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# THE NORTH END

## REGIONAL REVIEW

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### NEAD Family Pride Week photos available

By Phil Orlandella

Photos from many years of the North End Against Drugs (NEAD) annual North End Family Pride Week events are currently available for viewing at the North End Library, 25 Parmenter St.

"Over 1,100 photos for many years of the highly successful community event are on display, most of them taken by Michelle Morgan of the North End, some taken by unknown photographers," NEAD President John Romano said.

"NEAD is grateful to Librarian Jennifer Hawes for allowing these photos to be stored at the neighborhood history section of the library," Romano added.

Romano also thanked Morgan for "taking these awe-some pictures over the years."

"NEAD hopes many resi-

(NEAD Pg. 3)

### BPDA, ISD discuss expanding Additional Dwelling Unit pilot program

By John Lynds

Last year the Boston Inspectional Service Department (ISD) Commissioner William Christopher announced that several Boston neighborhoods that would take part in the Additional Dwelling Unit (ADU) pilot program.

Christopher said the proposed program was ISD's way to respond to all the high-end

(DWELLING Pg. 3)

### A FIXTURE IN THE NORTH END



State Rep. Aaron Michelwelitzz stops in Green Cross pharmacy to wish Peppi and Freddie congrats on their recent retirement. The pharmacy has been a fixture in North End for 55 years. They will be missed.

### Walsh announces \$26 million to create more affordable housing

By John Lynds

Using the North End's Knights of Columbus Hall as a backdrop, Mayor Martin Walsh announced \$26 million in money to create affordable units not only at the Knights of Columbus but in the North End, East Boston, Dorchester, Mattapan, Mission Hill, Brighton and Roxbury.

The funding recommended funding from the Department of Neighborhood Development, the Neighborhood Housing Trust, and the Community Preservation Fund, to create and preserve 515 units of affordable housing--including the creation of 23 affordable apartments for seniors Knights of Columbus headquarters in the North End.

"As Boston continues to grow, we want to make sure everyone has a place to call home, no matter their income," said Mayor Walsh. "It's important now more than ever that we use every tool in our toolbox to build more housing for working families in our City. This announcement is a great example of how we're building strong partnerships in the housing community to create more affordable housing options across all of our neighborhoods."

The East Boston Community Development Corporation (CDC) will also take the lead on the Knight of Columbus project in the North End, which received Boston Planning and Development Agency approval

(HOUSING Pg. 5)

### BPDA will soon decide on Dock Square Proposal

By Phil Orlandella

Boston Planning and Development Agency (BPDA), formerly the BRA, has held a public meeting (Jan.28) at City Hall to address the Planned Development Area (PDA) filed in association with the Dock Square Garage proposed development.

Lenear Retail Properties, LLC has held 6 or 7 community public meetings to discuss this project before putting

forth plans for the Dock Square Garage.

The proposed proposal is to construct an approximately 22,000 square feet, seven-story vertical addition to the existing building and adding another approximately 30,000 square feet of residential space to the lower floors by a combination of horizontal expansion and conversion of the parking area.

The project will contain up

(BPDA Pg.3)

### RELOCATING



North End residents will be working with the City of Boston to establish relocating the North End Bath House Building ( Nazario Center) on North Bennet Street. Mayor Martin Walsh has committed his support to act on recommendations from residents. While no site has been selected, many North Enders want the Center to remain open and a new site as well. The exterior of the city owned facility is under consideration for landmark status.



# Forum

'Congress shall make no law ... abridging the freedom of speech, or of the press.'  
BILL OF RIGHTS, Amendment I

## LET'S CLOSE THE LOOPHOLE IN STATE LAW TO END HUMAN TRAFFICKING

The recent national news stories concerning a massage parlor in Jupiter, Fla., have brought to light what is nothing less than a national abomination: The trafficking of women that reaches into every corner of the United States.

The news stories about this 21st century version of human bondage have made it clear that huge numbers of women, mostly Asian, are being trafficked in a multi-billion dollar sex trade operation under the guise of legitimate massage parlors.

Here in Massachusetts, it is estimated that there are 200-300 of these illicit "business" entities -- almost one for every city and town in the Commonwealth. Just this past week, police in the well-to-do community of Norwell came upon one of these places (which was located in an otherwise-ordinary mall) and, upon executing a search warrant, discovered conditions almost identical to what authorities found in Jupiter.

There were mattresses on the floor and other indicia of living that made it clear that those who worked there also were residing on the premises as prisoners of the operators of this establishment.

How can this situation -- sex slavery in which women from all around the world are being trafficked in our hometowns -- exist so openly in America in 2019?

It seems to us there is a fairly simple solution to the problem that can be accomplished with a small change in the law, at least here in Massachusetts, which is as follows:

The signage on the front window of the Jupiter establishment lists the following services: "Massage therapy, facials, waxing, table showers", and this one: "Body treatments."

Massachusetts tightly regulates the massage therapy business pursuant to chapter 112, section 228, which requires massage therapists to receive training and obtain a license.

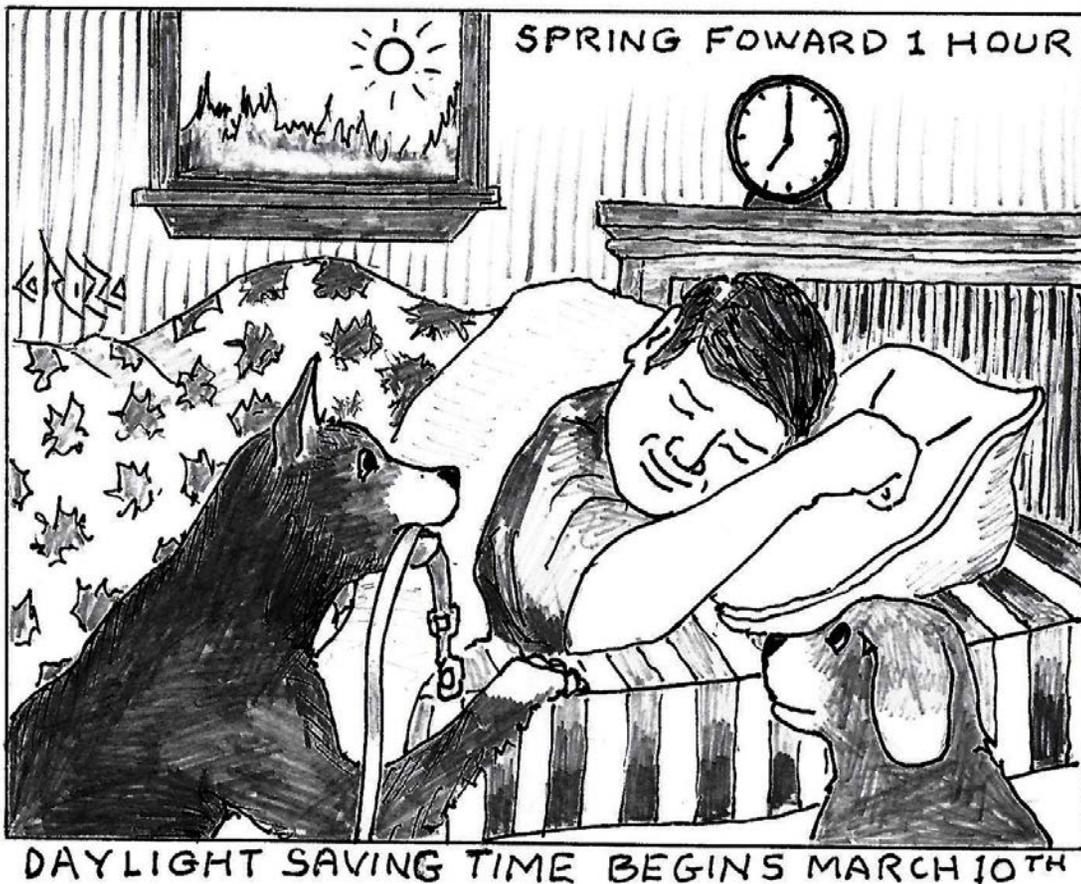
However, the last line of this statute exempts from the licensing requirements "those who use the terms 'bodywork', 'bodyworker', and 'bodywork therapist'."

It's as if the traffickers themselves wrote this loophole into the law. The women who were found in the Norwell establishment (who, similar to the women in Jupiter, were Chinese citizens and spoke no English) when the police conducted the raid identified themselves as "bodyworkers" and as such did not require any licensing requirements either from the state or local authorities. It's as if they did not exist.

In our view, the solution is straightforward: Require every person (including receptionists) who works in these establishments to obtain a permit (as opposed to a license) in order to work there. Such persons would be required to register at the local Board of Health where they would have to appear in person, produce a valid ID, and provide their place of residence in order to get their permit.

Routine spot checks by the local boards would ensure that everyone working there has a valid permit from the local authority. If anyone is found working there without a permit, the business would be ordered closed forthwith and the managers, as well as the owners, would be subject to arrest and criminal penalties for employing persons without permits.

In our view, this small change in Massachusetts law, if emulated across the country, could go a long way toward ending the human trafficking business that is a national disgrace.



