



THE NORTH END

REGIONAL REVIEW

EMAIL: DEB@THEBOSTONSUN.COM
EDITOR@REVEREJOURNAL.COM

WWW.NORTHEENDREGIONALREVIEW.COM

UNITED WAY'S YOUTH VENTURE PROGRAM



Boston Centers for Youth & Families has partnered with United Way's Youth Venture Program, a social entrepreneurship program that empowers teenagers to create their own youth-led business ventures - think along the lines of the television show Shark Tank but with teenagers. On Dec. 14, 2019, the Nazzaro Community Center's very own Serina D'Amico, Theodore Pasto, and Antonio Romano pitched their idea to a panel of judges and were awarded \$1,000 to start up their own business! What was their idea that had them awarded this \$1,000? A health club which focused on a healthy lifestyle & healthy eating but also featured finding a passion through an activity such as running, yoga, sports related, weight training, etc. Congratulation, Serina, Teddy and Antonio job well done.

Four honored by Christmas Fund Committee

By Phil Orlandella

Four people were recognized for outstanding neighborhood services at this year's North End Christmas Fund Luncheon.

Toni Gilardi received the Ferdinand "Uncle" Fred Carangelo Humanitarian Award for her tireless work (19 years) of her company's hosting of Toys for Tots fundraiser at the Divine Center at Battery Wharf coordinated by Gilardi Group/Gibson Sotherby's Realty. Toni has also supported many neighborhood organizations including the North End Athletic

Association (NEAA) and North End Against Drugs (NEAD).

John Fiumara received the Private Ernest J. Natale Community Award for his many years of service to the community. He has volunteered on many neighborhood committees and was one of the founding members of North End Against Drugs (NEAD), coached North End Athletic Association (NEAA) baseball and served on the boards of the original North End Nursing Home and North End Health Center. He continues to serve as a member of Ausonia Council #1513 Knights of Columbus.

Sandra Pascucci was awarded the Christmas Luncheon Fund Appreciation Award for her years of service helping the committee with putting together the luncheon which benefits local seniors and families.

Also receiving a Christmas Fund Award was Fillipo Frattaroli for generously supporting and hosting the event for the last several years. Without his support the Committee would not have been able to continue this important neighborhood event.

(John Romano contributed to this article)

NEWRA selects Hossman as Greenway representative

By Phil Orlandella

North End/Waterfront Residents' Association (NEWRA) selected Kirsten Hossman as the Association's representative to The Greenway Conservancy Board replacing Robyn Reed who completed her six-year term on the Board.

Hossman, besides being involved with NEWRA related business, has been very active in many North End clean-up programs.

Nick Black, managing director of the Trustees of Reservations, attended the public meeting seeking community input on the possibility of purchasing Sergeant's Wharf for public space, from the City of Boston which owns the parking lot structure.

The idea to purchase Sergeant's

Wharf for public space is only the beginning stages and the Trustees as seeking community opinions and advice.

"Besides people parking there, members appeared to like the idea," Robyn Reed told the Review. "No vote was taken," she added.

Trustees plan to meet with other community organizations to present this idea, including the North End/Waterfront Neighborhood Council (NEWNC).

There has been no confirmation that the City will sell the property because they are really not in the loop as yet.

The next NEWRA monthly public meeting will be held on Thursday, Feb. 13 at 7 p.m. at the Nazzaro Community Center, 30 North Bennet Street.

Domenic's Restaurant to host NEAD benefit dinner

By Phil Orlandella

A fantastic three course meal and dessert will be served at Domenic's Restaurant, 54 Salem St., on Monday, Jan. 20 to benefit North End Against Drugs (NEAD) programs for youth, teens and families.

The generosity of owner/chef Damien DiPaola, 100% of the proceeds will be given to NEAD.

"North End Against Drugs (NEAD) is extremely grateful for Damien's generosity," NEAD President John Romano said.

"He is a fabulous chef, offering his talent and his restaurant to raise much-needed funds for NEAD," Romano added.

"This is a very important evening to raise money for a very good cause," DiPaola said. "A lot of us have been affected by someone close to us, a friend or relative that has been affected in one way

or another by drug use."

DiPaola said, "Whatever little we can do makes a big difference."

Seating times for this special event will be: 5 p.m., 5:30 p.m., 6 p.m., 6:30 p.m., 7 p.m., 7:30 p.m., 8 p.m., and 8:30 p.m. Space is limited.

The cost is \$50 for the event which includes soft drinks but not for gratuity or alcoholic beverages.

"We hope to see all of our friends and neighbors who enjoy all our been to attend this wonderful evening hosted by Domenic's for this fantastic event," Romano said.

Make required reservations in advance by calling the restaurant any day after 4 PM at 617-982-6142.

