussed during a public meeting on November 14th; however, that meeting was postponed. The BPDA’s PLAN: East Boston webpage states that a new date and time will be sent out as soon as possible.

Another discussed topic was parking and the idea of restricting tenants of developments from obtaining residential parking permits.

Nick Schmidt, a Transportation Planner with the BPDA, explained that while something like this is in the purview of the Boston Transportation Department, there has been some research on the policy. “Our understanding at the moment is that the ability to say to any development or building, ‘anyone living in this residence can’t apply for a permit,’ that is something that can be discussed and negotiated during the Article 80 process,” he said. However, it should be noted that Schmidt identified that this sort of restriction cannot be applied retroactively.

He also indicated that there is ongoing research looking at recent build-ings with onsite parking to gather information about how many permits are active from the buildings and how that compares to the number of units and more.

Transportation and traffic were also big topics in the meeting, specifically a policy consideration in the plan that suggests a dedicated lane in the Ted Williams Tunnel for buses and high-occupancy vehicles. “I think the community would probably rather a toll sitting at the entrance to the airport to prevent cars from driving into the neighborhood versus giving up a lane in the Ted Williams,” said one AG Member.

There were also discussions about pricing and how different means of transportation can be incentivized or disincentivized to curb traffic.

In terms of transportation in general, an AG member also brought up the idea of expanding ferry service to Chelsea Creek. Senator Lydia Edwards, who was in attendance, spoke about using the water as a resource and how underutilizing it would be a detriment.

Moreover, as the meeting progressed and several other topics were discussed, the BPDA closed the session with some public realm implementation updates.

For example, one discussion item was the Bennington Street targeted safety improvements pilot, which is slated to be implemented in the spring from Suffolk Downs Station to Beachmont Station, according to Schmidt.

The pilot, a Massachusetts Department of Transportation (MassDOT) project designed to curb speeding and increase access to Belle Isle Marsh, will rightsize the street and add a two-way separated bike lane.

Schmidt also spoke about grant applications for projects improving transportation and the public realm. An example of one of these projects would entail the planning and design of a walking and biking connection between the Mary Ellen Welch and Chelsea Greenways.

Finally, he spoke about some developments in the neighborhood, such as 355 Bennington Street and, 2 Ford Street & 970 Saratoga Street, that are slated to bring public realm improvements along with their projects.

As for what is next, updates to PLAN: East Boston were scheduled to be posted to the PLAN: East Boston webpage by November 17th. However, as of this writing, those updates have yet to be posted. Additionally, meetings initially scheduled for November 28th and 30th have been postponed, per the PLAN: East Boston webpage.

Even with these postponements, the webpage still lists the comment period running until December 1st.

To get all information related to PLAN: East Boston, you can visit <https://www.bostonplans.org/planning/planning-initiatives/plan-east-boston>.



Public Meeting

PLAN: East Boston Updates

NOVEMBER
28 Spanish
6:00 PM - 8:00 PM

NOVEMBER
30 English
6:00 PM - 8:00 PM

Location:
**Mario Umana Academy,
Auditorium 145
(312 Border St, Boston, MA 02128)**

Project Description:
Please join the BPDA for public meetings on Tuesday, November 28, 2023 (Spanish-Language) and Thursday, November 30, 2023, to discuss updates to the draft of PLAN: East Boston and amended zoning language for the neighborhood. These meetings will review revisions to the PLAN’s key recommendations as well as proposed zoning for East Boston’s Neighborhood Residential, Waterfront, and Mixed-Use areas. These meetings will be held in-person at Mario Umana Academy (312 Border St, Boston, MA 02128 - Auditorium 146), from 6:00-8:00pm, on their respective dates. Simultaneous interpretation into English (11/28) and Spanish (11/30) will be provided. These are public meetings: all are welcome to join, comment, and discuss the proposed plan and zoning changes. For more information about the PLAN and the draft zoning amendments, please visit the PLAN: East Boston webpage: bit.ly/plan-east-boston

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East Boston

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HAPPY THANKSGIVING

A Harris poll a few years ago revealed that Christmas is the favorite holiday of the year among all age groups of Americans, but 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 comedian George Carlin’s skit about football vs. baseball (check it out on YouTube if you’ve never seen it). Football is the equivalent of war, while baseball is all about going home. Similarly, while Christmas epitomizes our hyper-capitalist, consumerist, and frenetic society, Thanksgiving is its 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. Despite our own trials and tribulations, 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.

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 02151. Items can also be faxed to 781-485-1403. We also encourage readers to e-mail news releases and photos to deb@reverejournal.com