## OPINION BY PHIL ORLANDELLA

### CARMINE GUARINO A TRUE COMMUNITY ACTIVIST

Life-long North End resident and community activist, Carmine Guarino has joined Brookline Bank's Retail Banking Division as a Senior Vice-President of the Greater Boston Market.

He is involved in several community non-profit organizations including the community elected North End/Waterfront Neighborhood Council (NEWNC) and named to The Greenway Conservancy Board.

Guarino is a totally dedicated community asset that truly cares about the issues, concerns and endeavors of the neighborhood he lives in.

### A VERY SPECIAL FEBRUARY AT COLUMBUS PARK

Love was in the air at Christopher Columbus Park during the month of February as residents and visitors to the popular public space enjoyed walking and taking photos of The Tunnel of Love and the appropriate music the Trellis dedication and a photo contest.

FOCCP Board member and art curator Robyn Reed created the special enjoyable event at the Park that added some additional color and warmth during the month of February.

Friends of Christopher Columbus Park (FOCCP) had several local sponsors for the special event including: NorthEndBoston.com, Boston Harbor Cruises, CL Properties, Joe's American Bar and Grill, Marriott Long Wharf Hotel and Sanibel Electric Corporation.

### NORTH END LANDMARK DESIGNATION POSSIBLE

Boston Mayor Martin Walsh, Representative Aaron Michlewitz and City Counselor Lydia Edwards joined about 50 North End residence at City Hall in support of designating landmark status for the exterior of the Bath House (Nazzaro Center) and Polcari Playground.

The over 100-year-old structure new status, if designated, would not affect the interior of the City-owned building.

The Landmarks Commission has taken the request under consideration and will complete a study before it is sent to the Mayor for his signature which is expected.

Like Starbucks and the Nursing Home when the neighborhood joins forces things get accomplished.

### REPRESENTATIVE MICHELWITZ NAMED HOUSE CHAIR OF WAYS AND MEANS COMMITTEE

Another North End elected official, Representative Aaron Michlewitz appears to be heading in the direction to potentially become the Speaker on the House.

The extremely popular State Representative, Michelwitz has been named Chair of the House Ways and Means Committee by Speaker Robert DeLeo. A giant step toward the top position in the House.

Rep. Michelwitz has always been in the front row when it comes to his constituents and still remains loyal to his district.

He will handle his new position professionally and with dedication.

## REGIONAL REVIEW

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## City signs host agreement with proposed West End Marijuana Shop

By John Lynds

An adult use marijuana facility proposed for Friend Street in Boston's West End signed a host agreement with the City of Boston.

Ascend Mass Inc., who is proposing a retail marijuana shop at 272 Friend St. has held several community meetings with West End residents. Over the past few months Ascend's Friend Street proposal has gained community and political support due to its location away from main thoroughfares like Causeway Street,

Headed by former Suffolk County Sheriff Andrea Cabral, Ascend has purchased the Friend Street building and will transform the aging vacant structure into the retail marijuana shop as well as Ascend's corporate headquarters.

Ascend agreed to make quarterly payments equal to three percent of gross sales revenue to the city within thirty days after the end of the quarter.

Aside from paying the city three percent of its sales per quarter Berkshire Roots also agreed to install security cameras in and around the business and to participate in public safety and beautification initiatives in and around the business.

According to the agreement with the city there will be no benches or social gathering areas in or around the business and agrees to prohibit smoking, vaping or any other form of consumption of marijuana onsite. The company also agrees to share data and reports to the Boston Public Health Commission as well as assist in the dissemination of materials related to public health, public safety and prevention efforts.

Friend Street has seen its fair share of blight with vacant buildings and homelessness. West End residents have commented that adding a multi-million investment at 272 Friend St. may begin to

turn the street around.

Ascend owns the building and are committed to making sure it is safe and secure.

Ascend's proposal includes taking the 15,000 sq. ft. building and transforming it into multiple floors for its retail marijuana operation. This, the group explained in its power point presentation, would give customers ample space and reduce the number of people that would have to wait outside. They also plan to renovate the facade of the building, limit the marijuana shop signage and install opaque windows to shield interior activity from neighbors and pedestrians walking by.

Ascend planned hours of operation are from 9 a.m. to 8 p.m.

Elected officials like City Councilors Josh Zakim and Ed Flynn, Rep. Aaron Michlewitz and Sen. Joseph Boncore have all lined up to support Ascend's proposal over the Causeway Street proposal.

"They (Ascend) have put together a thoughtful, comprehensive and community-focused plan," said Zakim. "Each decision, from the location on a quiet side street to on-site corporate offices, demonstrates their commitment to and consideration for their West End neighbors."

Michlewitz added that Ascend had, "Chosen its location on Friend Street carefully so that it sits on a less traveled side street, which is highly preferable to one of the area's well traveled thoroughfares."

Michlewitz said the fact that Ascend has purchased the building makes for a substantial investment in the neighborhood and the beginning of an overall Friend Street revitalization.

Ascend, said Michlewitz, will also send three percent of its sales back to the City of Boston as part of a Host Community Agreement and pledged to support local charitable and community building initiatives.

### BPDA (from pg. 1)

to 250 multifamily (luxury) residential units and reduce the current parking spaces to 650 spaces, some of which will be made available for occupants of the residential units included

in the project.

The garage will also be redesigned to accommodate valet services and mechanical lifts.

The close for the comment period was February 22.

### DWELLING (from pg. 1)

condos going up across the city. The city found that a lot of larger older building in places like Jamaica Plain, Mattapan and East Boston could accommodate an additional unit without coming outside the building's footprint. This means no additions, no raised roofs, no structural changes of any kind, but the opportunity for owner occupied homeowners, like empty nesters, to make a little extra cash and remain in the neighborhood.

Last week the Boston Planning and Development Agency held a hearing to discuss whether or not the program should be taken citywide and into neighborhoods like the North End.

According to Boston Planning and Development Agency's (BPDA) Bonnie McGilpin the BPDA, ISD and the Department of Neighborhood Development (DND) are putting together recommendations to expand the ADU program that will be presented at the BPDA's March board meeting. In order to expand the program some amendments to local zoning would need to be approved by both the BPDA board and the Boston Zoning Board of Appeals (ZBA)

McGilpin said expansion of the ADU program would exclude Downtown and Downtown Waterfront neighborhoods, but would include neighborhood's like the North End.

McGilpin said if the BPDA accepts the package and changes to zoning to expand the program the ZBA will most likely vote on the issue in April.

During the pilot program in the three neighborhoods homeowners applied to for an ADU through ISD and submitted drawings that were reviewed by both ISD and the BPDA.

There were a few catches to the program. For one, you had to live in the house, you could not go above three units and there are building code requirements and issues that are not going to be compromised. Interested



Boston Inspectional Service Department (ISD) Commissioner William Christopher during Tuesday's BPDA meeting regarding expanding the Additional Dwelling Unit pilot program.

homeowners then submitted a set of drawing to be reviewed by ISD and the BPDA so the two agencies can make sure it is a real unit that is habitable and is up to code.

ISD Commissioner William Christopher said the intention of the program is not to create high priced housing but to allow for a homeowner to build an additional unit for a mother or father or a mother and father to build an additional unit for a son or daughter and a way of trying to keep people in the neighborhood without changing the look or fabric of the neighborhood.

The pilot program also provided additional resources to support homeowners interested in building an ADU. An online toolkit supported homeowners with information about applying for a permit, identifying the cost of building a unit and explaining the type of ADUs allowed. The city also provided a zero interest deferred equity loan up to \$30,000 for eligible homeowners through the Boston Home Center.

Under the pilot program, an ADU shall be an allowed use where it may be otherwise conditional or forbidden provided

that it is the addition of no more than one dwelling unit to the existing structure, and will be exempt from all provisions of the Boston Zoning Code, provided that the ADU does not involve any bump out, extension or construction to the existing envelope of the structure which results in the addition of Gross Floor Area.

Mayor Martin Walsh supported the program saying ADUs will increase affordable housing options, create safer living arrangements and support multigenerational family arrangements and opportunities for aging in place so homeowners can remain in their homes. ADUs provide an opportunity to use existing infrastructure to achieve the City's housing goals.

"We must be innovative and think creatively in order to accomplish our goals of providing more affordable housing options for those that want to live here," said Walsh. "Additional Dwelling Units are an important component in our efforts to create additional housing for our growing population while ensuring that our residents have the opportunity to stay in their homes."

### NEAD (from pg. 1)

dents and others will stop by the library and enjoy looking back at time and possibly recognizing family members and friends at

the grassroots community event held throughout the years," Romano concluded.

Pride Week will most likely

not take place at the North End bocce court area depending on how long it will take to complete renovations in the area.

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**IN BRIEF** By Phil Orlandella**FOCCP SCHEDULE OF EVENTS, ACTIVITIES AND MONTHLY MEETINGS**

Friends of Christopher Columbus Park (FOCCP) have coordinated a full schedule of fun filled events and activities through the summer months and beyond. Starting with an Independence Day Celebration on June 29.

A series of lawn games in the Park will be held on July 20, 27, August 3, 10, 13, 17, 24, 31, and September 7 and 14.