For more information related to this event, including the menu, call Romano at 617-750-9749 or email jromano45@gmail.com.

NEIGHBORHOOD SERVICE CENTER HOLIDAY EVENT
See photos on Pages 6 and 7



Forum

'Congress shall make no law ... abridging the freedom of speech, or of the press.'

BILL OF RIGHTS, Amendment I

DR. MARTIN LUTHER KING'S SPIRIT LIVES ON

When one considers that it has been almost 52 years since Dr. Martin Luther King was assassinated while he was standing on a balcony in a motel room in Memphis, where King was staying while supporting striking city trash collection workers, it is easy to understand why so many of our fellow Americans today have so little understanding of who he was and what he accomplished.

Every school child for the past generation knows well the story of Dr. Martin Luther King. But an elementary school textbook cannot truly convey the extent to which he brought about real change in our country. To anyone under the age of 50, Martin Luther King is just another historical figure.

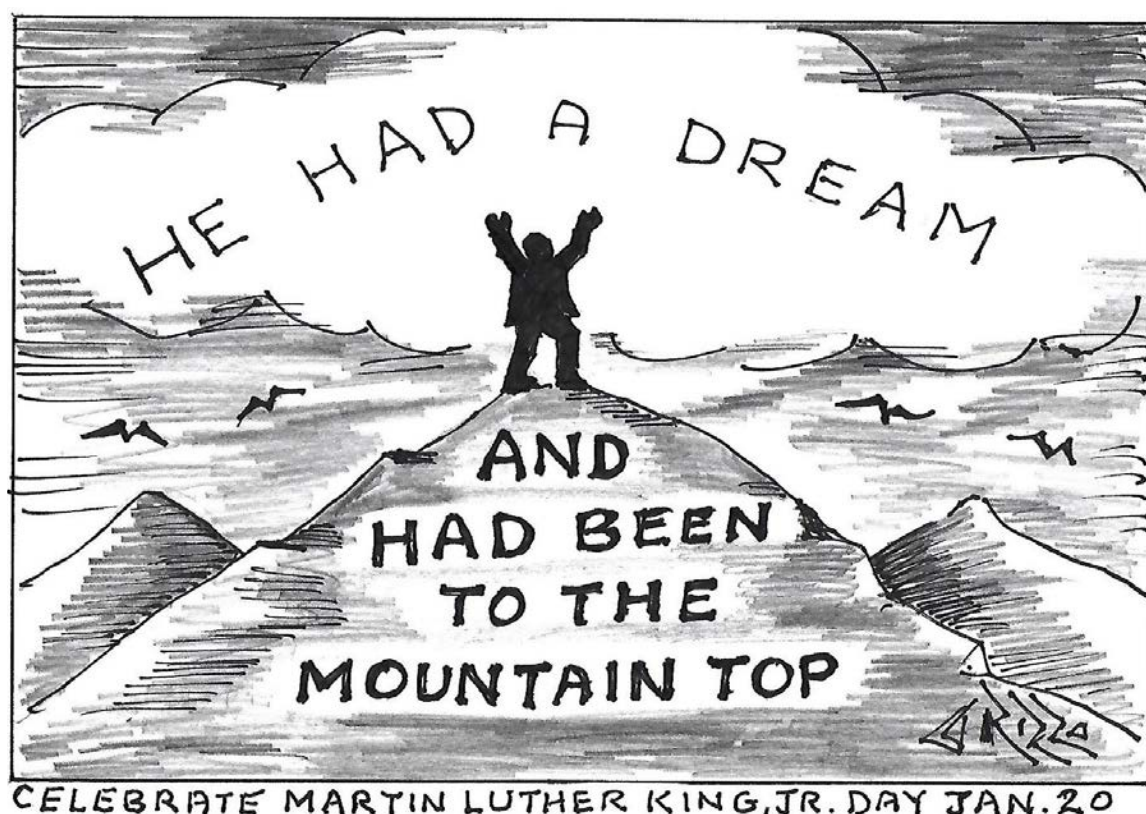
But for those of us who can recall the 1960s, a time when racial segregation was lawful throughout half of our country and a stealthy racism prevailed throughout the other half, Martin Luther King stands out as one of the great leaders in American history, a man whose stirring words and perseverance to his cause changed forever the historical trajectory of race relations in America, a subject that some historians refer to as the Original Sin of the American experience.

However, as much as things have changed for the better in the past 52 years in terms of racial equality in our society, it also is clear that we still have a long way to go before it can be said, as Dr. King famously put it in his speech at the Lincoln Memorial in 1963: "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."

It is clear that there is a movement in our country that seeks to take away many of the hard-fought gains of the past six decades, and that there are some members of Congress, a majority of the Supreme Court, and a now a President who are happy to oblige in this endeavor.