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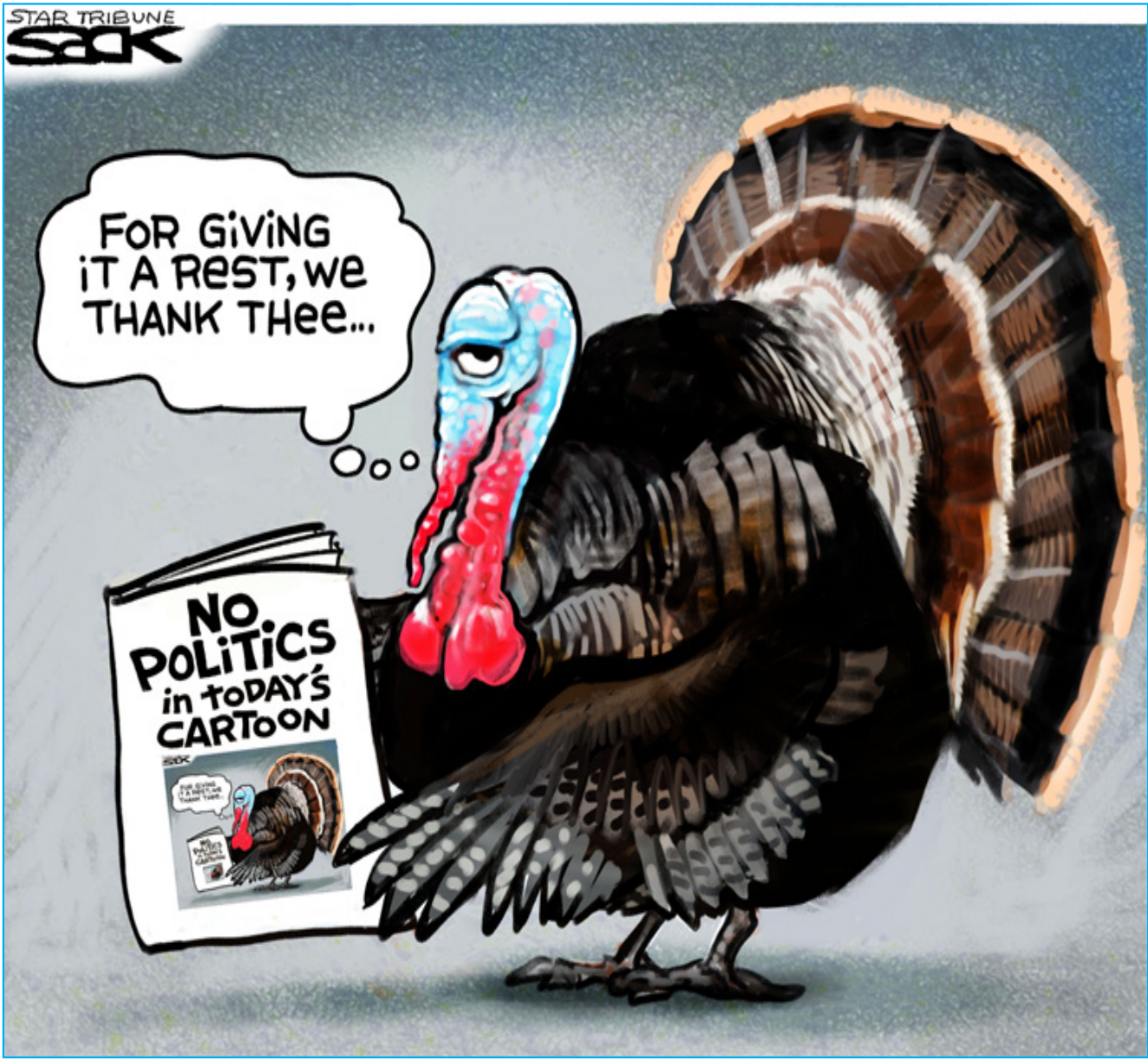
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GUEST OP-ED

Bay Staters deserve opportunities to build a better financial future

By Jeffrey Rosario Turco,
and Francisco E. Paulino

Whether you grew up in Revere, Winthrop, Lawrence, Brighton, or Boston, every community in the Commonwealth values kitchen-table issues; an honest day’s work, safe streets, affordable homes, good schools, access to quality and affordable healthcare, and the ability to earn a good living and save for the future.

Just last month, we were able to pass a historic Tax Relief Bill which will make the Commonwealth more affordable, competitive and equitable by putting real dollars directly back into the pockets of hardworking Bay Staters. Whether it’s by increasing the child and dependent tax credit for families or lowering the capital gains tax so folks see more of their money when they invest in their Robinhood or Fidelity accounts, this legislation will provide immediate relief and opportunities for working class people fighting hard every day to make a living.

There’s more work to be done. It’s no secret that for much of this country’s history, the financial system has been largely closed off to most Americans. Teachers, plumbers, steamfitters, steelworkers, nurses, members of the military, and men and women in uniform simply have not always had the same opportunities to save and build wealth as the one percent.

Until recently, owning stocks was largely re-

served for older, wealthy, and less diverse Americans, including those with the means to pay a financial professional to do it for them. Fortunately, recent innovations aimed at empowering a new age of investors tore down these barriers, reshaped our financial system, and paved the way for a massive influx of new investors into the stock market. These millions of new investors are younger, more diverse, and come from every community and every part of the country, including hundreds of thousands of people right here in Massachusetts.

Not only did this transformative shift expand access to the stock market for an entirely new generation of Americans, it has made finance and investing more approachable and relevant to millions of people who had previously avoided it because of its intimidating and exclusive nature. Today, technology has democratized investing with easy-to-use, low-cost mobile platforms like Robinhood that for the first time provide tools allowing ordinary Americans to save a little more, make a few extra dollars in income, and invest in great American companies they believe in, including companies that are based here in the Commonwealth. These new platforms have not only simplified the act of purchasing a stock, they’ve increased the overall relevance and interest in personal finance. Whether it’s through podcasts, newsletters, or in-

app education modules, these platforms are using technology to communicate with and educate investors, making financial literacy more accessible by breaking-down complex concepts such as compounding and dollar cost averaging, as well as the differences between a traditional and Roth IRA and the implications of a ‘wash sale’ or capital gains.

We must encourage these platforms, who are uniquely positioned, with their reach and resources, to continue prioritizing financial literacy with the understanding that developing a new generation of informed investors will lead them to a more sustainable financial future. We also need to promote sound policies that will help keep these new investors involved for the long-term while protecting them from fraud and abuse. Unfortunately, recent efforts by financial regulators are threatening to throw these new investors right back out of the markets. At both the state and federal levels, securities regulators are considering new rules that, while intended to protect investors, would strike at the very heart of the online model most prefer to use to invest today. These rules could even make it impossible for financial providers to use the very same innovative technologies that have brought millions into the stock market in the first place. And they are likely to disproportionately harm

those underserved populations that for decades have been told they aren’t smart enough or wealthy enough to invest.

We reject this narrative, as do many of our colleagues. We’ve personally spoken to our neighbors – construction workers in Lawrence, firefighters in Revere, cab drivers around Boston, and the staff here in the State House – many of whom tell us that they feel more empowered and equipped than ever before to make their own financial decisions. These are normal people who don’t necessarily have the resources, the need, or the desire to completely turn the management of their finances over to expensive professionals. Instead, they’ve gravitated toward affordable and easy-to-use mobile platforms that allow them to take a more hands-on approach in managing their finances. These investors deserve strong, sensible regulations that protect them from fraud and abuse, but they also deserve the opportunity to participate fully in our financial system and achieve the American dream. We will continue to fight in the State House for policies that give our communities both.

Jeffrey Rosario Turco, Esq., is a State Representative, and represents the 19th Suffolk District and Francisco E. Paulino, is a State Representative, and represents the 16th Essex District.

