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Wednesday, September 23, 2026

ANNUAL EAST BOSTON SEPTEMBER 11TH MEMORIAL SERVICE



Boy Scout Troop 617 from Boston, Troop 75 of Winthrop, and Cub Scout Troop 165 of East Boston at the annual East Boston September 11th Memorial Service held at the Sacred Heart Church hall. See Pages 4 and 5 for more photos.

Coletta Zapata, officials launch Boston City Youth Corps

Special to the Times-Free Press

Boston City Councilor Gabriela Coletta Zapata (District 1) and the City of Boston recently announced the launch of the Boston City Youth Corps, a modernized revival of Boston's historic Red Shirts Program designed to meet the needs of Boston today and prepare the workforce of tomorrow. The program will employ 400 young people to help address gaps in City services, beautify neighborhoods, and give youth a voice in identifying and addressing the needs of the communities they know best. Councilor Coletta Zapata's longstanding advocacy for

See YOUTH Page 5

Eastie's King of Classic Car Shows

Rich Doucette hosts The Boston Cup

By Cary Shuman

If you own a classic automobile in New England, then you know that Rich Doucette is one of the most highly regarded experts in your universe.

A resident of Eagle Hill in East Boston, Doucette will be hosting his 15th Annual Boston Cup Classic Show on Sunday, Sept. 27 on the Boston Common. It is considered one of the top five classic car shows in the United States, and 30,000 people are expected to attend this year's show.

More than 100 classic cars will be on display at the show.

See CAR SHOW Page 12

EAST BOSTON SOUP KITCHEN ANNIVERSARY GALA



PHOTO BY DEREK KOUYOUMJIAN

Dancers performed Latin American folk dancing during The East Boston Soup Kitchen's annual Gala. See pages 8 and 9 for more photos.



East Boston Times-Free Press

PRESIDENT: Stephen Quigley ***PUBLISHER:*** Debra DiGregorio

EDITOR: Cary Shuman ***PUBLISHER EMERITUS***: John A. Torrone



Forum

FALL ARRIVES

After last week's summer-like weather, where temperature hit the mid-80s for a couple of days, much-cooler weather arrived this past weekend, Combined with the strong winds from a developing nor'easter later this week, it is clear that fall is here.

Aside from the change in the weather, the signs of summer's end have been unmistakeable.

Our tomato plants, which provided such a bountiful harvest since the beginning of July, now only have green fruit on the vine. Whether they will ripen depends on how much sunshine and warmth we get in the next few weeks, though we know from long experience that many will never make it to maturity. On the other hand, we have a neighbor who loves green tomatoes and he'll be welcome to them.

Nearby, the basil is still doing well, providing plenty of aromatic leaves. But they too, are not growing with the same vigor as they did just a few weeks ago.

Our cucumber plants continue to sprout the yellow flowers that inspired so much hope in July -- and we had a great year for cukes as well -- but the chances of the new buds developing are slim at this time of year.

Meanwhile, our potted annuals, especially our petunias, that have brought so much joy since early June, have grown leggy and "spent." We already are replacing them with colorful chrysanthemums.

The landscape is shifting colors, too. The marsh grass, a verdant green throughout the summer, has turned to a golden yellow. Goldenrod may be an invasive weed to some, but its blossoming these past few weeks along a nearby hillside has brought a yellow sea of joy to our eyes when we drive past it.

The so-called Montauk daisies -- native to Japan, but popular along our coastal areas for their salt-spray tolerance -- are ready to burst forth with white flowers, bringing color to our gardens when everything else is fading.

There are noticeably fewer birds. We no longer have the daily spectacle of the nearby colony of common terns. As the farthest-migrating birds in the world that see more hours of daylight than any other creature, they flew off for their annual migration to South America a few weeks ago.

Terns are fearlessly and aggressively territorial. Larger birds, whether they be seagulls, crows, red-tailed hawks, or osprey, who dare to cross the terns' "airspace" near their platform always were far outmatched when confronted by two or three terns working together to chase them off.

The terns also are aerial acrobats. They regularly alight from their nesting platform in unison every five or 10 minutes and fly in a seemingly chaotic, yet clearly disciplined, formation before returning to rest for five or 10 minutes -- and then repeating the sequence.

We even miss their non-stop screeching, which by mid-summer had become a staple of our local ambience.

Other birds in our "neighborhood" have followed suit. The osprey nests atop the poles in the marshes and harbor beacons sit abandoned until next spring. There are noticeably fewer egrets. Though a few are still hanging around, they'll all be gone shortly.

Aside from the transformations of the landscape and among the animal world, the ultimate measuring stick for the changing of the seasons is the shrinking daylight.

However, even this gloomy indicator of fall's arrival has a plus side. With the sunrises and sunsets moving southward as the earth tilts on its axis, the sun once again is rising over the ocean where we live, providing spectacular sunrises. When there are some clouds above the horizon, the rising sun lights them up in vivid red and orange hues.

Further north, the trees in New England are displaying their spectacular fall foliage, a blanket of color that our region soon will inherit. It is the reason that autumn is the most popular time of year for cruise ships traversing through Boston as they make their way northward from New York City for stops in Newport and Boston, and then along the Maine coast to Montreal and Quebec.

As much as we may want to hold onto the summer, we have to let it go. Autumn has arrived and we have no choice but to embrace it.

East Boston Branch Library News

Library Happenings:

Baby Lapsit, Mondays: 11:15 AM and Tuesdays at 10:30 AM

Join us for bounces, rhymes, stories, songs, and activities. We will have the same program on Monday and Tuesday. We ask that you choose one time to attend. For ages 0-24 months.

All Ages Storytime: Wednesdays at 10:30 am

This weekly story time features books, songs, movement, and a craft. Groups please call ahead.

Boston Teachers Union: Homework Help: Thursdays from 4-6 pm starting on Sept. 24th

Visit the library and receive homework assistance from a Boston Public Schools teacher. This is a drop-in program; no registration is required to attend.

Celebrate National Hispanic Heritage Month with La Piñata: Tuesday, Sept. 29th at 4 pm

Celebrate National Hispanic Heritage Month with La Pinata. Rosalba Solis will engage

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617-567-9600 • 781-485-0588
Fax: 781-485-1403

President
Stephen Quigley
stephen.quigley@reverejournal.com
Advertising and Marketing
Debra DiGregorio – deb@reverejournal.com
Assistant Marketing Director
Maureen DiBella – mdibella@winthroptranscript.com
Senior Sales Associates
Sioux Gerow – charlestownads@hotmail.com
Legal Advertising
legals@eastietimes.com
Editorial
Reporters, Regular Contributors
Cary Shuman — cary@lynnjournal.com
Copy Editing, Layout
Scott Yates – scott@chelsearecord.com
Kane DiMasso-Scott – kdscott@thebostonsun.com
Business
Accounts Executive
Judy Russi
judy.russi@eastietimes.com
Printer – Concord Monitor

Coletta Zapata holds hearing on Boston's curbside food waste collection program

Special to the Times-Free Press

Boston City Councilor Gabriela Coletta Zapata (District 1) held a hearing to review Boston's curbside food waste collection program. Coletta Zapata sponsored the hearing to review the program's progress, current challenges while identifying pathways to build a stronger, more effective municipal composting infrastructure. The hearing highlighted the City's shift from weekly to bi-weekly food waste collection, which will allow the program to expand beyond its current 27,000 households and eliminate the existing waitlist of approximately 1,600 households. The change is also expected to generate approximately $700,000 in cost savings while allowing the City to serve more residents.