The shootings and deaths of African-Americans while in police custody that have shocked all of us in the past few years are just the tip of the iceberg. Much more significant have been the judicial decisions that have stripped away key provisions of the Voting Rights Act, the disparate funding for education in urban areas compared to the wealthier suburbs, criminal laws that lead to disproportionate treatment and incarceration of minorities for drug-related offenses, and the voter ID laws and gerrymandering in many states that, in the words of a federal court in North Carolina, attain with surgical precision the goal of preventing people of color from being fairly represented in government at all levels.

"What would Dr. Martin Luther King do if he were alive today?" we often ask ourselves. We can't say for sure, but we do know that although King accomplished much in his lifetime, he would be the first to understand that the work for which he gave his life still is far from done -- and we can only hope that his spirit and courage can continue to inspire this and future generations to bring about a world in which all persons, regardless of the color of their skin or national origin, are treated with fairness, dignity, and respect.



GUEST OP-ED

Are you a time saver or a time waster?

By Melissa Martin, Ph.D.

America, a nation of time-saving fanatics. American, a nation of time-wasting freaks.

In the days of old, consumers visited the butcher, the baker, the candlestick maker. They chatted, gossiped, and shared community news. Timeworn traditions turned into trends to save time as busyness bombarded us from sunrise to sunset because of progress.

And you can't stop progress. The telegraph, the telephone, the cell phone. The radio, the television, the internet. Feet, horses, wagons. Bicycles, trains, automo-

biles. Planes, helicopters, rockets.

Hark! The modern mega supermarket was born. The concept of convenience touted as one-stop shopping. Coffee shops, fast-food eateries, and banks inside of grocery stores—you can also buy stamps, pay utility bills, or make your own meal at the salad bar. Enter online foodie shopping. Scan, pay, and bag your own groceries. New apps let customers skip the checkout line.

The more technology advances, the busier we become—hurry and scurry. Obsessed with saving time. We wolf down meals to move on to do more: gobble, gulp, guzzle. According to World

Health Organization 2017, more than \$10 billion is spent worldwide each year on antacids. We eat stress and disrespect the time allotted to daily living.

"Extreme Time Cheaters" was a reality TV show about people who go to ultimate lengths to optimize time. Washing dishes in the shower, ironing shirts with the underside of a fresh brewed coffee pot, shaving legs while in the pool. Won't hair clog the pool filter?

Being more organized in order to find shoes, coats, gloves, backpacks, purses, and other items in the morning is smart and gets

(OP-ED Pg. 3)

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PUBLISHER: Debra DiGregorio - deb@thebostonsun.com

EDITOR AT LARGE: PHIL ORLANDELLA

REPORTERS AND CONTRIBUTORS:

Seth Daniel, John Lynds and Cary Shuman

PHONE 781-485-0588 // **FAX** 781-485-1403

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LANZA EXPRESSES THANKS FOR HELP

Dear North End Neighbors,

I hope you are all having a great start to 2020! I am reaching out to let you know that Friday, Jan. 10, was my last day working for the City of Boston. It has been a pleasure to work with all of you on behalf of Mayor Walsh in the neighborhood that I was born and raised in. Over the past four and a half years there have ground-

breakings, ribbon cuttings, and many many community meetings all filled with passion to make the North End the best neighborhood in the City of Boston. I am so appreciative of your advocacy and guidance throughout my time here in the Office of Neighborhood Services, and I am looking forward to seeing you around the North End as neighbors!

When my successor is appointed, the Office will be sure to connect them with you and your

groups. In the interim for constituent service requests, please feel free to call Boston 311 by dialing "311" from within City of Boston limits for direct assistance, or feel free to use the BOS311 app available for all smartphones. Also cc'd here is Edward McGuire, the Chief of Staff for the Civic Engagement Cabinet.

Thank you again and best wishes,

Maria Lanza

OPINION

By PHIL ORLANDELLA

COMMUNITY LIAISON MARIA LANZA WILL BE MISSED

Neighborhood service liaison for the North End Maria Lanza has left the city to seek greener pastures.

The North End resident has served the community with class and responsibility, earning her the respect of residents.

She was also in attendance at every neighborhood meeting prepared to respond to issues and concerns related to the North End and assisting in any way she could.

Maria was totally reliable and willing to work with the community to resolve problems or help make programs and events possi-

ble in the area.

Maria really cared about the welfare of the North End in every way shape or form.

The City has lost a great employee in the community has lost of valuable ally they could count on.

DOMENIC'S RESTAURANT HOSTS NEAD BENEFIT

A great opportunity to help benefit a great community organization, North End Against Drugs (NEAD), when Damien DiPaola hosts a three-course dinner to raise funds for the many programs and events provided to the neighborhood, at his popular restaurant

Domenic's on Salem Street.