Your opinions, please

The Times welcomes letters to the editor. Our mailing address is 385 Broadway, Revere, MA 02151. Letters may also be e-mailed to editor@eastietimes.com.

Letters must be signed. We reserve the right to edit for length and content.

EBNHC // CONTINUED FROM PAGE 1

communities, has long been a focus for EBNHC which was recently recognized by the Department of Health and Human Service’s Health Resources & Services Administration (HRSA) as a 2023 National Quality Leader and one of the nation’s leading health centers in reducing health disparities.

To help put patients at ease, the new BHUCS suite features state-of-the-art behavioral health care design. A calming space, intentionally constructed to be safe and aesthetically pleasing for those struggling with a mental health or substance use disorder, the BHUCS provides access to immediate crisis evaluation, next-step planning, and support for all patients ages six and above. The BHUCS currently welcomes walk-ins five days a week and will move to seven-day a week access in early 2024.

“We are in the midst of a behavioral health crisis that requires new ideas, more resources, and a strong investment to meet this demand,” said EBNHC Executive Vice President and COO, Ryan Boxill, PhD, MBA. “Since our soft-opening last month, we’ve already seen great demand for this service that will be especially vital for low-income and non-English speaking patients. Our highly trained,

diverse, multi-disciplinary behavioral health team members are eager to welcome many first-time patients and are equipped to offer care in their native language.”

Thanks to earmarked state funding advocated for by Massachusetts State Rep. Adrian Madaro, EBNHC has hired more than 20 diverse new staff, experienced in providing behavioral health care to adults, adolescents, and youth.

“Behavioral health care providers are still seeing the effects of the COVID-19 pandemic, which, for many children was a two-year hiatus from achieving key developmental, academic and social milestones,” said Michael Mancusi, MSW, LICSW, EBNHC Vice President and Chief Behavioral Health Officer. “This has had a deleterious effect on the mental health of our young people, and we realized a better model was needed to address community behavioral health — one with an immediately accessible entry point and a range of care to match our patients’ needs. That is why we created the BHUCS -- to provide an urgent response to an urgent health care crisis.”

Patients can now access the following services at the BHUCS, Monday-Friday, 9:30 a.m. – 6:00 p.m.

(weekend hours will be available in 2024):

- Same-day clinical triage, crisis evaluation, next step planning and support
- On-site medical evaluation and necessary laboratory tests
- Psychopharmacology evaluation and medication prescription
- Crisis response and stabilization
- Care navigation and

care coordination

- Enrollment in EBNHC primary care, based on availability

EBNHC has also expanded mind/body offerings for patients, such as

reiki, trauma-informed yoga, community peace circles and other community interventions to meet interest in non-traditional, indigenous, and culturally relevant healing methods.



Featured from left to right: EBNHC’s Chief Behavioral Health Officer Michael Mancusi, LICSW; Behavioral Health Medical Director Dr. Laura Petrillo; and Behavioral Health Urgent Care Administrative Director Nicholas Smietniansky pose with members of the BHUCS care team inside the new site at East Boston Neighborhood Health Center.



EBNHC Chief Operating Officer Dr. Ryan Boxill, PhD, MBA, addresses the crowd alongside EBNHC Chief Behavioral Health Officer Michael Mancusi, LICSW.



Featured from left to right: EBNHC Chief Medical Officer Dr. Jackie Fantes, EBNHC Board of Directors Chair Rita Sorrento, Behavioral Health Medical Director Dr. Laura Petrillo, State Rep. Adrian Madaro, Chief of Department of Boston EMS James Hooley, EBNHC CEO and President Greg Wilmot, EBNHC Chief Operating Officer Dr. Ryan Boxill, PhD, MBA, and EBNHC Chief Behavioral Health Officer Michael Mancusi, LICSW.

Wu announces Boston’s annual toy drive

Mayor Michelle Wu and the City’s Community Engagement Cabinet announced the City is collecting donations and searching for volunteers for the annual toy drive in partnership with the Marine Toys for Tots program. Residents are encouraged to spread holiday cheer through donating a new toy or book or volunteering at the holiday toy drive warehouse located at the Boston Convention Center. Toy drive boxes will be located around the City for residents to drop off toys and books. Each year the Marine Toys for Tots program partners with the City of Boston to collect new, unwrapped toys and new books to distribute to children in need. Toy donations will be accepted through December 11, and volunteer opportunities are available until December 20. Those interested in volunteering are encouraged to complete the online form to sign-up for a role.

“Every child deserves to feel the joy of opening a gift and finding fun in a new toy or book, and the holiday season is the perfect time to give back to

our communities,” said Mayor Michelle Wu. “I encourage Boston residents to donate to the City’s annual toy drive and spread cheer to our neighbors in need.”

Through the gift of a toy or book, Marine Toys for Tots programs bring the joy of Christmas and send a message of hope to America’s most vulnerable communities. To date, Toys for Tots has distributed 652 million toys to 291 million deserving children.

“The partnership with the City of Boston is very important to the US Marine Corps because it grants access to additional resources and we are assisted with greater community reach to spread our message across our region,” said Toys Marine Toys for Tots Campaign Coordinator, Sergeant Ricardo Balderama. “We want community members to know that we are here to help those in need during the holiday season.”

“The holiday season is a great time to come together as a community and help those in need, especially our city’s most

vulnerable communities,” said Community Engagement Cabinet Chief Brianna Millor. “City volunteers, alongside Toys for Tots, are honored to lend a helping hand alongside constituents to ensure every child in our city has a new toy during Christmas.”

Community members interested in donating toys or books can visit Toys for Tots’s website for more information regarding sites to make donations. There are toy drive boxes located at the front entrance of City Hall, Boston Public Library - Central Library, select BCYF Centers including the Tobin Community Center, and local fire stations.

“The partnership with Toys for Tots is critical for families in need in Mission Hill and throughout the City of Boston,” said John Jackson, BCYF Tobin Community Center Director. “Most of our families are headed by single households with more than one child, so being able to provide holiday gifts to these families is always appreciated.”

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Launching East Boston Artists at the ICA Watershed

The East Boston Artists Group wants to thank all of our sponsors — and the ICA — for their support of this important presentation. We also want to thank our many volunteers, and all of you who came out to experience and support the work of our local art community. We hope you enjoyed it!!