"Boston has made significant progress toward our sustainability goals, and our Zero Waste Program is a key initiative that reflects the urgency and commitment needed to reduce waste. As the program evolves, we must continue to look at what is working and where we can improve to reach our ambitious goal of diverting 80% of waste by 2035," said Councilor Coletta Zapata. "These updates are a clear example of good government in action: expanding access, reducing program costs, and reducing the number of trucks on our streets. I look forward to continuing to work collaboratively to ensure we stay on track to reach our goals."

During the hearing, Councilors heard from Brian Swett, Chief Climate Officer, Chris Osgood, Interim Chief of Streets, and Avantika Mathur, Zero Waste Director of Policy & Planning. The Environment Department plans to shift curbside food-waste collection from weekly to biweekly service beginning in October, mirroring other municipalities in the Commonwealth. The change allows the City to expand enrollment, eliminate the current waitlist, and reduce program costs. The change will also reduce truck activity on residential streets while maintaining service for the approximately 27,000 households currently enrolled.

Residents will be informed about the upcoming program changes through cart stickers, door hangers, and email notifications. Because collection days vary by household, residents are strongly encouraged to download the Boston Trash Day App and set notifications for their scheduled service dates. Residents who need additional capacity can also request an additional countertop bin or upgrade their bin size by contacting Garbage to Garden.

In addition to curbside collection, Boston operates Project Oscar, which began in 2014 as a 24-hour community food-scrap drop-off pilot. Project Oscar food-waste bins provide Boston residents with a convenient place to drop off personal food scraps for composting. As of 2026, the City has approximately 20 Project Oscar bins located across Boston, all of which are rodent-resistant.

Councilor Coletta Zapata sponsored the hearing to provide the Council with an opportunity to receive an update on the current scale of the program and the status of the waitlist, as well as the operational and financial factors shaping eligibility criteria. Boston's Zero Waste Program was established as a guiding framework to reduce the volume of waste sent to landfills and incinerators, with a long-term goal of diverting 80 percent of waste from disposal by 2035. The City works in partnership with Garbage to Garden Inc. to run a free curbside food waste collection program for residents living in buildings with six units or fewer. Residents of buildings with seven or more units can utilize Project Oscar community drop-off sites or private composting contracts.

A recording of the hearing can be found at https://www.youtube.com/watch?v=fN-tEbBNKQws.

For additional information please contact the Office of Councilor Gabriela Coletta Zapata by phone at (617) 635-3200 or by email at gabriela.ramirez@boston.gov.

News in Brief

SWING FORE KIDS GOLF TOURNAMENT

Salesian Boys & Girls Club 8th Annual Swing FORE Kids Golf Tournament on October 5, at Winthrop Golf Club.

This is a wonderful day of golf, friendship, and fun, all while supporting the Salesian Boys & Girls Club and the young people in our community.

There are several ways to get involved:

Register to play and join us on the course

Become a sponsor — several sponsorship opportunities are available

Make a donation to support the Club and its programs

Please see the attached information for tournament details and sponsorship opportunities.

To register to play, become a sponsor, or make a donation, simply visit https://give.donationpay.org/salesianclub/swing/

We'd love to have you with us on October 5th and appreciate your support of our kids.

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ANNUAL EAST BOSTON SEPTEMBER 11TH MEMORIAL SERVICE

COURTESY PHOTOS

Over 60 residents attended the annual East Boston September 11th Memorial Service held at the Sacred Heart Church hall.



Gabriella Ribeiro singing God Bless America.



Deputy Director of Veterans Affairs Andrea Gayle-Bennett.



East Boston Jr ROTC & YMCA Senior Singers led by Paul Racki.





Giana Ribeiro Signing the National Anthem.



David Arinella, Master of Ceremonies and East Boston High's Jr. ROTC.

ANNUAL EAST BOSTON SEPTEMBER 11TH MEMORIAL SERVICE

COURTESY PHOTOS



Boston City Councilor Gabriela Coletta Zapata.



John Ribeiro saying the blessing.



Youth // CONTINUED FROM PAGE 1

the program, including a budget amendment proposed during the FY27 Budget Review process, was instrumental in securing the investment needed to bring the program back to Boston.

"The Red Shirts program played a vital role in supporting the City of Boston by giving young people the opportunity to work in their neighborhoods, clean streets and parks, beautify public spaces, and build a lasting sense of responsibility and civic pride in the communities they called home. We're bringing a new iteration of the program back through the Boston Youth Corps, where youth will continue to help beautify their communities while also having a voice in identifying the projects that matter most in their neighborhoods," said Councilor Coletta Zapata. "Most importantly, this is about creating meaningful career pathways and economic opportunities that go beyond a first paycheck. Thank you to Mayor Wu, the Office of Youth Engagement and Advancement, and all of our City departments and partners for helping revitalize this important program and invest in Boston's youth."

Under the modern version, the Boston City Youth Corps will provide youth with paid employment during the school year, while helping the City of Boston address real gaps in city services and improve neighborhoods across the city. At the same time, the program will connect young people to meaningful career pathways and opportunities that extend beyond their first job. Opportunities will range from technology support at Boston Public Library branches and environmental work in urban forestry, climate resilience, and park stewardship to healthcare through BCYF and lifeguarding, as well as building trades, facilities management, business, and property management through the Boston Housing Authority.

Councilor Coletta Zapata has long championed the revival of Boston's historic Red Shirts Program as a neighborhood-based quality-of-life task force to strengthen constituent services and address community needs citywide. In the spring, the Councilor hosted a hearing to explore the feasibility of bringing the program back and identify ways to modernize it for the needs of Boston today. Following that hearing, she proposed a budget amendment during the City Council's FY27 budget review process to support the program's revival. The amendment was accepted and included in the final FY27 operating budget, paving the way for the launch of the modernized Boston City Youth Corps.

In the 1980s and '90s, Mayor Thomas M. Menino launched the "1994 Summer of Opportunity" initiative, which hired youth to assist with city cleanups, park renovations, and trade skill development. Known informally as the "Red Shirts," these highly visible crews were deployed in neighborhoods to address quality of life issues. The Red Shirts program supported a range of high-impact municipal tasks, including emptying trash barrels, sweeping sidewalks, shoveling hydrants, reporting abandoned vehicles, and clearing vacant lots.