This is a terrific cause being held on Monday, Jan. 20 at 54 Salem St.

DiPaola has prepared a top-notch manual for participants.

EVICITION PREVENTION ACTION PLAN HAS MERIT

A new action plan proposed by Mayor Martin Walsh's Eviction Prevention Task Force is designed to reduce evictions to residents that call Boston their home has merit but challenges as well.

Keeping residents from being evicted, with Boston continuing to grow, could be a monumental task, but with the City's commit-

ment to ensure residents don't feel the axe in the name of progress, this plan is a positive outlook.

NORTH END CHRISTMAS FUND LUNCHEON HELPS COMMUNITY

The North End Christmas Luncheon was a festive community function that benefits local families and seniors.

Held every year, the holiday luncheon drew hundreds of participants and was made possible by private and business contributions.

Attendees enjoyed a hearty meal, some giveaways and entertainment.

The luncheon has become a favorite holiday function over numerous years.

NOT AN EASY TASK

Selecting four individuals that have made a difference in the North End neighborhood is not an easy task but a challenge as well. So many can be recognized!

However, the North End Christmas Fund Committee honored four individuals for their ongoing contributions to the neighborhood. All four selections were well deserved.

Congratulations to Toni Gilardi, John Fiumara, Sandra Pascucci and Fillipo Frattarolli.

Op-Ed (from pg. 2)

families out the door quicker. Using a roadmap is about efficiency—getting lost in suburbia makes you a late dinner guest.

You won't catch me drinking coffee in the shower to save a minute or two—not my thing. However, I do own an undisclosed number of the same black socks. Why? Because the laundry monster eats one sock of the matching pair. So, I outsmart this sock-stealing fiend. Piling instead of filing can be a time waster for writers. Musing and rushing is counter-productive.

America, a nation of time-wasting freaks. Too much TV. Too much social media. Too much partying with mood-altering drugs. Zombified brains waste time and energy. Too much shopping—buying more and more dust-collecting stuff.

A 2016 study (download the report at www.pages.dsccout.com) followed the device usage of 100,000 people over a five day period. By tracking taps, swipes, and clicks, participants made on their smartphones, researchers concluded that the average user touched their phone 2,617 times every day. Shazam! That's over 2.42 hours of phone usage for the average user and most is spent on either Facebook or Google. Read more about the heavy users.

And guess what? We still only get 365 days per year, 12 months, and 168 hours per week. An hour still holds 60 minutes. And one minute is still 60 seconds. Time doesn't change. The sun comes up and the sun goes down. Each morning you get 86,400 seconds.

"You may delay, but time will not."—Benjamin Franklin

Why are humans so illogical? We try to pack more and more activities into the same amount of time. Employers overwork and overwhelm employees. Workers skip lunch, lose sleep, and give up family time. Parents overschedule kids with too many activities. Or over summer, while both parents work, they allow kids to lounge at home and binge on videogames and social media.

Time isn't the problem. What people do with time is the problem. Setting too many goals in one year. Unrealistic expectations of achieving in a short period of time. Not saying no to another event or activity. Making the daily list too long. Worrying and dwelling on past mistakes gets you nowhere. Fear of failure that keeps you stuck is a time stealer.

"Try to imagine a life without timekeeping. You probably can't. You know the month, the year, the day of the week. There is a clock on your wall or the dashboard

of your car. You have a schedule, a calendar, a time for dinner or a movie. Yet all around you, timekeeping is ignored. Birds are not late. A dog does not check its watch. Deer do not fret over passing birthdays. an alone measures time. Man alone chimes the hour. And, because of this, man alone suffers a paralyzing fear that no other creature endures. A fear of time running out," surmises Mitch Albom in his 2012 book, "The Time Keeper."

In reality, you can't save, waste, or cheat time. You can only manage or not manage thoughts, feelings, actions, and reactions about daily, weekly, monthly, and yearly activities. Time is neither good or bad. Time is neutral. It's what we do with our time that counts. And time is subjective because what matters to me may not matter to you. It's impossible to control time. We can only control ourselves and our activities.

"Man wants to own his existence. But no one owns time."—Mitch Albom

Melissa Martin, Ph.D., is an author, columnist, educator, and therapist. She lives in Ohio. Contact her at melissamcolumnist@gmail.com.

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Crime Report: Veal stolen from delivery truck, two assaults, package thefts

By David Marx

Boston Police District A-1 provided North End / Waterfront residents an update on recent neighborhood crime incidents, summarized below, at the January 2020 North End Public Safety Meeting.

Part 1 Crime in District A-1: Down 6 percent YTD.