Another series Sunday Movies in the Park on July 21, 28 and August 4, 13, 18 and 25.

Many other activities will be held including: Fall Festival in the Park October 5, the 18 annual Trellis Lighting Ceremony, Midnight Fireworks on Boston Harbor December 31.

FOCCP will conduct monthly board meetings at 6:30 PM in the Paul Revere House, 2nd floor, 11 North Square on: March 12, April 9, May 14,

June 11, July 9, August 11, September 10, October 8, and November 12.

**ANNUAL LANTERN CEREMONY AT OLD NORTH**

A celebration to commemorate the 244th anniversary of when two Patriots hung two lanterns in the Old North Church Steeple signaling the advance of the British by sea.

The ceremony celebrates active citizenship and freedom, as defined by that night. It is an unforgettable evening of pageantry, patriotism, and song enjoyed by hundreds of guests.

This year's, keynote speaker will be Attorney General Maura Healey, the chief lawyer and law enforcement officer of the Commonwealth of Massachusetts.

Individual tickets begin at \$40 and sponsorship opportunities begin at \$300.

The historical reenactment will be held on Sunday, April 14 at 7 PM.

**Little Tykes Summer Day Camp registration underway at Nazario Center**

By Phil Orlandella

As soon as school vacation ended, the Nazario Community Center started preparing for the 2019 Summer Camp-Little Tykes Camp for children 6-12 years of age, according to Administrative Coordinator Stephen Siciliano.

Actually, the registration process is underway, allowing families to begin their summer planning.

"This summer, we are expected to have many new opportunities with community partnerships for educational enrichment, swimming activi-

ties, off-site adventures, summer camp themes and active games," Camp Director Alex Orsino said.

The new full-time camp director noted he was "Excited to welcome back some of the Nazario Center camp families from last year, as well as meeting new families joining us at the Center this summer."

Camp takes place from June to August with a registration fee of \$200 per person. When registering, 50% of all sessions selected will be subject to a down payment that is not refundable.

After June 1, 80% of their remained in camp balance total,

in the event of cancellations, families will be held responsible for.

Center staff have advised that it is possible for families to lose the weeks of camp they are registered for in the event that the fee balance is not paid by June 14.

Payments for all phases of registration should be made out to the Nazario Center by check or money order. Fees must be turned in to Siciliano or Orsino in order to complete the registration process as smoothly as possible.

For details call 603 657-6605 or the Center at 617-635-5611.

**NEAA Baseball Season Update**

By Ralph Martignetti

NEAA Baseball registration is well underway. The NEAA sponsors baseball for ages 4-21. This year, with both Puopolo and Langone will be undergoing a facelift, the program will be using different fields.

Our 4 and 5 year old program will use the Greenway across from Mother Anna's restaurant. That program will take place 9am-10:30am on Saturdays and Sundays in May and June.

Our Dodgers program ages 13-21 will use East Boston

Memorial field as our home field this year. This is the same field we used a couple of years back and is home to Suffolk University. It is a very nice, turf field.

For the 6-12 year olds we are still trying to finalize a field. Some possibilities are Boston Common, Ebersol field at the Charles River and Barry field in Charlestown. Stay tuned.

Our program is also still in need of coaches especially at the 6-8 year old ages. If you are interested in coaching please contact Ralph Martignetti to discuss the possibility.

Please register at neabaseball.org as soon as possible. So far we have over 100 players registered so we are off to a good start.

Typically our program supports 220 players.

Looking forward to the good weather and return of baseball.

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## HOUSING (from pg. 1)

in October.

The proposed project involves the adaptive reuse of 41 North Margin St. in the North End. The building is currently used as the headquarters of the Knights of Columbus, a non-profit charitable organization that has been active in the North End for over a century and has occupied the building since the 1960s. According to the CDC the Knights are committed to the North End community, and as their membership has declined in the past decade, they decided that they could serve the community best if they worked to redevelop their headquarters at into affordable housing for seniors.

The lot size is 14,890 square feet and the three-story building is 4,341 square feet. The renovated building would include 23 apartments over five floors. The roof, which is currently pitched, would be squared off, increasing the building height by 2 feet. A new addition to the north side of the building to provide the Knights of Columbus a new, smaller, and more appropriate meeting hall. The first floor would consist of three apartments and 1,515 gross square feet of Knights of Columbus meetings space. The second through fifth floors will include five apartments per floor. The lot size will accommodate 13 parking spaces. The building will undergo a gut renovation including a new HVAC system and elevator.

"Many thanks to Mayor Walsh and to the City of Boston for their ongoing commitment to affordable housing and the needs our seniors," said President of the East Boston

CDC Albert Caldarelli, "As a result of these new funds, the East Boston CDC will be able to create new affordable senior housing at the Grace Apartments in East Boston and in the North End. We look forward to working with the city as these developments get underway."

According to the city the new funding will create 459 new units and preserve 56 units of housing. As a result of requesting proposals with a focus on creating affordable units, 290 units that will be created or preserved would be restricted to households with low, moderate, and middle income. The majority of these units will be accessible to households with incomes up to 60 percent of the Area Median Income (AMI), which amounts to \$65,000 or less for a family of four. The new units are a combination of homeownership and rental opportunities with some set aside for formerly homeless households, seniors, and artists.

"DND is excited that we were able to fund projects with such deep affordability, ranging from 50 percent of the Area Median Income to homeless individuals and the elderly," said Chief of Housing Sheila Dillon. "I can't wait to see these projects completed, and I want to thank the Neighborhood Housing Trust, the Community Preservation Committee, and our partners in the housing community for helping us create more affordable housing in Boston."



President of the East Boston CDC Albert Caldarelli addresses the crowd during the announcement. The CDC is involved in two affordable housing projects in Eastie and one in the North End.



Mayor Martin Walsh announces \$26 million to create and preserve affordable housing in Eastie and Boston.

## NORTH END LIBRARY PROGRAMS

### EVENTS FOR ADULTS

Friday Films: Films by Blacklisted Hollywood Directors and Writers

Friday March 8 at 1 p.m. Director Cy Enfield: Zulu

Friday March 15 at 1 p.m. Screen Writer Dalton Trumbo: Thirty Seconds Over Tokyo

Friday March 22 at 1 p.m. Screen Writer Dalton Trumbo: Roman Holiday

Friday March 29 at 1 p.m. Screen Writer Michael Wilson: A Place on the Sun

One-on-One Computer Assistance for Adults by Appointment—Wednesdays 1:00 – 2:00 p.m.

Call 617.227.8135 to reserve a 30-minute spot for personalizing assistance with PC computing, laptops, iPads, tablets, the BPL catalog, and online resources. Laptops are available to use or you can bring your own.

Mahjongg Club – Thursdays from 11:00 a.m. - 2:00 p.m.

Come and play the American-style variant of this tile-based game that originated in China and requires skill, strategy, and calculation. Beginners are welcome. No sign up is required.

Concert: Boston Philharmonic's String Quartet – Saturday, March 9 from 11 a.m.-noon this MOSAIC (Musical Opportunities Supporting Arts In Communities) Concert includes discussion of the music, opportunities to ask questions, meet the musicians, and a chance to try to play these instruments in our Instrument Petting Zoo. All Ages welcome.

Workshop: Self-Publishing Your Book – Saturday March 23 from 11:00 a.m. – 1:00 p.m.

Got a book to publish? Author and writing coach Kim Kerrigan will guide you through the process, including editing and proofreading, formatting, publishing options, marketing strategies, and much more. Participants are encouraged to bring a laptop or tablet, or use a library laptop. Please call 617-227-8135 to reserve a space.

Games People Play – Tuesdays, March 11 and 25 from 3:30 – 5:00 p.m.

Chess, Scrabble, Banagrams, Monopoly, Uno, anyone? Drop in to play board

and card games with friends new and old! For grown-ups only.

Seniors Connect: What Can Boston Do for You? – Thursday, March 21 from 10:30 a.m.-12:00 p.m.

The City of Boston has done a survey of its senior residents to get a better understanding of what we need. The survey results has led the City to establish various helpful programs and initiatives for the elderly. Learn about what services are available and how to access them from an age-friendly representative. This program is in partnership with Boston's Jewish cultural center, the Vilna Shul. Free, light refreshments will be served.

Adult Book Discussion Club – Wednesday, March 20 from 6:30 – 7:30 p.m.

March's book is Emma Donoghue's 2016 novel "The Wonder," in which an eleven-year-old girl is purported to have gone without eating for months in a mid-19th century Irish village. English nurse Lib Wright is sent over to see if the rumor is true and that the girl is truly subsisting on nothing. Refusing to believe, Lib is deter-

mined to end the hoax within days, but she finds herself inexplicably drawn to the "living wonder." Copies of the book are available to check out at the library's front desk.

### CHILDREN'S EVENTS

Boston Ballet Storytime – Monday, March 18 from 10:30 – 11:15a.m.

Listen to stories about a famous ballet or dancer. The story time is also supplemented with a movement experience that highlights major themes of the story. All story times are led by Boston Ballet faculty dance educators. This program is for children ages 2 and up. Younger children will need parental supervision

Homework Help – Wednesdays from 4:00-6 p.m.