For additional information please contact the Office of Councilor Gabriela Coletta Zapata by phone at (617) 635-3200 or by email at gabriela.ramirez@boston.gov.



State health officials announce season's eighth human case of West Nile virus

Special to the Times-Free Press

The Massachusetts Department of Public Health (DPH) announced the eighth human case of West Nile virus (WNV) this year. A woman in her 30s was exposed to WNV in an area of Middlesex County where other exposures have occurred this season.

Seven of the eight cases have been exposed in areas of Middlesex and Suffolk counties that are at high risk for WNV. Risk levels for WNV are currently high in Boston, Brookline, Cambridge, Chelsea, Everett, Malden, Newton, Revere, Somerville, Watertown, and Winthrop. Most of the rest of the state is at moderate risk.

DPH announced the state's first WNV-positive mosquitoes this year on June 16. Since then, a total of 327 mosquito samples has tested positive for WNV so far this season from Barnstable, Berkshire, Bristol, Dukes, Essex, Franklin, Hampden, Hampshire, Middlesex, Norfolk, Plymouth, Suffolk, and Worcester counties. There have been no animal cases of WNV reported this year.

Eastern equine encephalitis (EEE) continues to be detected in mosquitoes in Massachusetts this year. There have been 21 EEE-positive mosquito samples and no human or animal cases so far this year.

Surveillance information, including case updates, is updated daily and posted online at the Massachusetts Arbovirus Update web page. DPH encourages everyone to use this online resource regularly to stay informed on risk levels in their community and around the state.

People have an important role to play in protecting themselves and their loved ones from illnesses caused by mosquitoes.

Avoid Mosquito Bites

Apply Insect Repellent when Outdoors. Use a repellent with an EPA-registered ingredient, such as DEET (N,N-diethyl-m-toluamide), permethrin, picaridin (KBR 3023), or oil of lemon eucalyptus (p-menthane-3,8-diol (PMD) or IR3535) according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30 percent or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age.

Be Aware of Peak Mosquito Hours. The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities that occur during evening or early morning in areas of high risk.

Clothing Can Help Reduce Mosquito Bites. Wearing long sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.

Mosquito-Proof Your Home

Drain Standing Water. Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by draining or discarding items that hold water. Check rain gutters and drains. Empty unused flowerpots and wading pools and change the water in birdbaths frequently.

Install or Repair Screens. Keep mosquitoes outside by having tightly fitting screens on all windows and doors.

Protect Your Animals

Animal owners should reduce potential mosquito breeding sites on their property by eliminating standing water from containers such as buckets, tires, and wading pools – especially after heavy rains. Water troughs provide excellent mosquito breeding habitats and should be flushed out at least once a week to reduce mosquitoes near paddock areas. Horse owners should keep horses in indoor stalls at night to reduce their risk of exposure to mosquitoes. Owners should also speak with their veterinarian about mosquito repellents approved for use in animals and vaccinations to prevent West Nile virus (WNV) and EEE. If an animal is suspected of having WNV or EEE, owners are required to report to the Department of Agricultural Resources, Division of Animal Health by calling 617-626-1795, and to the Department of Public Health by calling 617-983-6800.

More information, including all WNV and EEE positive results, is available on the Arbovirus Surveillance Information web page, which is updated daily, or by calling the DPH Division of Epidemiology at 617-983-6800.

OBITUARIES
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City of Boston Weekly Neighborhood Infrastructure Projects

The City of Boston Construction Management team is providing this weekly update on infrastructure improvements taking place in the Beacon Hill, Charlestown, East Boston, Jamaica Plain and North End neighborhoods. The work is part of the City's ongoing efforts to maintain and improve Boston's streets and sidewalks, enhance accessibility, upgrade street lighting fixtures, support bridge improvements, and invest in safer, more reliable neighborhood infrastructure.

This Week's Construction Activity:

• Street Lighting crews continue with lighting upgrades around the Charlestown Navy Yard.

Crews will be striping the following streets in East Boston:

• Sumner St: Orleans St to Lamson St

• Marginal St: Jeffries St to #282 Marginal St

• Everett St: Cottage St to Orleans St

• Saratoga St: 746 Saratoga St to Westbrook St

• Marion St: Meridian St to Lexington St

• Curtis St: Chelsea St to McClellan Highway

• Curtis St: Bennington St to Saratoga St

Crews are rebuilding ramps and sidewalks on the following streets in East Boston:

• Chelsea Street (Prescott Street - Border Street)

• Brooks Street (Meridian Street - Princeton Street)

• Meridian Street (White Street - London Street)

• Orleans Street & Maverick Street

• Faywood Avenue (Crestway - Orient Avenue)

• Crestway Street (Waldemar Avenue - Faywood Avenue)

• Bennington Street & Saratoga Street

Crews will be resurfacing:

• Seaverns St Jamaica Plain

• Burroughs St Jamaica Plain

Brick sidewalk repairs continue on:

• Ridgeway Ln/Charles St/ Temple St. Beacon Hill

• Richmond St North End

Residents, businesses, and visitors should expect possible impacts to parking, traffic and pedestrian access. The City appreciates the patience and partnership of residents and businesses and we will continue to minimize disruptions wherever possible as important infrastructure improvements move forward.

*Please note that this work is weather dependent and schedules could change.

Boston Public Health Commission ensures access to free flu and COVID-19 vaccines

Special to the Times-Free Press

To ensure that residents are protected from serious respiratory illness, Boston Public Health Commission (BPHC) is hosting free vaccine clinics offering flu and COVID-19 vaccinations throughout the city. Getting vaccinated every year for flu and COVID-19 as part of back-to-school and fall routines is an important tool to protect ourselves and our communities from serious illness.

BPHC is making it easy for residents to get vaccinated as part of their regular routines. By partnering with Boston Public Schools, Boston Centers for Youth and Families (BYCF), Massachusetts League of Community Health Centers, labor unions, Mass Port, and community organizations, BPHC will provide vaccines in the places where people live, work and play. By providing easy access to free vaccinations, BPHC is ensuring that residents who may struggle to get vaccinated can do so with fewer barriers.

"Vaccination is the safest and most effective tool we have to reduce the risk of serious illness from respiratory viral illness, like the flu," said Dr. Bisola Ojikutu, Commissioner of Public Health for the City of Boston. "By hosting free vaccine clinics where residents already spend much of their time, we are making great strides towards ensuring that vaccines are accessible to all. The evidence-based science behind vaccinations have been keeping us safe for decades, and BPHC will continue to let expert advice guide our work. This commitment allows us to protect our families and keep loved ones safe, particularly during respiratory virus season."