Aggravated Assaults (2)
– 12/9/19 at 5:45 p.m. (279 North St.): Male suspect was arrested for assault with a deadly

weapon and destruction of property on North Street.

The suspect was observed by an off-duty officer damaging a heavy duty construction excavator at a North Street construction site. After a foot chase, the suspect was apprehended and charged with assault (deadly weapon – brick) and destruction of property (excavator).

– 454 Commercial St. (at Hanover Street): Road rage incident. When the light turned green at the intersection, the car at the light did not move. The car behind

honked the horn twice, then pulled up alongside the first car, reached through an open window, and assaulted the driver.

Auto Theft (1)
– 12/10/19 (North Margin & Thatcher Street): 1997 Toyota Tercel was reported stolen.

Larcenies (3)
– 12/11/19 (34 Clark St.): Package theft – pair of shoes.

– 12/14/19 (17 Stillman St.): Bike was reported stolen.

– 12/23/19 (1 North Bennet Court): Package theft – Nordstrom’s package.

Larceny from Motor Vehicle (1)
– 12/14/19 at 1:30 p.m. (in front of CVS – 218 Hanover St.): A male suspect jumped into a parked delivery truck and allegedly stole four 10-pound boxes of veal from the back of the truck. He was arrested for the same.

Arrests (2)
– Aggravated Assault / Vandalism: Aforementioned aggravated assault incident on

North St.

– Larceny from Motor Vehicle: The aforementioned veal-related larceny.

David Marx hosts the monthly Public Safety meeting with Boston Police District A-1. North End Public Safety Meetings are held on the first Thursday of the month, 6 p.m. at the Nazzaro Center, 30 N. Bennet Street. All are welcome to attend and bring their questions.

NORTH END LIBRARY PROGRAMS

By Phil Orlandella

The new year has begun at the North End Library with a full schedule of events and activities for all ages this January.

Events include: Friday films, computer activities, a Mah Jongg club, a reading club, podcasts and popcorn and book discussions for adults.

Children’s events are: Little Grove Family Concert, toddlers storytime, baby storytime, kids’ crafternoon, tween Tuesdays, Lego club, homework help, mindful minus and a teen creative writing workshop.

For more information call 617-227-8135.

EVENTS FOR ADULTS
Friday Films: Cunning Computers and Rogue Robots
Friday January 17 1 p.m. The Colossus: the Forbin Project
Friday January 24 1 p.m. Bladerunner
Friday January 31 1 p.m.

Westworld

One-on-One Computer Assistance for Adults by Appointment

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

Mah Jongg Club
Thursdays - 11 a.m. - 2 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.

30-Minute Reads Club
Thursdays – January 23 – 4 – 5 p.m.

Short on time but still want to enjoy meaningful writing? Then 30-Minute Reads Club may be for you! As fun as fiction but full of facts, long-form journalism articles are substantive reads on a wide variety of current topics, accessible online, and take 30

minutes or less to read. We will meet every other Thursday to discuss them. Articles will be accessible through longform.org. Email jhawes@bpl.org to sign up. Once you sign up, the link to the week’s article will be emailed to you.

Podcasts and Popcorn
Wednesday January 22 – 6 – 7 p.m.

Are you curious about podcasts? At Podcast + Popcorn, you’ll listen to a podcast episode or audio story and discuss it with a group, guided by a facilitator. It’s a book club for your ears! You’ll walk away with a deeper appreciation for audio and some practical approaches for creating your own podcast or audio project.

CHILDREN’S EVENTS
Little Groove Family Concert
Saturday, January 18, 10:30-11:00 a.m.

Families sing, dance, and make music together with Little Groove. Ideal for families with babies, toddlers, or preschoolers.

Toddler Story Time
Tuesdays, 10:30-11 a.m.

Listen to stories, sing songs, and learn together through movement and play. This story time is ideal for little ones who have started walking and moving on their own.

Baby Story Time
Tuesdays, 11-11:30 a.m.

Enjoy gentle stories, songs, and lap bounces for pre-walking babies and caregivers.

Kids’ Crafternoons
Every other Monday, January 27, 3:30-4:30 p.m.

Use different art supplies to create a project to take home. Ideal for kids 3-8 years old.

Tween Tuesdays
Tuesdays, 4-5 p.m.

Explore science, engineering, technology, or art through different hands-on activities. For kids 10-12 years old.

LEGO Club
Wednesdays, 3 - 4 p.m.

Drop in after school to build whatever you can imagine with LEGOs and DUPLOs. For kids of

all ages.

BTU Homework Help
Wednesdays, 4-6 p.m.

The Boston Teachers Union sponsors a Homework Helper program in each of the Boston Public Library branches. The BTU provides a teacher to help children with their homework for free.