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We would also like to acknowledge the following for their help in organizing and supporting the event:

(EBAG members - Coordinators: June Krinsky-Rudder and Diane Modica Committee: Brian Burke; Sandra Castillo; Matt Pollock Website Translation Proofreading: Luz Zambrano Design: Kristen Freitas (postcard); Richard Hudson (t-shirt; certificates) Janet Knott and Jaye Woodstock (brochure folding)

Design: Anya Pawar (EBAG website) Fiscal Agent: ZUMIX (special thanks to Chrissy Holt)

We also want to thank the following ICA staff for their tireless help and expertise in planning this event: Ryan Arnett; Michael Chan; Ruth Erickson; Kelly Gifford; Hope Huban; Rebecca O'Brien Pani; Angela Torchio; Kris Wilton

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SALESIAN BOYS & GIRLS CLUB HOLDS ANNUAL PASTA DINNER

PHOTOS BY MARIANNE SALZA

The Salesian Boys & Girls Club of East Boston held its 17th Annual Pasta Dinner Fundraiser on November 9 to support youth programming. Families enjoyed gift baskets and raffles in addition to dinner prepared by Sammy Carlo's Delicatessen & Catering, and dessert provided by Muffin Town.



Pasta Dinner Fundraiser volunteers.



Steve Scapicchio, Senator Lydia Edwards, Captain Dean Bickerton, Yamina Lachmi, Senator Edwards' East Boston Liaison, Daniel Reis, Senator Edwards' Communication Associate, Officer Hugo Alvarez, Officer Cutis Mosley, and Sal Giarratani.



Executive Director Michael Triant with Kiki, his godfather, Ross, mother, Janet, father, George, and cousin, Patty.



Josephine, Michelle, and Henry Forbes, with Patty and Vinny Camilleri.

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A volunteer serving pasta and meatballs to guests.



Alessandra, Frank, and Maria Conti, with Lucy Kent, and Ben Berlangieri.



Dottie and Skip Marcella with their granddaughter, Emilia Marcella, Jane Manning, Karen Pearson, and Ernie Felzani.



Families enjoying the 17th Annual Pasta Dinner Fundraiser at the Salesian Boys & Girls Club of East Boston on November 9.

SALESIAN BOYS & GIRLS CLUB HOLDS ANNUAL PASTA DINNER

PHOTOS BY MARIANNE SALZA



Dyami Thompson and Teagan Scarpa.



Salesian Boys & Girls Club member, Maury Castillo, 8, and Raul.



Families enjoying the Salesian Pasta Dinner on Nov. 9.



Best friends, Melany Jean and Naomy Orellana.



Christian and Melissa Triant and Father Jack Janko.



Michael Triant, Salesian Boys & Girls Club Executive Director, and Maria Yepes, who received a certificate of recognition from the House of Representatives for her selfless service to families affected by the Saratoga Street fire through Spanish language translation and interpretation.



Giovanni La Paz, Viviana Gonzalez, Vialexa Reynoso, Carla Diaz, Briana La Paz, and Milani Santiago.



Chris Holland, Debbie and David Surface, John Kingston, and Heather Roberts.



Beia Kellog and Emily Sacco, Salesian members.



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FOR MORE INFO CALL LAUREN @ 617-635-5120

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Michelle Wu, Mayor

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MC's Make-A-Wish Club grants its 5th wish in 5 years and raises over \$54,000

Evan, 10, from Medford, revels in the outdoors - from playing soccer to tag to water parks and hiking. He enjoys these activities along with watching Star Wars movies and playing with LEGOs - all of which offer him a way to keep a routine despite the unpredictability of a life-threatening seizure disorder.

In November, Malden Catholic's (MC) Make-A-Wish Club presented a check for \$11,373 to Make-A-Wish® Massachusetts and Rhode Island to provide Evan with a trip to Disney World® Resort where he rode thrilling rides including roller coasters and interacted with some of his favorite Disney and Star Wars characters. Best of all, on the trip he celebrated his birthday with his twin sister at the theme park. This will be MC's Make-A-Wish Club's 5th Wish in 5 years, raising over \$54,000 in total.

At the ceremony, MC's Make-A-Wish Club Co-Presidents, Clodagh Duffy and Colum Flood presented the check to Make-A-Wish® Massachusetts and Rhode Island Community Senior Manager of Corporate and Community Partnerships, Mariama Sano. Also present at the event were Malden's Mayor Gary Christenson, MC President John K. Thornburg,

executive team members from Make-A-Wish® Massachusetts and Rhode Island, MC Make-A-Wish Club members, Club Co-Moderators, Brother Puccio and Eilish O'Brien and special guest, RJ, a MC Make-A-Wish Club recipient who received a parrot as his special wish the previous year.

According to Mariamo, "There is something very remarkable about everything the students, parents, staff have contributed at Malden Catholic to support a local child who is suffering from an illness. This contribution is a true testament to the power we have as a community when we come together for a cause."

Over the last 5 years, Malden Catholic Make-A-Wish Club members and parents have joined together to raise money through a variety of events, including an Irish Dance, selling frozen bon bons, an ice cream social, dress down days and volleyball tournament. Individual contributors have also contributed to the wishes that were granted to children in need. "We are blessed and thankful for the commitment and dedication of our MC Make-A-Wish Club. Knowing that we can make a difference in the life of a critically ill child is truly and incredible thing," stated John K.



Shown (left to right) are Malden's Mayor Gary Christenson, MC Make-A-Wish Club Co-Moderator Eilish O'Brien, MC Make-A-Wish Club Member Jenna Lapenta, MC Make-A-Wish Club Member Philip Rotondo, MC Make-A-Wish Club Co-President Colum Flood, MC Make-A-Wish Club Co-President Clodagh Duffy, Malden Catholic President John Thornburg, and MC Make-A-Wish Club Co-Moderator Brother Thomas Puccio.

Thornburg, Malden Catholic President.