Flu vaccination is strongly recommended for all individuals ages 6 months and older. Young children, older adults, and individuals with underlying health conditions are particularly vulnerable to severe illness from the flu and benefit from flu vaccination. During the 2025-2026 flu season, 364 individuals in Massachusetts died from the flu, including two children in Boston. COVID-19 vaccination is recommended for children between 6 and 23 months, adults 65 and older, healthcare workers, those with medical conditions associated with higher risk of severe COVID-19 disease, and those who are immunocompromised, pregnant, or lactating. People who live in households with any of these vulnerable groups are also recommended to receive a COVID-19 vaccination. These vaccines are highly effective at preventing severe illnesses and can help prevent residents from needing to take sick days from school or work.

BPHC's vaccine clinics begin in September, as people are adjusting to back-to-school routines and before the peak of respiratory virus season. All clinics will offer free flu and COVID-19 vaccines. No appointment is needed. Insurance and identification are not required, but those with a health insurance card should bring it with them. Residents should check boston.gov/vaccine-clinics for a list of dates and locations. The website also details which vaccines will be available and for what ages. Clinics are currently being scheduled from September through December.

The dates and locations of our first month of clinics are:

Wednesday, September 23, from 1:30 - 5:30 p.m. at BCYF Curtis Hall

Thursday, September 24, from 4:00 – 8:00 p.m. at BCYF Vine Street

Monday, September 28, from 4:00 – 8:00 p.m. at BCYF Paris Street

Thursday, October 1, from 4:00 – 8:00 p.m. at BCYF Perkins

Wednesday, October 7, from 4:00 – 8:00 p.m. at Josephine Fiorentino Community Center

Thursday, October 8, from 2:00 – 6:00 p.m. at BCYF Roslindale

Saturday, October 17, from 11:00 a.m. - 3:00 p.m. at BCYF Hyde Park

BPHC has been using American Rescue Plan Act (ARPA) funding for the vaccine clinics, but the funding is coming to an end in December. As part of Boston's Live Long and Well agenda to advance health equity, BPHC's free vaccine clinics help remove systemic barriers to care by bringing essential preventative health resources directly into impacted communities, regardless of insurance status, cost, and access to primary care providers. To ensure that all Boston residents have equal access to critical resources, BPHC is exploring new, creative and cost-effective strategies to bring vaccinations to communities highly impacted by respiratory illnesses. This year, BPHC, Mass Port, and labor unions have collaborated to launch an initiative offering free, on-site vaccines to Logan Airport employees to increase healthcare accessibility and protect essential workers whose jobs require frequent interaction with large numbers of travelers, putting them at higher risk of illness. BPHC is also offering in-home vaccinations this year to improve vaccine access for older adults who may have difficulty traveling to a clinic or pharmacy.

BPHC's vaccine clinics are only one of many ways people can get vaccinated. In Massachusetts, these vaccinations are free and available to all who wish to receive them. Boston residents are also encouraged to contact their health care provider, local health center, or pharmacy to schedule appointments, receive vaccinations, or ask questions. Locate additional vaccine resources at vaccinefinder.org.

Residents who need help applying for health insurance, which is not required for these vaccinations, or finding medical care, can contact the Mayor's Health Line at (617) 534-5050. The Mayor's Health Line is a free, confidential, and multilingual service that can help families, regardless of immigration status, find routine care.

If residents have symptoms of respiratory viral illness, BPHC recommends:

Stay home, if possible.

Wear a mask:

For five days after being sick.

If you must leave the house while sick.

If you are at high risk of severe illness.

Have COVID-19 and flu rapid test kits available at home to test if you have symptoms of COVID-19 or flu. Pharmacies are currently the best place to purchase COVID-19 and flu rapid test kits.

Seek treatment from a trusted healthcare provider if you test positive for flu or COVID-19 and are at high risk for severe disease and/or illness.

Residents should also routinely:

Regularly disinfect and clean high-touch surfaces.

Wash your hands frequently with soap and water or use alcohol-based hand sanitizer.

Cover your cough.

Increase indoor ventilation and air circulation; even cracking open a window helps increase airflow.

Boston Public Health Commission (BPHC) is the country's oldest health department. We envision a thriving Boston where all residents live healthy and fulfilling lives. To accomplish this, BPHC works in partnership with communities to protect and promote the health and well-being of all Boston residents, especially those impacted by racism and systemic inequities. Learn more about our work at boston.gov/bphc.

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EAST BOSTON SOUP KITCHEN HOLDS 10TH ANNIVERSARY GALA

PHOTOS BY DEREK KOUYOUMJIAN

The East Boston Soup Kitchen celebrated its 10 Anniversary with a Gala held at Spinelli's in Day Square. The organization strives to feed, shelter, and assist with the recovery and self-care of the hungry and homeless in the community, and to do so without judgment or exclusivity.



City of Salem School Superintendent Dr. Thomas Welch and his wife Karla with Boston City Councilor Gabriela Coletta-Zapata, her husband Sebastian, and their son Joaquin.



East Boston Soup Kitchen founder and Executive Director Sandra Nijjar and Massachusetts State Rep Adrian Madaro offer opening remarks to the Gala with Maribel Carvajal translating for Spanish speakers.



Dasha Kostyuchek, Cara Christous, Roseann Bongiovanni, and Kylie Landrey.



Massachusetts State Senator Lydia Edwards speaks.



East Boston Chamber Of Commerce President Shirley Fabo is excited to mention the upcoming East Boston Marketplace at the Martin Pino Center on Nov 19th.



Travis Mouton and Katie Dussault.



Matt and Jane enjoy themselves at the Gala.



Boston City Councilor Gabriela Coletta Zapata speaks.



East Boston Soup Kitchen Executive Director Sandra Nijjar presents Massachusetts State Rep Adrian Madaro with the Coco Award for his support of the organization's mission.



Joege Henao performs.



Jackie Fleischer and Anya Demko.



East Boston staff member Kate Magnasco.



Pastor "Father" Don Nanstad of Our Savior's Lutheran Church in East Boston retired this month.



East Boston Soup Kitchen founder and Executive Director Sandra Nijjar thanked her office staff for their hard work.

EAST BOSTON SOUP KITCHEN HOLDS 10TH ANNIVERSARY GALA

PHOTOS BY DEREK KOUYOUMJIAN



East Boston Soup Kitchen founder and Executive Director Sandra Nijjar presents Massachusetts State Senator Lydia Edwards the Coco Award for her support of the organization's mission.



Spinelli's function hall was filled with supporters of the East Boston Soup Kitchen.



East Boston Soup Kitchen founder and Executive Director Sandra Nijjar recognized chefs Patricia Bizarro and Elida Martinez who make the soup offered to the organization's clients.



Guests examine the fundraising raffle table with prizes local merchants generously donated the items and services for.