A Boston Public School teacher assists children in kindergarten through grade 6 with homework. This is a free, drop-in program.

Author talk: Karen McManus – Wednesday, March 27 from 6:00 -7:00 p.m. Acclaimed local teen author Karen McManus discusses her new book, "Two Can Keep a Secret."

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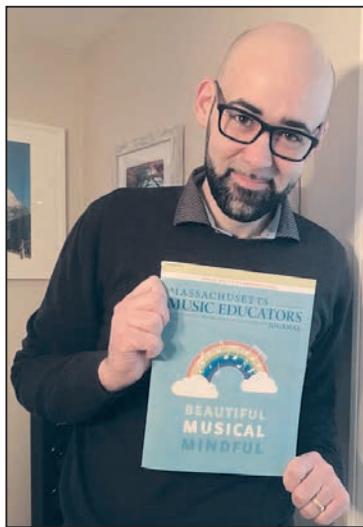
# NEMPAC Musical Director Marchese honored accomplishments

North End Music and Performing Arts Center (NEMPAC) Music Instructor Stefano Marchese who was also the Music Director at the K-8 Innovation School and the artistic director of NEMPAC's Summer Concert Series for three years has received several awards and recognition for his Marchese received his first publication on the Massachusetts Music Educators Journal, titled "Music Production as a Culturally Responsive Teaching Tool" and received the Music Education Award from Berklee College of Music and Boston Conservancy reflecting his knowledge, enthusiasm and unwavering commitment to music education.

NEMPAC said, "They are proud of all the work he does at our school partnership site at

the Eliot K-8 Innovation School to lead its magic music program and is fortunate that the Eliot School and Principal Traci Griffin makes the arts a priority in their school." "Support from EdVestors BPS Arts Expansion Fund and Liberty Foundation, NEMPAC/Eliot School Music Program continues to grow," NEMPAC said. Marchese has already received many awards and scholarships and NEMPAC indicated, "We are not surprised of his continued success." They wholeheartedly congratulated him for his latest achievements.

He was born and raised the oldest of three siblings —with Francesco and Frederica— in the town of Pescara, in the Abruzzo region and the beautiful Adriatic coast of Italy. His music journey begun as a child, when he kicked off his music



Stefano Marchese holding the Massachusetts Music Educators Journal.

education with classical guitar and voice lessons. With the support of his family and many educators along the way, he soon started listening to popular jazz and soul singers who would influence his learning and help shape his future performances.

Marchese moved to Rome to attend "Corrado Pani Arts Academy" and graduated in Literature from "Roma Tre University." He became a Soloist for a variety of groups such as "Unbound Voices GOSPER Choir" and "All Music Big Band" which provide him with the opportunity to perform in notable stages such as "Varese International Gospel Festival" and "Villa Celimontana Jazz Festival," and work for "RAI Television" (Italy's public national broadcaster).

As an educator, he has worked as a Vocal Coach and Music Director for a number of private schools in Rome including "Ars Nova School of Music," "Accademia della Musica," and "Jobel Teatro-Arteam School of Art," and public schools in Pescara like "Dante Alighieri"



Stefano Marchese in his classroom.

(Pescara) and "Liceo Scientifico Galileo Galilei." He's collaborated with Cinzia Spata on her book "Jazz Vocal" (Volonte' & Co., Milano, 2010) which has become a most popular vocal technique book in Italy.

In 2010 he moved to Boston from his native Italy to expand his music horizons and, in 2013, graduated from "Berklee College of Music," majoring in Contemporary Writing and Production. Marchese had the pleasure to be selected as music arranger for Grammy Award Nominee Luis Enrique (best known as "The Prince of Salsa") and for a Whitney Houston

Tribute. He is also an avid music writer for artists and groups such as Scanzonati, Modular Art Collective Ensemble, and many others.

Since 2011 he has performed with the vocal groups The Singing Tribe and Sung Deep. Stefano also had the pleasure to study and perform with wonderful musicians and artists such as Bill Elliot, Bob Stoloff, David Scott, Joey Blake, Norma Winston, JD Walter, Donna McElroy, Barry Harris, Maria Pia De Vito, Patrice Rushen, and the twelve-times Grammy Award winner Bobby McFerrin, to name a few.

In addition to Jazz, he has explored many projects that have included writing jingles for advertisements and television, and for small and ensembles and film scoring. He has produced the first TV show for Italians abroad "L'Italia Chiamò" and has directed several concert series in Boston including NEMPAC's "Jazz in The Park".

Maestro Marchese is affectionately known by his students as "Mr. M." He is warm, honest, and passionate, yet soft, unwavering and direct. He is,

(Music Pg. 7)

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### OLD NORTH MARCH EXHIBIT



In honor of Women's History month, the Old North Church presents an exhibition "Piece-ful Voices" throughout the month of March, daily 10 a.m. to 4 p.m. The exhibit celebrates quilting as an expression of community and features quilts made in honor all post-9/11 fallen soldiers from the wars in Iraq and Afghanistan in the same manner of the U. S. Sanitary Commission quilts created by northern woman during the American Civil War. The act of quilting as community for purpose of public memorial lifts this art beyond the domestic.

### MUSIC (from pg. 6)

undeniably, a passionate multifaceted educator, performer, artist, singer, writer, arranger, composer and producer who seeks more meaningful and cultural diversity in music.

He lives in Medford with his wife Milena (who he calls Milly), their young son Vittorio, and their dog Momo. He is a fan of the "Juve" (Juventus Football Club) and cheers the Italian soccer team when they play in the UEFA

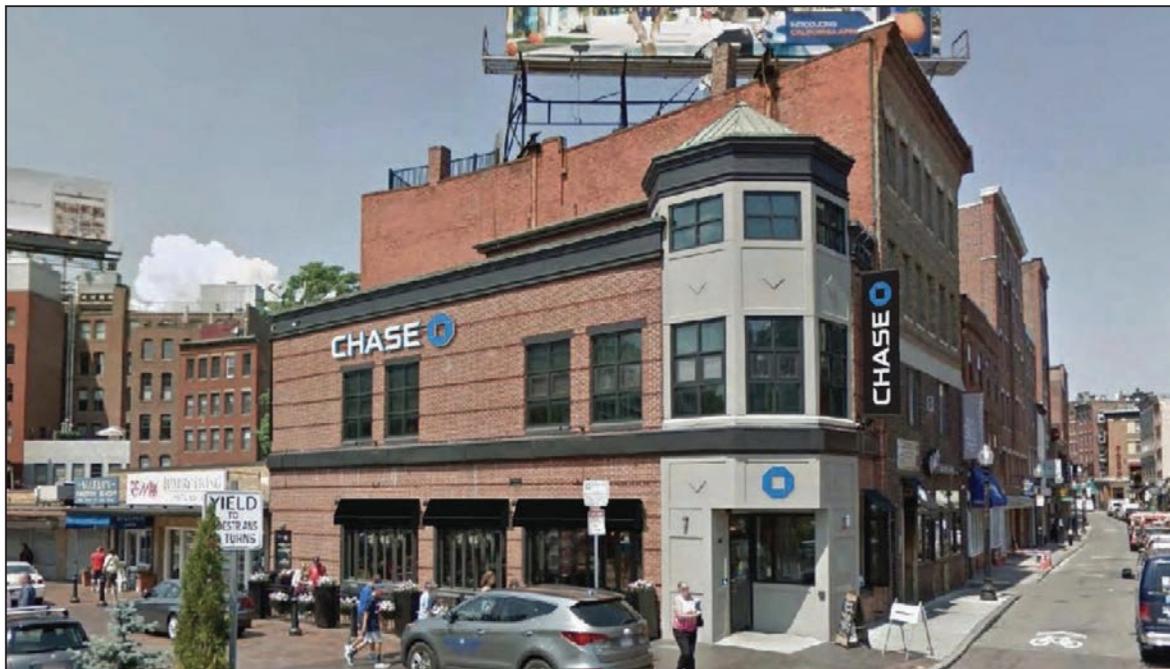
Champions League.

Marchese has already received many awards and scholarships, and we are not surprised of his continued success.

We wholeheartedly congratulate him for his latest achievements.

For information about Music Education programming at NEMPAC, please visit [www.nempacboston.org](http://www.nempacboston.org).

### POTENTIAL SITE



Courtesy image

Potential site, corner of Cross and Salem Streets, North End for proposed Chase Bank. North End/Waterfront Neighborhood Council (NEWNC) has supported the proposal which will be taken up at a North End/Waterfront Residents' Association (NEWRA) at one of the group's monthly meeting.

### BE THE TALK OF THE TOWN

The Regional Review is interested in publishing the memories of North End residents in print. If you or someone you know would like to share your experiences, please send email to [regionalreview@comcast.net](mailto:regionalreview@comcast.net)

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# Proposed 'T' hikes meet with outcry from commuters, elected officials

By Dan Murphy

A roomful of commuters and elected officials roundly rejected proposed MBTA fare hikes during a public meeting on Wednesday, Feb. 27, at the State Transportation Building in Boston.

Steve Poftak, general manager of the MBTA, outlined the increases, which would go into effect July 1 and raise fares an average of 6.3 percent system-wide.