Since 1932, Malden Catholic has shaped emerging leaders in our community, claiming a Nobel Laureate, a Senator, two ambassadors and countless community and business heads among its alumni. Annually, graduates attend some of the nation's most renowned universities including Harvard, Princeton, Dartmouth, University of Chicago, Georgetown,

Cornell, Brown, Tufts University, Carnegie Mellon, Duke, Notre Dame, Northeastern University, Boston College and College of the Holy Cross, just to name a few. Foundational to student success is Malden Catholic's codivisional model which offers the best of both worlds, single-gender academics during the day and integrated social and extracurricular opportunities after school. Malden Catholic is known in the

community for its rigorous academics, SFX Scholars Program and award-winning STEM program. Malden Catholic curricula is designed to improve individual growth mindset, leadership principles and success outcomes along with integrating the Xavarian values of trust, humility, compassion, simplicity and zeal. <https://www.maldencatholic.org>

Make-A-Wish Massachusetts and Rhode creates life-changing wishes

for children with critical illnesses. We seek to bring every eligible child's wish to life because a wish is an integral part of a child's treatment journey. Research shows children who have wishes granted can build the physical and emotional strength they need to fight their illness. Since 1987, the organization has granted more than 8,500 wishes for children in Massachusetts and Rhode Island. [massri.wish.org](https://www.massri.wish.org).

EDWARDS RECEIVES THE THOMAS M. MENINO AWARD

Last Wednesday, Senator Lydia Edwards received the Thomas M. Menino Award for Public Service at the Disability Policy Consortium's Winske Memorial Awards. The Disability Policy Consortium is Massachusetts' premier statewide disability civil rights advocacy and research organization. The Thomas M. Menino Award is annually bestowed upon a public



Senator Lydia Edwards.

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A SHORT STORY ABOUT GROWING UP WITH AN UNFAIR ADVANTAGE.

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As one of the last American children to contract polio, Jeffrey Galpin grew up in a world of iron lungs and body casts, alone with his imagination. His story would be dramatic enough if it was just about his battle with this dreaded disease.

But Jeffrey Galpin did more than survive polio. He went on to a list of achievements in medical research—including being the principal investigator in applying the first gene therapy for HIV/AIDS.

Dr. Galpin actually credits his own incurable condition for giving him the focus that made him so passionate in his research. His story leaves us with two of the most contagious messages we know. Don't give up, and remember to give back. If Dr. Galpin's story inspires just one more person to make a difference, then its telling here has been well worth while.



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Metropolitan Beaches Commission holds in-person meeting

For the first time since the COVID-19 shutdown, the Metropolitan Beaches Commission gathered on Beacon Hill on October 31 for an in-person hearing on the state of the region’s beaches. This was also the first opportunity for the Commission to hear from recently appointed DCR Commissioner Brian Arrigo on his priorities and vision for the agency. The Metropolitan Beaches Commission is managed by Save the Harbor/Save the Bay and is responsible for making recommendations on the maintenance, improvement and accessibility of the region’s public beaches from Nahant to Nantasket.

Over 100 people attended the hearing in person or over Teams as DCR Commissioner Brian Arrigo testified to the agency's efforts to address recommendations from the MBC's Breaking Barriers report, including steps towards equity and diversity-focused hiring practices and improvements to ADA-accessibility. Commissioner Arrigo also committed to adding more multilingual signage to the region’s beaches before the 2024 beach season.

“We are really proud of all the work that has brought us to this point today,” said Commis-

sion Co-Chair Senator Brendan Crighton. “Our collective work to break down with a particular focus on racial equity and language equity has identified concrete action steps to help address very complex long-standing issues that impact our beaches and communities.”

“DCR’s public beaches belong to everyone, and all of our residents should be able to safely access and enjoy them,” said DCR Commissioner Brian Arrigo. “We are committed to working with the Commission and Save the Harbor/Save the Bay to ensure our metropolitan region’s public beaches are welcoming places for everyone regardless of race, ability, language or income.”

The MBC and Commissioner Arrigo also discussed potential for improving the flagging protocols on our region's beaches to communicate to the public more clearly on the infrequent days when water quality may be potentially unsafe for swimming, usually following a heavy rainfall. While Massachusetts continues to boast some of the country’s cleanest urban beaches, stormwater runoff can impact that quality. Director of Green Infrastructure for the City of Boston Kate England



Metropolitan Beaches Commissioners left to right: Representative Tackey Chan, Kerin O'Toole, Mercy Robinson, Representative Jessica Giannino, Senator Brendan Crighton, Representative Adrian Madaro, Representative Joan Meschino, Assistant Deputy Commissioner Susan Hamilton.

addressed the increased impacts of stormwater due to climate change and the potential to mitigate those impacts through strategic green infrastructure improvements, teeing up the Commission’s next efforts to address climate resiliency and sea level rise along our coast.

“The beaches are absolutely a critical open space and natural resource for the Commonwealth and need ongoing improvements,” said Co-Chair Rep. Adrian Madaro. “We have had great success working in partnership

with DCR to upgrade our public beaches and are looking forward to continuing our collaboration so all families can enjoy them no matter what part of the world they come from.”

The Commission also heard testimony from members of the public who spoke to the success of the Better Beaches Program, which brought over 200 free public and diverse cultural events to the beaches this past summer, and also addressed community specific concerns about water quality

in Lynn and Dorchester that the Commission will continue to try and address.

“It's terrific to have a Commissioner that shares our goals and values when it comes to making our spectacular urban beaches accessible to everyone,” said Save the Harbor Executive Director Chris Mancini. "We're looking forward to supporting and collaborating with our partners at DCR to continue breaking barriers for people of color, people with disabilities and those who don't speak English

as a first language. And to see if we can’t do something about rising seas while we’re at it.”

Next steps for the MBC are to keep partnering with DCR to address the infrastructure and equity priorities discussed at the hearing, and to host a series of community charrettes in beachfront neighborhoods on strategies for dealing with rising seas and other effects of climate change.

For more information and to connect with the MBC, visit www.savetheharbor.org/mbc

Why preventing diabetes should be a priority at all ages

By Dr. Donna O'Shea

More than 96 million Americans, or 1 in 3 adults, live with a potentially life-altering condition – yet many of them are unaware they even have it.

That condition is prediabetes, which in up to 70% of cases develops into diabetes. Today, more than 37 million Americans already live with diabetes, which if left untreated can contribute to a host of health issues, including heart disease, vision loss, nerve damage and more. In Massachusetts, 7.7% of adults over age 18 have been di-

agnosed with diabetes.