East Boston Soup Kitchen leadership include Joe Sultan, Yari DelaRosa, Sandra Nijjar, Stephan Marin, Roberto Gomez, Nana Addae, and Steven Gingras.

City of Boston adopts small clean energy infrastructure zoning

Special to the Times-Free Press

The City of Boston Zoning Commission this week adopted new zoning for Small Clean Energy Infrastructure to comply with the Massachusetts State Climate Act. This new zoning establishes a 'Consolidated Local Permitting process' in line with State law and Boston's own climate resiliency goals. The new zoning and permitting process is an effort to decarbonize and transition our energy sources to be fully electric in the coming years. The new zoning also introduces regulations on dimensions and use for Battery Energy Storage Systems (BESS).

"As our communities continue to grow, so does the need to transition to cleaner, more sustainable energy sources. This new zoning will help expand our electric capacity, lower costs and ensure that current and future generations can enjoy our beautiful city," said Mayor Michelle Wu. "Boston has set clear goals to reduce carbon emissions by 2030, and we will continue taking big swings to improve quality of life for all our residents."

"Not only is this a win for meeting our carbon neutrality goals, but it's also another example of how we continue to reform our permitting process," said Chief of Planning Kairos Shen. "Streamlining for clarity and predictability is essential to creating a more energy efficient city."

"The benefits of clean energy and battery storage are clear: more affordable electricity, less pollution, and local control over our energy production," said Chief Climate Officer Brian Swett. "Improving how we permit clean energy infrastructure is a critical step in reducing Boston's emissions and achieving our shared climate action goals"

The State is requiring cities and towns to provide this opt-in consolidated permitting process for this type of infrastructure by October 1, 2026, aligning with the energy resilience goals of Boston's 2030 Climate Action Plan and our goals of reducing carbon emissions by 2050. This kind of infrastructure can include things like solar panels, wind energy turbines, battery energy storage, and short energy transmission lines.

"Solar and storage are some of the cheapest and fastest energy we can build," said Massachusetts Energy Resources Commissioner Elizabeth Mahony. "The City of Boston is taking an important step forward in bringing more clean energy into Massachusetts to lower costs and reduce climate-warming emissions."

This new zoning and permitting process supports the City's efforts to increase Boston's grid capacity to keep costs low and reduce pollution for a healthier community. The Planning Department will now focus on creating design guidelines for this type of infrastructure that will ensure it is always consistent with neighborhood context and enhance the safety of public spaces.

In April, Mayor Michelle Wu announced the release of Boston's 2030 Climate Action Plan, a roadmap for how the City will achieve its carbon emissions reduction and climate resilience goals. These targets include reducing community-wide greenhouse gas emissions by 50 percent by 2030 and reaching carbon neutrality by 2050. The Plan includes 22 metrics that the City will track over the next five years through its Climate Action Plan Implementation Dashboard. In the Plan's creation, the City of Boston prioritized community engagement in its environmental justice communities and will implement strategies to ensure that every neighborhood receives the public health, economic, and resilience benefits of climate action.

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. Learn more at bostonplans.org, and follow us on Twitter and Instagram @ BostonPlans.

City of Boston kicks off Free Fall Fitness Series

The Boston Parks and Recreation Department and Boston Public Health Commission (BPHC) announced the 2026 Boston Parks Fall Fitness Series, sponsored by Blue Cross Blue Shield of Massachusetts. The series will offer free weekly classes in City of Boston parks from now through October 17.

This fall, residents can enjoy a variety of healthy activities in the parks, including Walking Group, Yoga, Tai Chi, ZUMBA®, Dance Hall Bootcamp, and more. Classes are designed for all skill levels and ages, with options that are family-friendly, age-friendly, and welcoming to those who may be new to fitness.

"Our parks are places where Bostonians of all ages and backgrounds can move, connect, and thrive year-round alongside some of the city's best fitness experts," said Commissioner Diana Fernandez Bibeau. "We're grateful for our partnership with the Boston Public Health Commission and Blue Cross Blue Shield of Massachusetts, which helps bring free, accessible fitness programming and opportunities for community connection directly into our neighborhoods this fall. Join Boston's own Brandy K. Cruthird for a brisk walk in Franklin Park, or get your heart pumping with Dancehall Bootcamp led by Miciyiaah Renrick."

"The Fall Fitness Series is a wonderful opportunity for residents of all ages to enjoy Boston's beautiful parks, while participating in free and accessible activities that can improve their health and well-being," said Dr. Bisola Ojikutu, Commissioner of Public Health for the City of Boston. "Resources like these free classes help reduce the risk of chronic disease, which is one of the goals of Live Long and Well, our citywide population health equity agenda. By improving access to safe spaces where everyone can engage in physical activity, we are ensuring that Boston is a city where all residents can thrive."

"The Boston Parks Fitness series celebrates our city's diverse neighborhoods by connecting communities through fitness," said Jeff Bellows, vice president of corporate citizenship and public affairs at Blue Cross Blue Shield of Massachusetts. "We're proud to partner with the City of Boston to offer inclusive classes for all ages and fitness levels — helping residents improve their physical and mental well-being in our beautiful parks."

For more information and to pre-register for classes please visit boston.gov/fitness.

Through this citywide initiative, the Parks Department and BPHC aim to reduce barriers to active living and provide more opportunities for Boston residents to stay healthy and active throughout the fall. Building on the success of the 2026 Parks Summer Fitness Series, the fall series offers the opportunity for residents to stay active during shorter daylight hours while enjoying safe, accessible outdoor options. All classes are free and open to the public.

For up to date information, including weather-related cancellations for outdoor fitness classes, visit boston.gov/fitness.

The Boston Parks and Recreation Department (BPRD) stewards over 2,200 acres of public open space across 288 properties, including the Boston Common, the Public Garden, and the Olmsted-designed Emerald Necklace park system. Our parks feature walking trails, playgrounds, courts, natural areas, and historic sites, as well as 29 urban wilds, four high school athletic fields, two public golf courses, and more than 40,000 street trees. BPRD offers free cultural and recreational programming for people of all ages, helping to create welcoming, active, and connected communities. Learn more at boston.gov/parks and sign up for updates at bit.ly/Get-Parks-Emails. Follow our social channels @bostonparksdept on X, Facebook, Instagram, and @parks.boston.gov on Bluesky.

Boston Public Health Commission (BPHC) is the country's oldest health department. We envision a thriving Boston where all residents live healthy and fulfilling lives. To accomplish this, BPHC works in partnership with communities to protect and promote the health and well-being of all Boston residents, especially those impacted by racism and systemic inequities. Learn more about our work at boston.gov/bphc.

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THE INDEPENDENT NEWSPAPER GROUP

Thompson brings Hollywood flair to the Boston Cup Classic Car Show

By Cary Shuman

After more than 30 years as an entertainment executive in Hollywood, Kelly Thompson is back on the North Shore enjoying the next chapter in her amazing career.