Under the proposal, the cost of a local bus Charlie Card would increase to \$1.80 from \$1.70 while a subway Charlie Card would rise to \$2.40 from the current \$2.25. The monthly LinkPass, which provides unlimited bus and subway travel for one customer, would jump to \$90 from \$84.50, and a seven-day LinkPass would rise to \$22.50 from \$21.25.

The proposed fare increase would bring in \$32 million

in additional revenue to help recoup losses against the budget shortfall of \$111 million projected for the next fiscal year.

The last hike came in July of 2016, which raised fares an average of 9.3 percent across the system, but since that time, the Legislature has passed a law limiting fare hikes to a maximum of 7 percent every two years.

After Poftak's opening remarks, City Councilor Michelle Wu presented T officials with a petition she circulated calling for unlimited year-round passes for seniors and children, as well as a lower fare for the city's poorest residents, which had already garnered 2,700 signatures by the time the meeting commenced.

"This moment in history demands aggressive action against the threats of income inequality and climate change," Wu said. "Sustainable, affordable, reliable public trans-

portation is fundamental to providing Boston residents with the greatest access to jobs, schools, and opportunities beyond their home neighborhoods."

State Rep. Adrian Madaro, who represents East Boston, read from a letter on behalf of the Boston Legislative Delegation urging the MBTA board of directors to hold off on fare hikes at this time.

"Public transportation is a vital resource for residents of Boston, and especially for low-income individuals, seniors and students who rely on MBTA service as their primary means of transportation," the letter read in part. "We realize fares bring needed revenue to the operations of our public transportation system, but understanding how higher fares affect these vulnerable populations is essential to striking the right balance between funding and public accessibility to transportation services. We believe

that there needs to be a more in-depth discussion with the MBTA about the background and reasoning for this proposal prior to the imposition of any fare increase."

James White, chairman of MBTA Accessibility Advisory Committee for the past 18 years, advised against raising fare until after planned improvements are made to the Red and Orange lines, including the replacement of both fleets by 2023.

In response to the MBTA's own projection that a fare hike would amount to a 1.3-percent loss in ridership, State Rep. Andy Vargas, who represents Haverhill, said, "At a time when we have increased ridership on the T, we should be doing everything we can to encourage that."

State Rep. Tommy Vitolo, who represents Brookline, took to the podium with a can of Arizona Iced Tea in hand.

"It costs 99 cents, says it

right on the can," he said. "It has cost 99 cents for 18 years. What the good people of Arizona Iced Tea figured out is if you don't improve the quality of the tea, you don't raise the prices," Vitolo said before drinking from the can as the audience applauded him.

The fare increase would put an even bigger burden on commuters living outside the city as illustrated by statements from Egan Millard, a 27-year-old Weymouth resident who works in Cambridge and currently pays \$217.75 for his monthly commuter rail and subway pass.

"I, and I'm sure most T riders, already feel we're paying too much for such abysmal service," Millard said "Commuter rail service is so infrequent I have to plan my entire day and sometimes week around it. I have lost, at this point, days of my life on the T that I can't get back."

## NEWS AND NOTES By Phil Orlandella

### PERFECT AAA BOSTON RATINGS

Boston has maintained its perfect AAA bond ratings, signed by Moody's Investor and SAP Global Ratings.

The City has kept its ratings from both agencies since 2014, five years.

"In Boston we're committed to building a better future for all, and creating opportunities throughout our City," Mayor Martin Walsh said. "These bond ratings will allow us to continue building our strong financial foundation."

### CITY SCHOLARSHIP APPLICATIONS AVAILABLE

Applications are currently available for the 2019 City of Boston Scholarships for Boston residents.

Candidates that graduated from high school or have completed G.E.D. programming by the time the awards are made are eligible.

"The City of Boston Scholarship Fund help students achieve their dream of attend-

ing college and I'm proud that through this program, we're able to give our residents the support they need," Mayor Martin Walsh said.

Deadline for applying is Friday, April 12. Visit [www.Boston.gov/scholarship](http://www.Boston.gov/scholarship).

### FIRST GRADUATING CLASS OF CITY ACADEMY

The first graduating class of the City Academy, a training pipeline for Boston residents to access quality careers, was held at Faneuil Hall this past February.

The graduation honored 26 trainees who have either completed an Emergency Medical Services (EMS) pre-apprenticeship or obtained their Commercial Driver License (CDL) and/or hoisting credentials.

The Academy will now transition to job placement services for the 26 graduates.

### CITY TAKING CENSUS

The City of Boston Election

Department has launched its annual resident census to record individuals age 17 and older who live in the City, with mailers going out to households across Boston.

Census help the City distribute resources evenly, help voters keep an active voter status, allow residents to have access to a fair jury and maintain an accurate voter list.

"Boston's annual census is an important tool to make sure we are reaching everyone across our City and ensuring we continue to provide the resources our residents need," Mayor Martin Walsh said.

Details online at [www.Boston.gov/elections](http://www.Boston.gov/elections).

### PROPOSALS AVAILABLE FOR COMMUNITY GARDENS

Request for Proposals (RFP) are now available from the City of Boston Grassroots program which supports the development of community gardens.

Winning proposals must demonstrate how it will improve neighborhood open space



Stefanie Costa Leabo.



Gregory McCarthy.

opportunities, or support urban agriculture designed to increase the availability of fresh food in Boston's neighborhoods.

Proposals for this round must be submitted to the Department of Neighborhood Development no later than 4 PM on Monday, April 1.

### CITY OPENS SUCCESSLINK

The opening of SuccessLink, the City of Boston's online tool that enables Boston youth to register a four summer jobs has been announced by Boston Mayor Martin Walsh.

Boston teens between the

ages of 15-18 can apply on the Department of Youth Engagement and Employment (YEE) website at [www.youth.boston.gov](http://www.youth.boston.gov).

### MAYOR ANNOUNCES 2 APPOINTMENTS

Mayor Martin Walsh has appointed Stefanie Costa Leabo as Boston's Chief Data Officer and Gregory McCarthy as the City's first ever Chief Information Security Officer.

Both will work to strengthen the City's Department of Innovation and Technology.

Visit [www.northendregionalreview.com](http://www.northendregionalreview.com)

## COMMUNITY NEWS

### N.E. LIBRARY MARCH BOOK CLUB

The North End Library, 25 Parmenter Street, Adult Book Club's March book is Emma Donoghue's 2016 novel, "The Wonder" will be held on March 20 from 6:30 to 7:30 p.m.

### LITTLE TYKES SUMMER CAMP REGISTRATION

Registration is underway for the 2019 Nazzaro Center Little Tykes Summer Camp for children ages 6-12. For details call 617-635-5611 or 603-657-6605.

### N.E. LIBRARY CONCERT

The North End Library, 25 Parmenter Street will host a concert: Boston Philharmonic's String Quartet on Saturday, March 9 from 11 a.m. to 12 p.m.

### OLD NORTH SPEAKER SERIES

The Old North Church Speaker Series: Quilts for the Cause will be held on Wednesday, March 13 at 6 p.m. Speaker Pamela Weeks, Curator of the New England Quilt Museum.

### N.E. LIBRARY AUTHOR TALK

The North End Library, 25 Parmenter Street, will hold an Author Talk with acclaimed local teen author Karen McManus who will discuss her new book "Two Can Keep a Secret" on Wednesday, March 27 from 6 to 7 p.m.

### OLD NORTH LANTERN CEREMONY

The Old North Church and Historic Site will commemorate the 24th anniversary of when

two lanterns were hung in the church's steeple signaling the advance of the British by sea on Sunday, April 14 at 7 p.m.

### DINE OUT BOSTON

Dine Out Boston, since 2001, has presented a golden opportunity for lunch and dinner goers to preview participating restaurants, prices, menus and make reservations at fixed prices.

From March 7-8 through March 10-15 Lunch prices will range from \$15, \$20 and Dinner from \$28, \$33 and \$38.

For more information and participating restaurants visit [www.dineoutboston.com](http://www.dineoutboston.com).

### BOOK SIGNING AT REVERE HOUSE

A history of Boston in 50 artifacts will be held at Paul Revere House on Saturday, March 30 from 1-3 p.m.

Boston's own City Archaeologist, Joe Bagley will sign copies of his fascinating book and chat with visitors about what stories lie underneath our feet.

See some of the actual objects highlighted in the book in person and learn more about them in the archaeological process from an expert in the field.

### LIBRARY 3-DAY OPEN HOUSE DISPLAY

The North End Library, 25 Parmenter Street will hold a three-day Books in Boston on Wednesday, April 3 through April 6 featuring flower arrangements, demonstrations on working with store bought bouquets inspired by a book.

Daily library resources tools on April 4 from 3 to 5 p.m.

### LIBRARY AUTHOR TALK

An Author Talk with David Kruh will be held at the North End Library, 25 Parmenter Street on Wednesday, April 24 at 6:30 p.m. Always Something Doing: Boston's Infamous Scollay Square.