Mindful Minis
Thursdays, January 16- Feb. 13 (6 weeks), 3:30-4 p.m.

Join Mindful Minis teacher Lauren after school for a stress-reducing and wellness-promoting activity! Activities will include breathing exercises, mindful coloring, yoga, emotional awareness, and sensory description exercises! For kids 5-7 years old.

Teen Creative Writing Group
Fridays, 3:30-4:30 p.m. (starting January 10)

Use writing prompts to spark new ideas or work on your own creative writing project. Share your writing if you choose, and get feedback from other teen writers in a supportive, pressure-free space.

NEWS AND NOTES By Phil Orlandella

ARTISTS RESIDENCY PROGRAM

Applications are currently available for the fourth-round of the City of Boston’s Artists Residency Program-Boston AIR.

Through this program, a cohort of artists will collaborate with the City to explore, analyze and re-imagine City initiatives at the intersection of civil service, social justice and artistic practice, according to the Mayor’s Office of Arts and Culture.

This program implements projects that imagine and test new approaches to City policies, processes and procedures with help from various City departments.

MASSDOT AWARDS \$3.5 MILLION IN GRANTS

MassDOT has awarded \$3.5 million in grant awards for the Regional Transit Authorities across the State to implement best practices and innovative services to benefit customers.

Recipients were selected upon numerous factors like whether projects will increase ridership, demonstrate innovation, serve a priority population, be financially sustainable and provide cost savings or operational efficiencies.

REAPPOINTED TO SCHOOL COMMITTEE

Mayor Martin J Walsh has reappointed Alexandra Oliver Davila and Loma Rivera to the Boston School Committee.

The Mayor call them, “Tremendous leaders who put the best interest of our students and schools”.

FIRST CITY FUNDED VOUCHER PROGRAM

Boston will create its first City-funded rental voucher program that will subsidize the rents of those with most needs including families experiencing homeless-

ness not eligible for the State’s Emergency Assistance, formally chronically homeless individuals and extreme low-income elderly and disabled households, according to Mayor Martin Walsh.

NEW DIRECT INVESTMENT IN PUBLIC SCHOOLS

Boston is planning to invest \$100 million over the next three years, and new direct funding to support students in the Boston Public School system.

“This level of planned new investments has never been seen before in Boston’s history, accord-

ing to Mayor Martin Walsh. Apparently, the City will target underperforming schools first.

STATE OF THE CITY ADDRESS DELIVERED

Addressing a full house at Symphony Hall, Boston Mayor Martin Walsh outlined a bold vision and transformative investments to propel Boston forward in the categories of transportation, Boston Public Schools and historic investments in affordable homes.

The Mayor shared his vision for the future and reflected on what the City has achieved during the last six years.

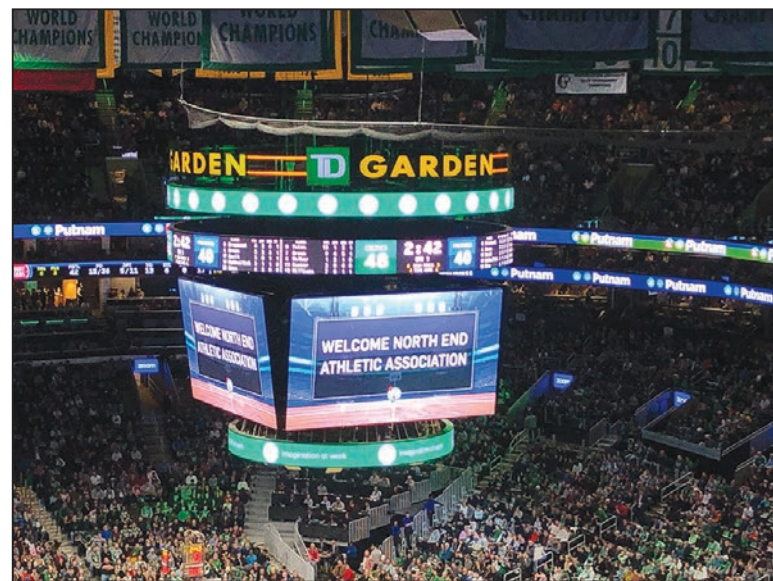
NORTH END ATHLETIC ASSOCIATION ATTEND CELTICS GAME

By John Romano

The North End Athletic Association once again sent 30 Family members to the Celtics game on Friday night, Dec. 20. The Celtics won a fantastic game against the Detroit Pistons. The NEAA continues to provide great, fun family events and activities for their membership and their families. The parents took their children and were able to go at an extremely affordable cost. The N.E.A.A. was welcomed on the big TD Garden Scoreboard by the Boston Celtics, which added to the excitement of the evening for the players and their families who attended. Their will be another Celtics basketball game prior to the completion of the 2019/2020 season. More to come.