Thompson is the executive producer of the Boston Cup Classic Car Show, which will be held Sunday, Sept. 27 on the Boston Common, having been hired by show founder and chairman Rich Doucette.

"I met Rich Doucette at a high-profile event in Boston and I became very intrigued by his leadership of this prestigious car show, and with my background in Hollywood and his position of stature in Boston, it was a natural fit for us to collaborate, and Rich hired me as his executive producer," said Thompson.



Rich Doucette and Kelly Thompson

The duo has been working together for the past few months on securing sponsorships "and bringing the Cup alive for the 15th annual car show."

"It's a special year because of our country's 250th birthday, and we expect it to be a wonderful event," said Kelly.

Governor Maura Healey, State Auditor Diana DiZoglio, and Mayor Michelle Wu have been invited to attend the car show.

"And we're going to have some surprise guests, too," said Thompson.

From Salem to Hollywood and back

Thompson grew up in historic Salem and is a graduate of Salem State University where she studied television production and broadcast journalism. After hosting her own television show on public access television and becoming a prominent personality, Thompson headed to Los Angeles where she worked with movie producer Larry Thompson. They were married and worked side-by-side for 27 years producing feature films, television series, and Comedy Network roasts. Thompson also spent time in front of the camera as an actor.

When her son, Trevor Thompson, a classically trained pianist and outstanding golfer, decided to enroll at Salem State University, Kelly moved back from Los Angeles to the North Shore (Her daughter, Taylor Ann Thompson is a television and movie actress whose first movie role was as Jack Nicholson's granddaughter in "The Bucket List").

Kelly, who is also a real estate agent for Berkshire Hathaway, said she attended several car shows as a youth.

"My father had multiple businesses where he would sell after-market items to car owners, so we would always be going to car shows, so I was the little girl going to car shows with my parents," said Kelly. "My very first car was a white Pontiac Trans-Am with a sunroof. I've had other classic cars. I am a car girl and I'm very impressed that the car culture is a such a big business. And I'm excited to be working with Rich Doucette, an expert in the field, as executive producer of the Boston Cup."

Car Show // CONTINUED FROM PAGE 1

Former Hollywood entertainment executive Kelly Thompson is the executive producer of the show (see related story).

The inspiration for the show

Doucette said the inspiration for his idea to bring a car show to Boston was hatched when he attended a car show at the Crane Estate in Castle Hill. "It was spectacular and it ran until 2002," said Doucette. "I was disappointed that the show was disbanded."

In 2005, iconic fashion designer Ralph Lauren displayed his car collection at the Museum of Fine Arts, Boston, "and it was the largest, most successful non-art show in the history of the museum, because everyone wanted to see Ralph Lauren and his cars. I went there and I was blown away. The show was breathtaking."

Doucette sought a permit to bring a car show to Boston in what was a laborious process that took seven years.

"Mayor [Tom] Menino gave us an audition in 2012, and we passed the audition, and we've been there ever since," recalled Doucette.

'Art on wheels'

Doucette takes his craft very seriously, providing the classic car owners and show attendees with a first-class, memorable experience.

"It's almost like going to a museum," said Doucette. "I describe a car show as art on wheels, and that's what Ralph Lauren would say – you can't drive a painting, but you can drive a classic car."

Showing the depth of his knowledge about his avocation, Doucette related that there are 46 million classic cars in the United States.

"It is a passion hobby," said Doucette. "There is a story behind every car."



An aerial view of a previous Boston Cup Classic Car Show on Boston Common.

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Wu appoints Emily Knight as Economic Development Chief

Special to the Times-Free Press

Mayor Michelle announced the appointment of Emily Knight as the City of Boston's new Economic Development Chief. Knight will begin serving in the role on October 19, 2026.

A longtime Boston resident, Knight has spent her career at the intersection of entrepreneurship, innovation, and economic development. Most recently, she has served as President and CEO of The Engine, where she shaped the organization's strategic direction and built partnerships with industry leaders, educational institutions, and public sector partners to help tech companies grow and bring breakthrough technologies to market.



Emily Knight

Under Emily's leadership, The Engine strengthened its position as a hub for 'Tough Tech'—science and engineering focused on solving the world's most difficult and urgent challenges. The organization now supports more than 150 companies and was recently recognized by TIME as one of the country's top incubators and accelerators.

"We are deeply grateful to Interim Chief Donald Wright for guiding this team and delivering such impact through the opportunities of last summer and beyond, while laying the groundwork for even more ahead," said Mayor Michelle Wu. "Emily Knight has spent her career bringing people and institutions together to turn ambitious ideas into companies, jobs, and lasting economic growth. Emily understands what entrepreneurs and businesses need to succeed—and how to ensure that success reaches every neighborhood in our City. I'm thrilled to welcome her to our team and look forward to her leadership to grow our economy, strengthen our communities, and make Boston the best place to build a life and build a business."

Knight's appointment underscores the Wu administration's focus on strengthening Boston's economic competitiveness while expanding access to the jobs, investment, and opportunities created by Boston's thriving innovation economy.

"Boston has extraordinary talent, institutions, and ideas, and this role is an incredible opportunity to connect those strengths into economic growth that lasts," said Emily Knight, Incoming Economic Development Chief for the City of Boston. "I want to help companies start here and grow here, while making sure the jobs and industries they create are felt in every neighborhood across the City. I'm incredibly proud of what we built at The Engine, and I'm ready to bring those nine years of learning to the City I love and call home."

Knight joined The Engine in 2017 and served in several leadership roles before becoming President and CEO. Prior to that, she managed general operations, strategy, and product development at Workbar coworking spaces. Knight holds a Bachelor of Science from Cornell University's School of Hotel Administration, and is a resident of Roslindale.

Library // CONTINUED FROM PAGE 2

children ages 6-11 years old in fun and easy traditional Meso-American/Aztec music & dance, utilizing authentic percussion and wind instruments. Rosalba will instruct participants in basic movement and music skills including Aztec dance steps for participants to learn & plan with!

ESOL Conversation Group: Thursdays from 7-8 pm

Practice speaking English with other adult learners in an informal and friendly group setting. The group is led every Thursday by a volunteer teacher and will take place in-person. This is a drop-in program. No registration is required.

Spellers Screening and Q&A: Saturday, Sept. 26th, 10:30 am

SPELLERS tells the story of eight nonspeakers who all found their voice through the miraculous process of using a letterboard to communicate their thoughts and feelings. After the screening, local resident and Speller certified practitioner, Ryan Curella will answer questions about the Speller technique.

Coffee Cupping with Rob Fitzgiboon: Saturday, Oct. 3rd, 3 pm

If you love coffee, this event is for you! Learn all about the fascinating world of coffee from coffee enthusiast Rob Fitzgibbon. Participants will then sample three different coffees and review and discuss them. Space is limited and registration is required. Call 617-569-0271 or email mkelly@bpl.org to register.