### LIBRARY MARCH PROGRAMS

- Saturday, March 9 at 11 a.m.-Boston Philharmonic Orchestra String Quartet.
- Tuesdays, March 12 and 26 at 3:30 p.m.-Games People Play for Grownups.
- Saturday, March 16 at 11 a.m.-Self-Publishing Workshop.
- Wednesdays from 1-2 p.m.-Computer Assistance for adults, by appointment.
- Wednesday, March 27 at 6 p.m.-Talk by teen author Karen McManus.

### PUBLIC SAFETY MEETING

The District A-1 Boston Police Department monthly Public Safety meeting will be held Thursday, March 7 at 6 p.m. at the Nazzaro Center.

### NEWNC MONTHLY MEETING

North End/Waterfront Neighborhood Council (NEWNC) will hold its monthly public meeting on Monday, March 11 at 7 PM at the Nazzaro Center.

### NEWRA MONTHLY MEETING

North End/Waterfront Residents' Association (NEWRA) monthly meeting will be held on Thursday, March 14 at 7 p.m. at the Nazzaro Center.

### FOCCP MONTHLY MEETING

Friends of Christopher Columbus Park (FOCCP) will hold their monthly meeting on Tuesday, March 12 at 6:30 p.m. at the Mariners House, 11 North Square.

### NSC HOSTS HEALTH PRESENTATION

The North End/West End Neighborhood Service Center (NSC) will host a Shine and MassHealth presentation on Friday, March 12 from 12-1 p.m. at 1 Michelangelo Street.

### QUILTS FOR THE CAUSE

The Old North Church speaker series: Quilts for the Cause will be held on Wednesday, March 13 at 6 p.m. Speaker: Pamela Weeks Curator of the New England Quilt Museum. A reception will be held.

### RECONFIGURATION OF SCULPTURE

The annual reconfiguration of the Abstract Sculpture on The Greenway will take place on Sunday, April 7 at 7 p.m. Rain date Sunday, April 14.

### NEMPAC THE LITTLE PRINCE AUDITIONS

Auditions will be held for the North End Music and Performing Arts Center (NEMPAC) Opera Project 2019 production of 'The Little Prince' that will take place at Boston's Historical Faneuil Hall on June 20 and 22.

Auditions for adult principal roles will be held on February 23 and 24.

Auditions for child treble roles ages 8-16, unchanged voices, of 'The Little Prince' will be held on March 10.

For times and locations call 617-227-2270 or [svandewalle@nempacboston.org](mailto:svandewalle@nempacboston.org).

[nempacboston.org](http://nempacboston.org).

### NEAA BASEBALL REGISTRATION

Registration for the 2019 North End Athletic Association (NEAA) baseball season is underway for all ages. For details email [jromano45@gmail.com](mailto:jromano45@gmail.com). No deadline has been established at this time.

### HOMEWORK HELP

The North End Library, 25 Parmenter Street will provide homework help for kindergarten through grade six on Wednesdays from 4-6 p.m.

### ARTS AND CRAFTS

Arts and Crafts are held every other Thursday from 10 to 11 AM at the Villa Michelangelo. For more information call 617-523-8125.

In class, seniors use their muscles in their hands and arms and engage in planning and critical thinking, while being with the peers.

Past projects have included painting, flower design, centerpieces, collages and masks. Material for projects will be provided. For more info call 617-523-8125.

### COMPLIMENTARY WINE TASTING

V. Cirace and Son, Inc., 173 North Street, North End offers complimentary Wine tasting on Fridays from 5-7 p.m. All are welcome to participate by visiting the award-winning shop. For details call 617-227-3193.

### N.E. LIBRARY BUSINESS MEETING

Friends of North End Library (FONEL), 25 Parmenter Street will conduct a business meeting on Wednesday, March 13 from 6:30 p.m. to 7 p.m. Open to the

## AROUND THE CITY

### THE RAPE OF LUCRETIA

Boston Lyric Opera presents "The Rape of Lucretia," March 11-17, Artist for Humanity EpiCenter, 100 West 2nd St., Boston. [blo.org](http://blo.org).

### HAPPY HOUR

Celebrity Series of Boston presents the return of Monica Bill Barnes and Company performing immersive show, "Happy Hour," with audiences munching on snacks and drinking wine, March 12-16, at 6 p.m., District Hall, 75 Northern Ave., Boston's Seaport area. [celebrityseries.org](http://celebrityseries.org).

### DEADBEAT

"Your New England tribute to the good old Grateful Dead" rocks

the house at cozy, elegant, family-friendly 9 Wallis St., downtown Beverly, March 8, at 8 p.m., resurrecting your favorite Dead tunes and others. \$15; at the door, \$20; processing fee, \$2.95. GIMMELive, 978-525-9093.

### THE GLASS MENAGERIE

Boston Children's Theatre presents Tennessee Williams' masterpiece play, starring actors age 14-up, March 9-16, at Boston Center for the Arts, 527 Tremont St., Boston. [bostonchildrenstheatre.org](http://bostonchildrenstheatre.org).

### THE CABOT

Headlining at the Cabot, 286 Cabot St., Beverly, are Tab Benoit, March 8; Red Hot Chili Peppers, March

9, Melvin Seals and JGB, March 15; The Fab Four, March 16, all at 8 p.m., and a St. Patrick's Day special featuring Celtic Sojourn, March 17, at 3 p.m. For kids, The Joshua Show, featuring Joshua Holden, known as the modern day Mr. Rogers with hipster appeal, performs March 9, 10:30 a.m. [thecabot.org](http://thecabot.org), Ticketmaster, 800-745-3000.

### MOVE YOUR FACE

Boston Theater Company presents preview performances of its 80-minute, one-act devised silent action play, "Move Your Face," March 8-16, Wednesday-Saturday, 7:30 p.m.; Sunday, 2 p.m. at Boston Playwrights Theatre, 949 Commonwealth Ave., Boston. \$35;

students, seniors, \$20. [bostontheater.org](http://bostontheater.org), 866-811-4111.

### KING OF THE BEATS

Merrimack Repertory Theatre and Pollard Memorial Library present a free screening of the acclaimed documentary and a post-screening panel discussion, March 8, at 7 p.m., the Donahue Academic Arts Center at Middlesex Community College, 240 Central St., Downtown Lowell. The event kicks off the Libra's marathon reading of "On the Road" by Jack Kerouac, March 9, and the world premiere stage adaptation of Kerouac's "The Haunted Life," opening March 20. [mrt.org/haunted-life/special-events](http://mrt.org/haunted-life/special-events).

### SHALIN LIU PERFORMANCE CENTER

Headlining at downtown Rockport's elegant performance center, 37 Main St., Rockport, are Tupac Mantilla, featuring Sowah Mensah, ethnomusicologist and master drummer from Ghana, performing a free concert, March 6, 7 p.m., as part of Education and Outreach program; internationally acclaimed Celtic Tenors, March 8, 8 p.m.; beloved Irish folk band, Danu, March 9 (sold out); the Bolshoi Ballet in HD performing "Sleeping Beauty," March 10, 12:55 p.m.; acclaimed jazz singer Cyrille Aimee, March 10, 8 p.m. and St. Patrick's Ceilidh, with husband-wife duo Matt and Shannon Heaton, March 15, 8 p.m. [rockport-music.org](http://rockport-music.org), 978-546-7391.

## CITY PAWS

### The five freedoms for animal welfare

By Penny & Ed Cherubino

Some of our readers may know about the five freedoms for animal welfare, especially if they've volunteered at an animal shelter or are part of a rescue organization. For others this may be a new concept.

Originally created for the welfare and care of farm animals, these five principles have spread across the world and have been added to the decision-making resources of groups like the Association of Shelter Veterinarians. That group published a set of guidelines for care of animals in shelters based on the five freedoms.

Knowing about these freedoms, recognized by experts, can

be helpful to anyone who has to make decisions about the animals in our care or those who cross our paths and might need our help.

"Freedom from Hunger and Thirst by ready access to fresh water and diet to maintain health and vigor." This seems straight forward but you can ask yourself questions about the quality of food you are providing and what it is doing for or against the animal's long-term well being. For example, overfeeding can be harmful to health and vigor.

Keeping this principal in mind could simply make you more likely to offer a drink to a dog, other than your own, on a hot summer day.

"Freedom from Discomfort by

providing an appropriate environment including shelter and a comfortable resting area." This may mean taking a look at your animals as changing beings throughout their lives. An older, arthritic dog may be more comfortable on an orthopedic dog bed.

"Freedom from Pain, Injury or Disease by prevention or rapid diagnosis and treatment." You have to be the eyes, ears, and senses of the team that cares for any animal. You are the one who must pay attention and notice anything out of the ordinary. Then you must be the one to get expert help if needed.

Longtime animal guardians may be quick to say, "I've dealt with this before," and begin home



Let's hope that anyone who has to make a decision about beautiful dogs like Bailey and Winston do so with the five freedoms to guide them. (Photo courtesy of the American Veterinary Medical Association.)

care. Whenever you do, write down when the problem began, what you did, and perhaps even schedule an appointment in case it is not better in a few days.

"Freedom to Express Normal Behavior by providing sufficient space, proper facilities and company of the animal's own kind." Needs can differ by animal and by breed. If your best pal is a high energy herding dog or retriever, you will need to provide some of the exercise that is fun for him. If you have a cat, hunting is key so in addition to cuddles, make sure she has some prey play.