Some of the NEAA Family members who attended the Celtics Game vs the Pistons on Dec. 20.



NEAA welcome on the TD Garden score board.



Kevin Heimlich who plays in the NEAA Instructional Program.



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NEIGHBORHOOD SERVICE CENTER HOLDS HOLIDAY PARTY

By Phil Orlandella

Over 60 members of the neighborhood, nearly all of them seniors from the North End/West End turned out for this year's holiday party held at the Neighborhood

Service Center (NSC) on Michelangelo Street.

A feast of chicken with all the trimmings was served, topped off by a typical Italian panettone and coffee.

Seniors received a holiday gift

that included, toiletries, cooking oil, food staples and/or supermarket gift cards.

Board member Victor Brogna once again entertained the crowd with his trumpet playing.

Robin Sidell of North Street Grille held a community night at her restaurant and provided a generous check to purchase holiday gift cards.

NSC Advisory Board Chair Andres Molina and volunteer David Roderick helped served the meal, cleanup and visited with the seniors. Luis Ottonelli, Program Manager of the Age Strong Commission also made the rounds.

"At the celebration, I was reminded of my own Italian traditions, welcoming friends, seniors and other folks in the neighborhood," NE/WE NSC Director Maria Stella Gulla said. "It was standing room only for the homemade meal prepared by the Center's staff and served by many volunteers."

The team at Century Bank including Assistant Manager Joseph Galvao distributed bags of party favors.

Karen Holloran, Marketing Director for Marquis Health Services added some snowy white scarfs to the holiday bags.

(Johannah Malone contributed to this article)



Luis Ottonelli, Program Monitor, Age Strong Commission, and Maria Stella Gulla, Director, ABCD North End/West End NSC.



ABCD North End/West End NSC Advisory Board Member on trumpet.



Guests were welcomed before the holiday party started.



The gift bags are under the ready to be handed out.

Fire regulations in the City of Boston *prohibit* open fires and charcoal and gas grills on roofs, fire balconies and fire escapes.

NEIGHBORHOOD SERVICE CENTER HOLDS HOLIDAY PARTY




Gift bags were handed out to guests.



Over 60 members of the neighborhood, nearly all of them seniors from the North End/West End turned out for this year's holiday party



Team from Century Bank gives out bags.



Boston Water and Sewer Commission

IN YOUR NEIGHBORHOOD

NORTH END
North End Public Library • 25 Parmenter Street
Thursdays, 10 AM - 12 PM
January 2 & February 6

Come meet our team!

Come meet with Boston Water and Sewer Commission staff in your neighborhood and learn why it's important not to pour fats, oils or grease (FOG) down the sink or toilet.

You can also pay your water bill with a check or money order, talk about billing or service problems, and more.



DON'T DUMP
Storm drains flow directly to
Boston Harbor and our rivers.

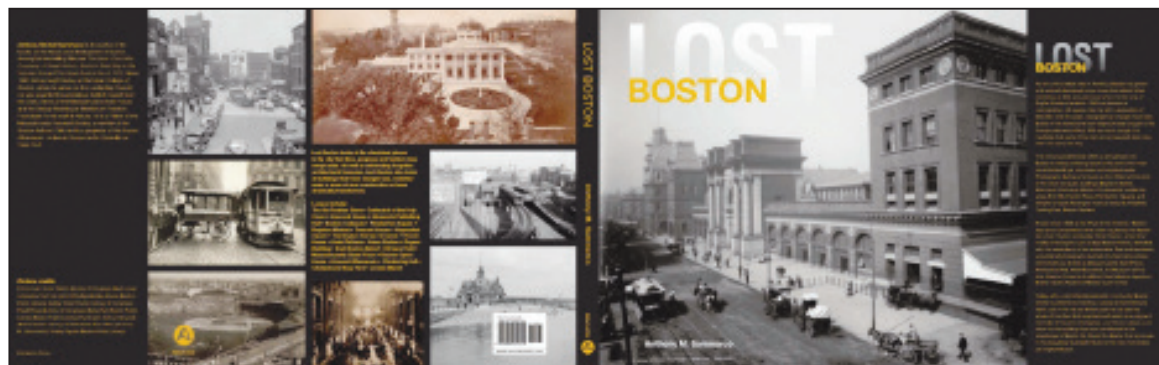


Let's Protect Boston's Waterways

FOR INFORMATION
 www.bwsc.org  617-989-7000
980 Harrison Avenue • Boston, MA 02119



FIND LOST BOSTON AT NORTH END LIBRARY



The next program the Friends of the North End Library is hosting is "Lost Boston" on Wednesday, Feb. 5 at 6:30 p.m., which traces the cherished places in Boston that time, progress and fashion have swept aside before concerned citizens and the National Register of Historic Places could save from the wrecker's ball or the graveyard of history. You will be saddened to learn of the historical sites that Bostonians have lost over time due to demolition, casualty or neglect.