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Isabella Stewart Gardner Museum's weekend concert series

Special to the Times-Free Press

The Isabella Stewart Gardner Museum will continue its Fall 2026 Weekend Concert Series with three performances in October. This ten-concert autumn season curated by Abrams Curator of Music George Steel is held on select Sundays at 1:30 pm and runs from September 13 through November 22, 2026. In addition, the Gardner Museum will present its first Thursday Night Music concert of the season on October 29, 2026 at 7 pm. With no intermissions, open seating, and a relaxed atmosphere, these bold, single-set performances offer immersive and adventurous listening experiences. All concerts take place in the Museum's extraordinary Calderwood Hall—a 300-seat "sonic cube" with three levels of balconies designed so that 80% of seats are front row, creating a uniquely intimate and intense acoustic environment.

The first October concert features Franz Schubert's monumental "Death and the Maiden" quartet, anchoring the Ivalas Quartet's program on Sunday, October 4. The Ivalas pairs Schubert with two American works: an early piece in George Walker's "American" style (Walker died only a few years ago at age 96) and An Elegy: A Cry from the Grave, a moving miniature by Carlos Simon, whose Requiem for the Enslaved had its Boston premiere at the Gardner Museum in 2022. Hailed by The Strad for playing with "tremendous heart and beauty," the Ivalas Quartet has been changing the face of classical music since its inception in 2017 with a mission to enrich the classical music world by spotlighting past and present BIPOC composers alongside the standard repertory.

In conjunction with the Museum's exhibition, ACRONYM presents Esther in the Age of Rembrandt on Sunday, October 18, offering rare performances of three Esther cantatas written during Rembrandt's time. The program includes a work by the remarkable French composer Élisabeth Jacquet de La Guerre, alongside music by Flemish composer Leonora Duarte, Jewish Mantuan composer Salamone Rossi, Giacomo Carissimi, Johann Heinrich Schmelzer, and Marc-Antoine Charpentier. ACRONYM will perform with a roster of vocal soloists as special guests: Amanda Forsythe and Teresa Wakim, sopranos; Kim Leeds, alto; Aaron Sheehan, tenor; and Jesse Blumberg, baritone.

The Gardner Museum's annual John Lowell Gardner Chrysanthemum Installation inspires Celebrating Chrysanthemums on Sunday, October 25, an exploration of the flower as artistic muse hosted by the Gardner's Stanley P. Kozak Director of Horticulture Erika Rumbley and Abrams Curator of Music George Steel, who will also read related poems, letters, and horticultural texts. An all-star cast—mezzo-soprano Kara Dugan, pianist Peter Dugan, violinists Katherine Winterstein, Gabriela Díaz, and Mina Lavcheva, violist Cara Pogossian, cellist Jia Kim, flutist Emi Ferguson, and accordionist Cory Pesaturo—performs music by Jules Massenet, Léo Delibes, Giacomo Puccini, Scott Joplin, Dora Pejačević, Nikolai Harito, William Penn, Zbigniew Maciejowski, Ernesto Lecuona, Tōru Takemitsu, Xiaogang Ye, and Juantio Becenti.

In addition to the Weekend Concert Series, the Gardner Museum will present an installment of its bold new Thursday Night Music series on October 29, 2026, featuring the kinetic ensemble Alarm Will Sound conducted by Alan Pierson performing Georg Friedrich Haas's masterpiece in vain, a 70-minute work for 24 players, much of which is played in complete darkness. Haas wrote in vain in 2000 in response to the rise of far-right parties in his native Austria in 1999. The piece is described as a "modern masterpiece" by Alex Ross in his influential book The Rest is Noise. Alarm Will Sound is a 20-member band committed to innovative performances and recordings of today's music. They have established a reputation for performing demanding music with energetic skill in the world's leading concert halls. Their performances have been described as "equal parts exuberance, nonchalance, and virtuosity" by The Financial Times.



Shown (clockwise from top left) Teresa Wakim, Ivalas Quartet, Amanda Forsythe, Aaron Sheehan, Jesse Blumberg, ACRONYM, and Kim Leeds.

George Steel's music programming for the Museum continues founder and legendary arts patron Isabella Stewart Gardner's vision of bringing together musicians and audiences for inspiring gatherings. Dating to 1927, the Gardner's Weekend Concert Series is the longest-running museum music program in the country. Much like Isabella Stewart Gardner did in her time, Steel champions unknown repertoire and embraces new works, creates connections and builds community among musicians, and supports them by presenting them in new endeavors and collaborations. His programming also frequently draws on the history of the Gardner Museum, featuring instruments from the Museum's collection and music by composers who were associated with its founder. In honoring Isabella Stewart Gardner's musical legacy, Music at the Gardner remains strongly committed to broadening the repertoire of music presented to include previously overlooked and marginalized composers as well as performers of all backgrounds.

Fall 2026 At-a-Glance Concert Schedule

September 27: Chamber Music Celebration

This annual concert celebrates the life and legacy of Scott Nickrenz, first Abrams Curator of Music at the Isabella Stewart Gardner Museum.

October 4: Ivalas Quartet

October 18: ACRONYM: Esther in the Age of Rembrandt

October 25: Celebrating Chrysanthemums

Plus Thursday Night Music Continues

This performance is made possible by the Anne Hawley Fund for Programs.

October 29: Georg Friedrich Haas's in vain performed by Alarm Will Sound, conducted by Alan Pierson – Thursday Night Music

November 1: Eleanor Alberga with Green Room Ensemble

November 8: Poiesis Quartet

November 15: Lysander Piano Trio

November 22: Jean Rondeau, harpsichord

This concert is made possible by the generous support of David Scudder in memory of his wife, Marie Louise Scudder.

All concerts take place on Sundays at 1:30 pm in Calderwood Hall at the Isabella Stewart Gardner Museum (25 Evans Way, Boston, MA), except for the October 29 Thursday Night Music concert which starts at 7 pm.

Ticketing Information

Tickets ($25-$99) are available at gardnermuseum.org/about/music or by calling the Box Office at 617 278 5156. All concert tickets include Museum admission.

The Isabella Stewart Gardner Museum invites you to escape the ordinary in a magical setting where art and commu-

See MUSEUM Page 15

FBI Boston returns historic artifacts & records to USS Massachusetts (BB-59)

The Boston Division of the Federal Bureau of Investigation (FBI) has returned a variety of historical artifacts and records belonging to the USS Massachusetts (BB-59), a decommissioned World War II battleship, affectionately known by her crew as 'Big Mamie,' that is now a floating museum at Battleship Cove in Fall River, Massachusetts.