"Freedom from Fear and Distress by ensuring conditions and treatment which avoid mental suffering." We live with an anxious, fearful dog and we do our best to ease her concerns and support her when she needs

it. But, our Poppy has made us very aware of fear and distress in other dogs who cross our path.

We join responsible, professional, certified behaviorists who use this freedom to stand against the use of shock collars, pinch collars, and other forms of punitive training. These devices are already banned in some places. Positive reinforcement is the way to train.

For your own animals or for the animals you come across day-to-day, you can use these five guidelines to make good decisions about what to do and when to step up to protect any creature in danger or being mistreated.

Do you have a question or topic for City Paws. Send an email to Penny@BostonZest.com with your request.

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#### BE THE TALK OF THE TOWN

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## AROUND THE CITY

### MAPLE SUGARING TOURS

Mass. Audubon Society's Ipswich River Wildlife Sanctuary holds its annual sweet maple sugaring, naturalist guided, one-hour tours, rain or shine, Saturdays and Sundays, March 9,10,16,17, at 10:30 a.m., 12:30 and 2:30 p.m., at 87 Perkins Row, Topsfield. Warm up afterward in the barn, buy homemade soups, baked goods, maple sugar, the sanctuary's maple syrup and other maple products. Adults, \$11; children, \$9; members, \$10/\$8; children 3-under, in a backpack carrier, free of charge. Advance registration required. 978-887-9264, [massaudubon.org/ipswichriver](http://massaudubon.org/ipswichriver).

### BERKLEE PERFORMANCE CENTER

An Ariana Grande and Micki Miller Tribute Show is performed March 7, 8 p.m. Advance tickets, \$15/\$20; day of show, \$20/\$25; Amal Markus: Voice of Palestine, appears March 9,7:30 p.m., \$30,\$40,\$50,\$60; the Berklee American Roots Music Program celebrates its 10th anniversary, March 12, 7:30 p.m. \$15/\$20, \$20/\$25; and the Monterey Jazz Festival on Tour, features Cecile McLorin Salvant and Christian Sands, March 17, 7:30 p.m., \$45,\$55,\$65 \$136 Mass. Ave., Boston. [berklee.edu/BPC/about](http://berklee.edu/BPC/about), 617-747-2261.

### BOSTON CONSERVATORY AT BERKLEE

"Cabaret" is performed March 7-10, 8 p.m., and matinees, Saturday, Sunday, at 2 p.m., at the Boston Conservatory Theater, \$25-\$30, discounts available; the string Masters Series presents cellist Astrid Schween, March 10, 8 p.m., at Seully Hall, 8 Fenway, Boston, \$10-\$15, discounts; Max Levinson is the headline Piano Masters performer, March 12, 8 p.m., also at Seully Hall, \$10-\$15, discounts also. [bostonconservatory.berklee.edu/events](http://bostonconservatory.berklee.edu/events).

### BERKLEE POPULAR MUSIC INSTITUTE

The institute presents its annual Epic Event, Wednesday, March 6, 7 p.m., showcasing artists that students selected to perform at some of the country's most popular summer festivals. The event takes place at The Sinclair, 52 Church St., Harvard Square, Cambridge. \$10; students with ID, \$5. [BoweryBoston.com](http://BoweryBoston.com).

### WOMEN OF THE WORLD

An international women's day celebration in song occurs with dynamic female vocal ensemble performing Women of the World, March 7, 7:30 p.m., at Benjamin Franklin Institute of Technology, 41 Berkeley St., Boston.\$5. Proceeds benefit Inquilinos Boricuas en Accion.



**DEADBEAT:** "Your New England tribute to the good old Grateful Dead" rocks the house at cozy, elegant, family-friendly 9 Wallis St., downtown Beverly, March 8, at 8 p.m., resurrecting your favorite Dead tunes and others. \$15; at the door, \$20; processing fee, \$2.95. [GIMMELive](http://GIMMELive), 978-525-9093.

### NEW PHILHARMONIA ORCHESTRA

Newton's New Philharmonia Orchestra presents An Evening of Brahms, March 9, at 8 p.m., and March 10, 3 p.m., at First Baptist Church, 848 Beacon St., Newton Centre. \$10-\$48. [Newphil.org](http://Newphil.org).

### HANDEL AND HAYDN SOCIETY

The prestigious group performs Beethoven's Symphony No. 5, March 8, at 7:30 p.m. and March 10, 3 p.m., at Symphony Hall, 301 Mass. Ave., Boston. [handelandhaydn.org](http://handelandhaydn.org).

### JESS KLEIN

Singer/songwriter Jess Klein celebrates the release of her new album, "Back to My Green," March 7, 8 p.m., at Club Passim, Palmer St., Cambridge. Doors open at 7 p.m..

### ANTJE DUVEKOT

The Boston-area singer-songwriter returns March 8 to me and thee Coffeehouse, Unitarian Universalist Church of Marblehead, 28, Mugford St., Marblehead. Opening act is local favorite Marina Evans. [meadthee.org](http://meadthee.org).

### ALT FAT TUESDAY

Alt Fat Tuesday: Club Bohemia Style, featuring MC Mickey Bliss, Lynne Taylor, the Rollo Tomasi Quartet, Dirty Water Brass Band, appear March 5, 7:30 p.m., at The Lilypad, 1353 Cambridge St., Cambridge. \$10 check, cash at the door. Includes King Cake and beads. [lilypadinman.com/home/2019/3/5/alt-fat-tuesday-club-bohemia-style](http://lilypadinman.com/home/2019/3/5/alt-fat-tuesday-club-bohemia-style).

### GAMM THEATRE

Boston's multi-award winning Karen Macdonald stars in Gamm Theatre's New England premiere of Caryl Churchill's newest play, "Escaped Alone" with Samuel Beckett's 1965 minimalist play,

"Come and Go," through March 17, 1245 Jefferson Blvd., Warwick, RI. \$44,\$52,\$60. [gammtheatre.org](http://gammtheatre.org), 401-723-4266.

### JIMI HENDRIX (1973)

Lowell Memorial Auditorium and the Luna Theater present this free screening of the 1973 rock documentary, March 11, at 7:15 p.m., at the Luna Theater, Mill No. 5, Lowell. Opening the event, rock historian-Vinyl Destination record store owner Dave Perry reflects on Hendrix, and the film follows at 7:35 p.m. Free. [hendrixattheluna.eventbrite.com](http://hendrixattheluna.eventbrite.com).

### PLYMOUTH PHILHARMONIC'S FAMILY CONCERT

Steven Karidoyanes conducts the Plymouth Middle Schools Honors Chorus, an award-winning emerging artist from South Shore Conservatory, and the world premiere of concert Antoine Vachon's "Mages of Mystralia," March 10, with instrument demonstration at 2 p.m., and concert at 3 p.m., Memorial Hall, 83 Court St., Plymouth. \$20; children through age 12, \$10. [plymouthphil.org](http://plymouthphil.org), 508-746-8008.

### TO KILL A MOCKINGBIRD

Mugford Street Players' performance of Christopher Sergel's adaptation of Harper Lee's Pulitzer Prize-winning play, March 1-16, at Marblehead Little Theatre, 12 School St., Marblehead, is canceled. All tickets will be refunded. [mltlive.com](http://mltlive.com).

### FULL ON FORSYTHE

Boston Ballet kicks off its new season with three of acclaimed choreographer William Forsythe's works, March 7-17, Thursday, Friday, at 7:30 p.m.; Saturday, 1:30,7:30 p.m.; Sunday,1:30 p.m., at the Boston Opera House, 539 Washington

St.,Boston. Ticket start at \$37. [bostonballet.org](http://bostonballet.org) 617-695-6955.

### LUCIANA SOUZA

The Berklee alumna and Grammy-winning vocalist performs with the Berkley Global Jazz Ambassadors, on The Checkout-Live at Berklee, March 6, 8 p.m, Red Room Cafe at 939 Boylston St., Boston. \$10, students with college IDs,\$5.

### WORLD MUSIC EVENTS

ATE9 Dance Company, with live music by Glenn Kotche of Wilco present their Boston debut, March 8, 9, at 8 p.m., Institute of Contemporary Art, 25 Harbor Shore Drive, Boston.\$40; members, \$36. 3MA, featuring Ballake Sissoko, Driss El Maloumi and Rajery, March 13, 7:30 p.m. at the Rockwell, is canceled; and Jose Gonzalez and the String Theory perform March 18, 7:30 p.m., at Symphony Hall, 301 Mass. Ave, Boston. \$75,\$58,\$45,\$32. 617-876-4275, [worldmusic.org](http://worldmusic.org).

### JACK KEROUAC FILMS

In collaboration with the Jack Kerouac Estate, Merrimack Repertory Theater and Luna Theater present free screenings of Lowell-native Jack Kerouac films, "Big Sur," and "One Fast Move or I'm Gone," March 5 and 7, at The Luna at Mill No. 5, 250 Jackson St., downtown Lowell. First-come,first-served. [mrt.org/haunted-life/special-events](http://mrt.org/haunted-life/special-events). The world premiere Of Sean Daniels' stage adaptation of Kerouac's "lost" novel, "The Haunted Life," follows, March 20-April 14, at Merrimack Rep's Nancy L. Donahue Theatre, Liberty Hall, 50 E. Merrimack St., Lowell. [mrt.org](http://mrt.org).