While the risk of developing type 2 diabetes increases with age, taking steps to avoid or more effectively manage this condition should be a priority for people of all ages. For November’s American Diabetes Month, here is important information to consider about this condition.

Types of diabetes: Diabetes alters the body’s ability to create energy from the food you eat and can develop in three forms. Type 1 diabetes occurs when the body cannot produce insulin on its own, typically due to genetic factors. It accounts for approximately 5% of all diabetes cases, there is no known prevention and is typically diagnosed during childhood. Type 2 diabetes accounts for up to 95% of all cases and develops when the body can’t use the insulin it produces, typically due to inactivity and poor nutrition. Finally, gestational diabetes may occur in pregnant women, often due to the hormones and weight gain associated with pregnancy.

Diabetes in children: While type 1 diabetes was historically known as juvenile diabetes, that term is no longer truly applicable due to the surging prevalence of type 2 diabetes among children. One primary driver of this is the mounting rates of childhood obesity, which now affects 1 in 5 young people. It’s important to

OBITUARIES

Olga Elliott

Of Swampscott, formerly of East Boston and Winthrop

Olga S. Elliott of Swampscott, formerly of East Boston and Winthrop, passed away peacefully on Friday, November 17 at 96 years of age.

The beloved wife of the late John Walker Elliott Sr. and the loving daughter of the late Ettore and Rachelina (LaPegna) DeRota, she was the devoted mother of Carol St. John and her husband, Laurence of Swampscott, David Elliott and his wife, Patricia of Beverly, Thomas Elliott and his wife, Jennifer of Lynnfield, Robert Elliott and wife Rita and Wayne Elliott, all of East Boston and the late John W. Elliott Jr. and his surviving wife, Evelyn of Rockland; dear sister of the late Mary Kovacev, Clara Marcucella, Ralph DeRota, Victoria Boniface and Lydia Spoletti, the cherished grandmother of several grandchildren and great-grandchildren and she is also survived by many loving nieces and nephews.



Family and friends will honor Olga’s life by gathering at the Ruggiero Family Memorial Home, 971 Saratoga Street, (Orient Heights) East Boston, on Monday, November 27th from 9:30 to 11:30 a.m. followed by a Funeral Mass at Saint John’s the Evangelist ~ Saint Michael the Archangel Church, Winthrop, at 12 Noon. Burial services will be private. In lieu of flowers, memorial donations may be made in Olga’s name to Susan G. Komen for the Cure, 5005 LBJ Freeway, Suite 250, Dallas TX 75244. To leave an online condolence, please visit www.ruggieromh.com.




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In Loving Memory

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“HP”

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No poem, no rhymes – just daily, memorable, cherished and loving thoughts of you...

It has been seven years since you've gone away.

Through friends you always cared about, we still feel your laughter, love, kindness, and strength –it will live on forever.

Those we love are never really lost to us.


Even though we can't relive the memories, they become a diary that we carry with us...a diary that lives in our hearts – in the happiness we all knew, and in the dreams we shared...

Elaine will always be our inspiration.

Forever in our hearts, thoughts and prayers.

Lovingly remembered,
Tony

In Loving Memory



12th Year Anniversary
11/20/2011 — 11/20/2023

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Daddy

There is not a day that goes by when we don't think about you dad.

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We will hold onto the memories and hold them forever in our heart.

We keep a little piece of you with us, so we are truly never far apart.

Forever loved and missed,
Susie, Sharon, Chris, Lori, Stephen,
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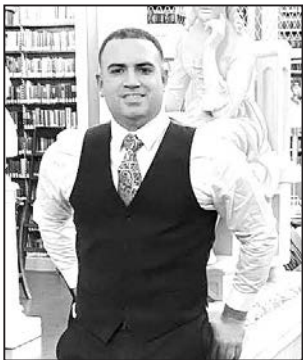
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Eastie’s Moscone named top lawyer in criminal defense by Boston Magazine

Attorney Albert J. Moscone, Jr., has been recognized by Boston Magazine “Top Lawyer: 2023, Criminal Defense,” as well as, in The Best Lawyers®. Ones to Watch in America in the areas of Corporate and Real Estate Litigation. He has been named Top 10 Under 40 by Attorney & Practice Magazine in the area of Criminal Defense. He has also been appointed to serve as a Title Examiner by the Chief Justice of the Massachusetts Land Court.

Attorney Moscone was born and raised in East



Albert J. Moscone, Jr.

Boston. He is the founder and managing attorney of Moscone Law, where he focuses on criminal and real estate litigation. Attorney Moscone has successfully argued before a

judge or jury in multiple venues throughout the Commonwealth as well as in Federal Court.

Criminal Defense. Attorney Moscone has successfully represented clients in all phases of criminal litigation from arraignment to pre-trial detention hearings, motions and jury trials. In many instances he has succeeded in persuading the government not to file charges against his clients.

Real Estate Litigation. Attorney Moscone has successfully litigated real estate title matters. He was recently appointed

as a Title Examiner by the Massachusetts Land Court.

Municipal Representation. Attorney Moscone represents municipalities, ensuring protection of municipal delinquencies and the security of municipal liens throughout and following a debtor’s Federal Bankruptcy Case. Attorney Moscone has experience litigating avoidance, preference and adversary proceedings.

Albert Moscone Jr. holds a B.A. from Suffolk University and a J.D. from New England Law School.

Diabetes // CONTINUED FROM PAGE 9

two decades. Living with prediabetes, being overweight, not getting enough physical exercise and being over age 45 all put people at greater risk of developing type 2 diabetes. For working-age adults with this condition, it’s critical to consistently track blood sugar levels, ideally with a continuous glucose monitor. In fact, a growing number of health plans are starting to cover this type of technology, which uses a sensor, often worn on the abdomen, to continuously read glucose levels and transmit the data to a smartphone. Another important strategy for adults and children is

to get a routine comprehensive eye exam, which can help diagnose diabetic retinopathy and help individuals recognize the need to better control their blood glucose levels. Diabetic retinopathy may occur in people with diabetes and causes damage to the blood vessels in the retina, leading to blindness in some cases.