The FBI returned nine items, including a folder labeled 'Plan of the Day for 1942' – containing a historically significant set of documents that provides a rare glimpse into the Navy's operational planning during World War II; a rusted metal crate labeled "Missile Hazards Within," and a First Lieutenant's Damage Control Book detailing the exact engineering and structural specifications required to keep the battleship afloat and combat-ready.

Believed to be missing for three decades, the recovery of these treasures was made possible thanks to a family in Texas, who, after finding them among their late father's personal possessions in a storage unit, chose to voluntarily relinquish them. Their late father worked on refurbishing the ship in the 1990s.

"These are enduring pieces of our nation's history that reflect the courage, sacrifice, and service of the sailors who served aboard 'Big Mamie.' Their recovery ensures that future generations will have the opportunity to better understand the legacy of those who defended our freedom during history's most devastating and defining conflict," said Ted. E. Docks, Special Agent in Charge of the FBI's Boston Division. "My sincere thanks to this family for their honesty, cooperation, and commitment to preserving history. This case also highlights the vital role the public plays in identifying and reporting missing and stolen artifacts."

FBI Boston initiated its investigation last year after the Fall River Police Department contacted the Bureau on behalf of the museum's curator, who was alerted by some of the museum's volunteers that several of the missing items were featured in a social media post. The FBI conducted a logical investigation, worked with the FBI's Dallas Field Office to secure the items, and was able to authenticate them.

"We are very grateful to the FBI for their invaluable assistance in bringing these historic artifacts home to Battleship Massachusetts," said Christopher Nardi, Chief Operating Officer of Battleship Cove.

Photos of the recovered artifacts can be viewed and downloaded here: https://www.fbi.gov/contact-us/field-offices/boston/recovered-artifacts-from-the-uss-massachusetts

The FBI's Art Crime Team is composed of special agents and personnel uniquely trained in art and cultural property investigations throughout the Bureau. Since its inception, the team has recovered more than 20,000 items worth more than $1 billion. For more information, visit fbi.gov/artcrime.

Museum // CONTINUED FROM PAGE 14

nity come together to inspire new ways of envisioning our world. Embodying the fearless legacy of its founder, the Museum offers a singular invitation to explore the past through a contemporary lens, creating meaningful encounters with art and joyful connections for all. Modeled after a Venetian palazzo, unforgettable galleries surround a luminous Courtyard and are home to masters such as Rembrandt, Raphael, Titian, Michelangelo, Whistler, and Sargent. The Renzo Piano Wing provides a platform for contemporary artists, musicians, and scholars and serves as an innovative venue where creativity is celebrated in all of its forms.

Isabella Stewart Gardner Museum • 25 Evans Way, Boston, MA 02115 • Hours: Open Weekends from 10 am to 5 pm, Weekdays from 11 am to 5 pm, and Thursdays until 9 pm. Closed Tuesdays. • General admission: Adults $25; Seniors $22; Students $15; Free Thursdays from 5 – 9 pm and for members, children 17 and under, and everyone named Isabella • Information: 617 566 1401 • Box Office: 617 278 5156 • www.gardnermuseum.org

Music at the Gardner is supported by the Nora McNeely Hurley Foundation. The Museum thanks its generous concert donors: The Coogan Concert in memory of Peter Weston Coogan; Fitzpatrick Family Concert; James Lawrence Memorial Concert; Scott Nickrenz Concert; Alford P. Rudnick Memorial Concert; David Scudder in memory of his wife, Marie Louise Scudder; Wendy Shattuck Young Artist Concert; and Willona Sinclair Memorial Concert. The piano is dedicated as the Alex d'Arbeloff Steinway. The harpsichord was generously donated by Dr. Robert Barstow in memory of Marion Huse, and its care is endowed in memory of Dr. Barstow by The Barstow Fund. Music at the Gardner is also supported in part by Barbara and Amos Hostetter, Joseph Mari, Sallie and Jim McGregor, Nicie and Jay Panetta, and The Aaron Copland Fund for Music, Inc.

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Fresh and Local

Pantry treats

By Penny & Ed Cherubino

For us, a stockpile of pantry treats began with our introduction to the Freshé line of tuna and salmon meals, which combined legumes, vegetables, fish, and a promise of high quality and sustainability. Each tin provides a complete, high-protein meal that is as easy to enjoy as opening the can.

The founders of Freshé expanded their offerings with lines of "Henry and Lisa" tinned and frozen fish. We expanded our stock of pantry treats with offerings from Patagonia Provisions, Costco, Trader Joe's, Row 34, and Fishwife. We eat our main meal at midday and often enjoy a bowl of rice topped with a selection from our high-protein tins.

Vegetables Too!

In addition to our fishy treats, we have upped our vegetable game with premium tinned and bottled veggies and legumes from Dan Barber's Row 34 canned selections, Trader Joe's canned legumes, Jovial Beans, and others. These products all have simple ingredients, great nutrition, and long use-by dates.

Higher Quality/Higher Cost

Many of our choices have a higher price tag than the other offerings on the shelf. However, they also have fewer ingredients, higher standards, higher-quality ingredients, and trusted sources and manufacturers.

In some cases, like canned trout, we stock both Fishwife for eating out of the can or over rice, and Trader Joe's for making trout pâté or adding to a salad. Both are excellent products, but Trader Joe's is lower cost, still high quality, and works well as a recipe ingredient.

The Fishwife contains smoked trout, olive oil, garlic, and salt. The Trader Joe's version has smoked trout, canola oil, and salt, plus possible additional ingredients that may matter for someone with allergies. We use it to make a trout pâté for an appetizer, and we keep it on hand.

We also watch for sales on many of our tinned pantry items. We stock up on Fishwife, Row 34, Jovial Beans, and Patagonia when they are on sale online or in the supermarket. So we save when we can. However, we strongly believe that these products are worth the cost. The quality is outstanding, and when we turn to our tinned-treat shelf for a quick supper, we know we are having a special meal, so we slow down and enjoy it.

Simple to Serve

We have to admit that since Ed loves to eat at the kitchen sink, he will sometimes pop open a can and eat it as is, without leaving the kitchen. Penny is happiest with tinned fish over brown rice. (And, by the way, that brown rice is the frozen packets from Trader Joe's cooked for three minutes in the microwave.)For a fuller meal, you can combine some of the offerings into a salad or a combined plate. A good tin of smoked salmon pairs well with Jovial Cannellini Beans and some Row 34, Badger Flame Beets. We also find our stash a great way to enhance a meal of leftovers. Often, protein is the missing element that balances a meal. Tinned protein gives you plenty of options.

Beyond feeding us at home, our tins can also be added to picnics, roofdeck suppers, or as a cool item to introduce to friends at a potluck. We discovered Trader Joe's tinned trout when a neighbor brought a trout pâté to a roof deck gathering.

When you consider the cost of dining out or takeout when you're tired, our pantry options boost all our budgets: food, energy, and time.

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



Here is our current selection of pantry treats that we will use to make special or speedy meals.