### REVOLUTIONARY SNAKE ENSEMBLE

The lively group hosts its annual Mardi Gras party featuring special guests Alonzo Demetrius and Brian Richburg Jr., March 5, 7:30 p.m., at the Regattabar, Charles Hotel, One Bennett St., Cambridge.\$22; students, \$17. Miguel Zenon internationally acclaimed composer-saxophonist, and his quartet perform March 7, at 7:30 p.m. \$25; students, \$20; followed by the Aaron Goldberg Trio, March 8, 7:30 p.m. [regattabarjazz.com](http://regattabarjazz.com), 617-395-7757, 617-661-5000, [getshowtix.com/regattabar/moreinfo.cgi?if+4074](http://getshowtix.com/regattabar/moreinfo.cgi?if+4074).

### CELEBRITY SERIES

Women of the World perform International Women's Day, A Celebration in Song, March 7, 7:30 p.m., at Benjamin Franklin Institute of Technology, 41 Berkeley St., Boston; \$5; proceeds benefit Inquilinos Boricuas en Accion; and musician-actor-playwright -author Storm Large appears, March 8, 8

p.m., at Sanders Theatre, 45 Quincy St., Cambridge. Tickets start at \$45. [celebrityseries.org](http://celebrityseries.org).

### KLEZMERPALOOZA

The New England Conservatory hosts "Klezmerpalooza," a klezmer music festival, March 9,8 p.m.,and March10,Sunday morning,afternoon, various workshops. [eventbrite.com/e/klezmerpalooza-2019-tickets-55984143079](http://eventbrite.com/e/klezmerpalooza-2019-tickets-55984143079).

### FIREHOUSE CENTER FOR THE ARTS

The winter Senior Readers' Theater performs scenes from popular, classic plays, March 10,3 p.m., at the Institution for Savings MainStage, and artist Elizabeth Pogor's exhibition, "Off the Cuff," is displayed at the art gallery through March 24, Market Square, Newburyport. [firehouse.org](http://firehouse.org).

### BECOMING AMERICAN

The House of the Seven Gables presents a provocative, timely discussion, including documentary film, "Destination America," and post-discussion, Help Wanted? Immigration and Work, March 6, from 6 to 8 p.m., Derby St., Salem, as part of its Community Conversations. [7gables.org/events](http://7gables.org/events), 978-306-7001,[erincon@7gables.org](mailto:erincon@7gables.org).

It's Danvers Night at the Gables, March 10, Cape Ann and Tri-Town Day, March 17, when visitors from those communities are invited to free guided tours as part of the mansion's Community Day series.115 Derby St., Salem.

### LONE STAR LOVE POTION

Newport Playhouse and Cabaret Restaurant, 102 Connell Highway, Newport, launches its new season with this lusty comedy, now through March 31. Friday, Saturday evenings, weekday, Sunday matinees.Play, homemade buffet, and post-show cabaret, \$52.95, show only, \$25. [newportplayhouse.com](http://newportplayhouse.com) 401-848-7529.

### ALL SHOOK UP

Riverside Theatre Works, 45 Fairmount Ave., Hyde Park, presents "All Shook Up," featuring the King's greatest hits, through March 10. [rtwboston.org](http://rtwboston.org), 800-838-3006.

### PATRICIA BARBER TRIO

Globally-acclaimed, American composer-singer-pianist Patricia Barber, her trio and guests return to Scullers March 13 with her new recording, "Higher" ; Oscar Stagnaro highlights Latin Jazz Thursdays, March 7; Omar Sosa and Seckou Keita perform March 8; and Cyrille Aimee, March 9; Doubletree Suites byHilton, 400 Soldiers Field Road, Boston. [info@scullersjazz.com](http://info@scullersjazz.com), 617-562-4111.

## FRESH AND LOCAL

# Enjoy food the Mediterranean way

By Penny & Ed Cherubino

Imagine how you would feed yourself and your family if you lived in a small village in southern Italy or Greece. You might grow some of your food on the land and in caring for your crops, you'd exercise your body. Walking to the weekly market or local shops and carrying home the fresh food you purchased would add to your daily step count.

Preparing food from scratch works both your mind and your body. It has you thinking about the best dishes to showcase fresh seasonal produce, and remembering flavors, textures and recipes. Then there is the reaching, stretching, chopping, pounding, kneading, and stirring that give your hands and arms a workout as you prepare a meal. Physical exercise is the base of the Mediterranean lifestyle pyramid.

### Sliding into Change

Changing the way you eat for the better can be easy and gradual. You can learn more about the Mediterranean way of eating from the organization Oldways. Since their founding in 1990, the group has promoted healthy eating and drinking by championing traditional foodways.

Among the generous resources on their site is guidance for simple ways to begin to change from a traditional American diet to the

healthier one enjoyed by those living around the Mediterranean Sea.

### Eat Lots of Vegetables

The foundation of this way of eating is produce—fruits and vegetables. These should take up the most room on your plate for every meal and could sometimes be the meal. Oldways suggests, "Cook a vegetarian meal one night a week. Build meals around beans, whole grains, and vegetables, and heighten the flavor with fragrant herbs and spices. Down the road, try two nights per week." They also recommend having fruit as dessert.

### Good Fats and Whole Grains

Olive oil is the fat of choice for Mediterraneans. You can mix butter and olive oil for cooking to gradually make the switch. Other good fats you can add to your diet include nuts, avocados, and seeds.

If the bread you are eating has wonderful flavor of its own, you may not want that butter. Oldways says, "Whole grains are naturally rich in many important nutrients; their fuller, nuttier taste and extra fiber keep you satisfied for hours."

### Meat, Seafood and Dairy

We're fortunate to live in a coastal area where we can add more seafood to our diets as they do in this traditional culture. Start

by having one seafood meal a week and then try to increase the count to two.

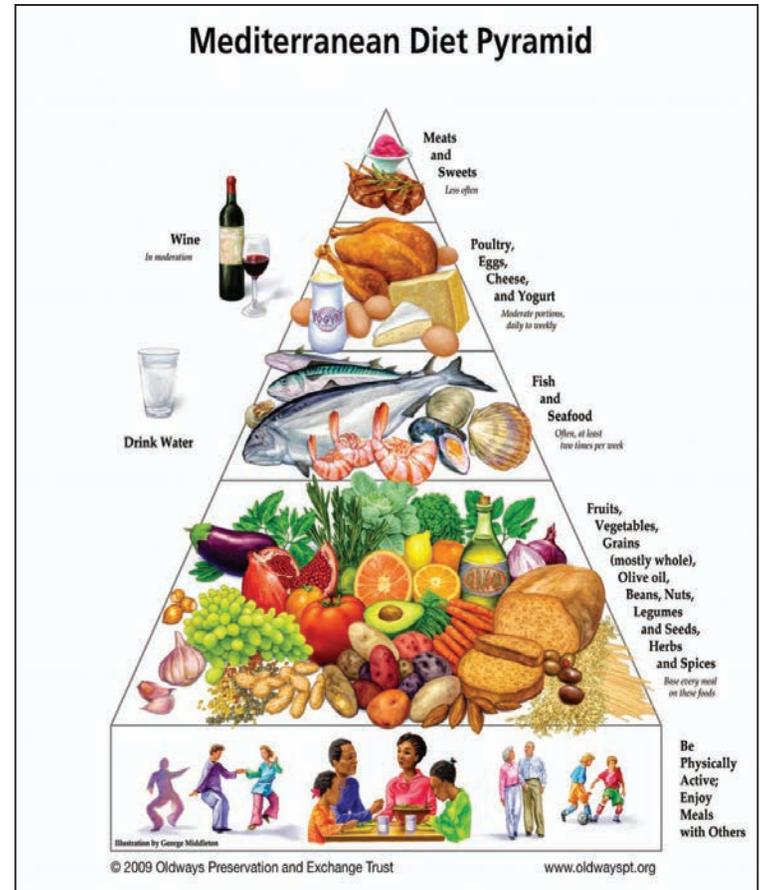
Meat is the one thing you will eat less of as you switch. Try to make servings of meat that are about the size of a deck of cards.

The other way to enjoy meat in smaller portions is to use it as a flavoring or condiment rather than as the center of the plate. You can make your favorite soups, stews, and pasta sauces but add less meat and bulk them up with more vegetables—and in some cases a bit of whole grain.

Small amounts of good cheese and yogurt are natural additions to this lifestyle. Often dishes are topped with grated cheese or creamy yogurt. We love to nibble on thin shavings of great cheeses.

We follow this pattern of eating right here in Boston. We walk to shops and markets, carry fresh food home, and cook most meals from scratch. While others call this a Mediterranean diet, we just think of it as enjoying food the healthy Mediterranean way.

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



*This is the Mediterranean Diet Pyramid designed by Oldways (www.oldwayspt.org) back in 1993. That organization's website posts all the resources you could want, to adopt this way of eating.*

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