Diabetes in older adults: Nearly 30% of adults 65 and older live with diabetes, which increases the risk for certain cancers and cognitive impairment, such as Alzheimer’s disease. Not only that, older adults with diabetes are more likely to

develop certain vision issues, such as glaucoma and cataracts, and the condition may contribute to hearing loss by causing nerve damage in the inner ear. Staying active and eating a balanced diet is crucial, including a focus on consuming healthy proteins (chicken, fish or turkey), non-starchy fibrous vegetables (broccoli, green beans or carrots) and a moderate amount of carbohydrates (brown rice, sweet potato or whole-grain breads or pasta). Interval eating may also be a strategy to consider, including waiting at least an hour after waking up to eat breakfast and

avoiding food within three hours of sleep.

For many people, type 2 diabetes is largely preventable with lifestyle modifications, such as a nutritious diet, consistent exercise and maintaining a healthy weight. Understanding your risk factors and staying on top of your health – starting during childhood and as you age – may help you prevent or better manage type 2 diabetes.

Dr. Donna O’Shea, Chief Medical Officer of Population Health, UnitedHealthcare

LEGAL NOTICE

LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT Suffolk Division INFORMAL PROBATE PUBLICATION NOTICE Docket No. SU23P2361

Estate of: John Joseph Fawcett, Jr. Date of Death: August 22, 2021 To all persons interested in the above captioned estate by Petition of Petitioner Cynthia A. Shea of Boston, MA. Cynthia A. Shea of Boston, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative

under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner. Dated: October 31, 2023 Stephanie L. Everett, Esq. Register of Probate Court 11/22/23 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 (617)788-8300 CITATION ON PETITION FOR FORMAL ADJUDICATION Docket No. SU23P2540EA Estate of: Jennie B. Lauria Also known as: Jennie Lauria Date of Death 07/22/2016 To all interested persons: A Petition for Late and Limited Formal Testacy and/or Appointment has been filed by Joseph

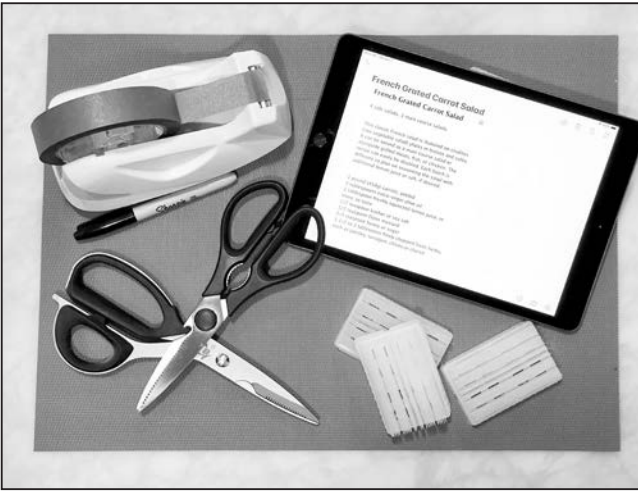
Lauria, Jr. of Newbury, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. IMPORTANT NOTICE You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 12/28/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you. UNSUPERVISED ADMINISTRATION UNDER THE MASSACHU-

SETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration. WITNESS, Hon. Brian J. Dunn, First Justice of this Court. Date: November 20, 2023 Stephanie L. Everett, Esq. Register of Probate

11/22/23 EB

FRESH AND LOCAL Favorite kitchen tools



You may think of these items as something other than kitchen tools, but we use them daily!

By Penny & Ed Cherubino

Some items we’ll write about today may differ from what you think of as kitchen tools. However, if you watched Penny cook and looked at the equipment that is given counter space in our tiny kitchen, you might decide to add one or more of these to your holiday gift list for yourself or a favorite cook.

Voice Activated Assistant

Amazon’s Alexa, Google Assistant, and Apple’s Siri are examples of currently available voice-activated assistants. We use ours for a shopping list. When we see an item running low, we add it to our list. If it’s not an urgent need, we might add the word “backup!” Penny checks this list every day before her morning walk.

When she’s in the kitchen, Penny has her assistant play food podcasts. Create a cooking playlist if you prefer music to information. Ed opts for news when it’s his kitchen time.

If your assistant has a screen like an Echo Show or tablet, you can have it display a recipe. You can ask for help converting measurements, finding substitutions for ingredients, or adding timers or reminders for the foods you’re cooking.

Blue Tape and a Sharpie

Other people call it “Blue Painter’s Tape,” but since we use it to keep track of food, we call it “Cook’s Tape.” If we open a carton of stock or a jar of roasted peppers, the date is added with a strip of blue tape before we pop the item into the fridge. When we freeze meals or ingredients, they wear a blue tape label.

We also use it to tape a plastic bag over the switches on a food processor or meat grinder when using them. It’s easy to operate the controls (even with messy hands) through a thin bag, and it keeps food out of the electronic connections and

makes the appliance much easier to clean.

A piece of blue tape on the refrigerator door means there is something in there that should go out with the trash. On a bowl of tomatoes, it indicates which side to use first.

Scissors and Magnets

We have two pairs of kitchen scissors. One is a heavy-duty option for cutting through bones for a task like spatchcocking a chicken. The other is a sturdy but lightweight pair used so often that they reside in the dishrack. We use these to snip herbs or scallions or cut leftovers to top a salad without using a cutting board.

In addition to a magnetic knife rack to keep our knives safe and sharp, we use stick-on magnets to keep a can opener, box cutter, and tiny dustpan and brush handy on the side of the refrigerator.

Magnetic frames keep prints of Wendy MacNaughton chart illustrations from the book Salt, Fat, Acid, Heat on the front of our freezer for quick reference.

Surgeon’s Brushes

Years ago, we discovered surgeon’s brushes and soon found many uses for them in the kitchen. We use them to clean our hands and nails before and after food prep. We buy ours from Lee Valley, where they are called “The World’s Kindest Nail Brush” and cost about \$15 a dozen.

These gentle alternatives to rough scrub brushes also serve for cleaning mushrooms and root vegetables and even for gently removing stains on aprons or dish towels.

You may already have some of these items and use them as we do. If not, consider a few stocking stuffers or a useful upgrade to your kitchen tools.

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

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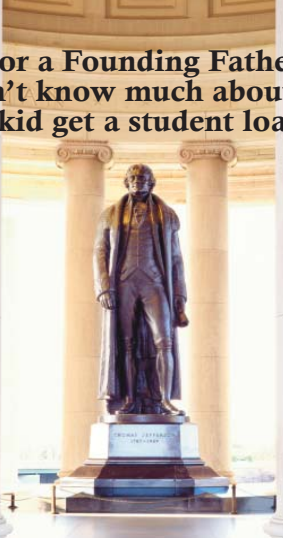
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A public service message from the U.S. General Services Administration.

MBTA releases Capital Needs Assessment and Inventory

The MBTA released its Capital Needs Assessment and Inventory (CNAI), an MBTA-led analysis conducted every three-four years to inventory the MBTA’s assets, understand the overall condition of the transit system, and identify assets that are not in a State of Good Repair in order to determine the level of investment needed to support the existing network.

“Restoring reliability and ensuring safety are priorities as we rebuild MBTA infrastructure. Understanding and acknowledging the significant resources needed to bring our system to a State of Good Repair is just one step towards fixing our infrastructure to deliver more robust and frequent service. The MBTA is one of the oldest transit agencies in the country, and while there are a number of contributing factors, it’s clear that years of under-investment have added to the cost of bringing our system back to a state of good repair,” said MBTA General Manager and CEO Phillip Eng. “Timely and appropriate actions are key to mitigating and avoiding more costly and potentially impactful efforts. Know that we are committed to aggressively addressing our immediate needs – like the recent 16-day outage on the Ashmont Branch to perform track work – as we strive to deliver a modernized system to serve future generations.”

The MBTA is among the oldest and most complex transit agencies in the United States with some assets that date back more than 50 years. All MBTA assets – facilities, vehicles, infrastructure, and more – have varying expected useful lives and all assets eventually require rehabilitation or replacement on a rolling basis. State of Good Repair (SGR) does not in-

dicare the level of safety, but rather is representative of an asset operating at its optimal and expected level of performance. An asset “out of SGR” is more likely to require rehabilitation or replacement.

The CNAI is an exercise that helps the MBTA understand the magnitude of assets needs across the system at a single point in time. The SGR Index is calculated as part of the CNAI and aims to capture the baseline condition and estimated value for all assets that have been identified as out of SGR. While it does not reflect total project costs or the totality of capital investment that may be needed, both the CNAI and SGR Index help the MBTA develop strategies about where to allocate funding resources and make investments toward a modernized transportation network as part of the MBTA’s rolling five-year Capital Investment Plan (CIP). In the MBTA’s FY24-28 CIP process, State of Good Repair and Safety were the most important prioritization factors, making up half of a project’s total weighted score.

The MBTA estimates the current overall SGR Index for assets in need of rehabilitation or replacement to be approximately \$24.5 billion. This estimate includes:

- Facilities: \$6.4 billion (35% of assets)
- Rolling Stock: \$2.4 billion (55% of assets)
- Equipment: \$52 million (28% of assets)
- Structures: \$5.3 billion (22% of assets)
- Signals – CR: \$1.3 billion (80% of assets)
- Signals – Transit: \$753 million (53% of assets)
- Track – CR: \$1.2 billion (9% of assets)
- Track – Transit: \$2.0 billion (89% of assets)
- Power: \$5.1 billion (76% of assets)

This estimated figure is

an increase of \$14.5 billion from the last CNAI performed in 2019 and is driven by a number of factors, including:

- a more robust, comprehensive, and data-driven inventory approach that significantly increases the total asset count from approximately 59,000 to nearly 83,700. For example, the MBTA’s power asset count significantly increased from 4,959 in the 2019 to 14,514 in 2023 because the previous inventory did not include certain cables, overhead catenary, the South Boston power station, emergency generators, or high voltage yards. A more sophisticated inventory of these assets is now included in the 2023 CNAI;
- significant infrastructure and construction cost increases driven by inflation and supply chain challenges;
- the continued aging of the MBTA’s assets faster than they are being replaced due to years of underinvestment; and
- the length of time for capital investments to show improvements and be reflected in the CNAI. Many capital projects underway now are in varying planning, design, and construction phases. The rehabilitation or replacement of those assets will be reflected in future iterations of the CNAI and SGR Index. Additionally, the cutoff for data to be included in this year’s CNAI was in 2021 and some major investments since that time were not captured in this iteration of the CNAI.

The MBTA is already addressing many of the needs identified in the CNAI. For example, critical track work on the Red Line’s Ashmont Branch and Mattapan Line was successfully completed over the course of a 16-day shuttle bus diversion in late October 2023 in which crews replaced nearly 5,000 feet of rail

and 1,174 ties on the Ashmont Branch and nearly 4,700 feet of rail and 1,380 ties on the Mattapan Line, allowing for the removal of all speed restrictions in that area; 83 new bi-level Commuter Rail coach cars are currently underway to replace the existing fleet and increase system capacity; and Positive Train Control (PTC) implementation continues to advance on the Commuter Rail signal system.

Peer transit agencies across the country have launched similar exercises to identify and address their SGR needs.

Understanding the MBTA’s SGR needs and the level of investment required to address them is a critical step toward improving the system. The MBTA is currently working to incorporate the findings of the CNAI into the capital project pipeline. The Asset Management and Capital Program Planning Departments are working together to institutionalize the use of condition, criticality, and risk scores to strengthen project development processes and capital investment decision-making. The Asset Management De-

partment also continues to develop the asset inventory and build out additional data complexity to support ongoing analyses of the MBTA’s capital needs. Ongoing and sustainable future capital funding sources will also be required to support safe and reliable service.

For more information, visit mbta.com or connect with the T on X (the site formerly known as Twitter) @MBTA and @MBTA_CR, Facebook TheMBTA, Instagram @theMBTA, Threads @thembta, or TikTok @thembta.

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Wishing you and your families a bountiful Thanksgiving and happy and healthy holiday season

Lydia Edwards
STATE SENATOR

HAPPY
Thanksgiving
DAY



STATE REPRESENTATIVE
ADRIAN MADARO



971 Saratoga St., Orient Heights
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Ruggiero Family Memorial Home

Have a Happy & Healthy Thanksgiving

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