Our author is Anthony Sammarco, an award-winning his-

torian and author of over seventy books on the history and development of Boston. Anthony is well known to our North End audience through his books about Boston and his many talks at the North End Library. Anthony lectures widely on Boston's history and development. Anthony has taught history at Boston University. He lives in Boston and enjoys being in the North End.

Also, remember our continuing daily book sale on the shelves near the front door and in the back of the library. Our book sales are the source of our funds to pay for

these exciting programs. Buy a current best seller book and leave a favorite book you have read and repeat – you enjoy your book, you have no clutter at home, someone else enjoys your book and the Friends receives funds - everyone is happy.

For more information concerning the Friends of the North End Library, please email info@FriendsNELibrary.org or go to our website: www.FriendsNELibrary.org for membership information and a listing of other programs.

IN BRIEF By Phil Orlandella

NAZZARO CENTER MOVIE NIGHT

Boston Center for Youth and Families (BCYF) Nazzaro Center, 30 North Bennet Street will hold a Movie Night (TBA) on Friday, Jan. 17, from 7-9 p.m. for youth ages 6-7. Non-members are welcome to attend.

The cost for the event is \$5 with popcorn and drinks provided.

All proceeds will go directly to Can Share's "Double Up Program."

Attendees must sign a BCYF waiver. For more information call 617-635-5166.

NSC LEARNS ABOUT FUEL ASSISTANCE

Roxanne Redding-Wilde from ABCD visited the North End Service Center at 1 Michelangelo St. providing valuable information on fuel assistance that services low-income, elderly and disabled residents each year.

She explained of the emergency related services including weatherization, heating system repairs, past due bills, reductions and resources to promote energy conservation and efficiencies and homes.

NSC VOLUNTEER OF THE MONTH

The North End/West End Neighborhood Service Center recently recognized

Stephanie Gullbrants as the December Volunteer of the Month.

Stephanie is a regular and friendly face around the Center through her art classes. Her classes, which combine lessons and art history through an innovative approach.

For the holiday party, she made homemade cookies that everyone enjoyed.

The Center thanked her for all she does for the Center and for brightening the holidays for seniors, staff and volunteers.

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First Come - First Served

A SHORT STORY ABOUT A MOTORCYCLE. AND A SUDDEN TURN.

When she was a young college student, Elisabeth Marra had a serious motorcycle accident that ultimately changed her life. Two years after the crash, her painful open fractures had failed to heal. Then she heard about a new and complex surgery pioneered by a surgeon who used a patient's own stem cells to concentrate the healing process. This time, her surgery and subsequent therapy were successful.

Elisabeth's experience caused her to re-direct her own career aspirations. Inspired by the medical professionals who helped her reclaim her active lifestyle, she changed her major to study physical therapy—a profession where her own experience could help other patients prevail through difficult recoveries.

We tell Elisabeth Marra's story here to illustrate two of the most profound messages we know. Don't give up, and remember to give back. If reading it inspires just one more person to achieve something special, then its telling here has been well worth while.



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Surgeons
75 Years

aaos.org/75years

AAOS
American Academy of Orthopaedic Surgeons
CELEBRATING HUMAN HEALING
orthoinfo.org

COMMUNITY NEWS

NEAD BENEFIT DINNER AT DOMENIC'S

North End Against Drugs (NEAD) will hold a benefit three course dinner and dessert at Domenic's Restaurant, 54 Salem Street. All proceeds will go to NEAD's programs for youth, teens and families. For more information call John Romano at 617-750-9749.

FOCCP MONTHLY MEETING SCHEDULE

Friends of Christopher Columbus Park (FOCCP) holds monthly meetings the second Tuesday of every month at the Mariners House, 11 North Square at 6:30 PM. Meetings are as follows: February 11, March 10, April 14, May 12, June 9, July 14, August 11, September 8, October 13, November 10, there will be no meeting in December.

HOMEWORK ASSISTANCE

Homework help is available at the North End Library, 25 Parmenter Street on Wednesdays from 4 PM to 6 PM. For more information call 617-227-8135.

NEWRA MONTHLY MEETINGS

The North End/Waterfront Residents' Association (NEWRA) conducts meetings the second Thursday of each month at the Nazzaro Community Center, 30 North Bennet Street at 7 PM. No

meetings on holidays. Meetings are as follows: February 13, March 12, April 9, May 14, June 11, July 9, August 13, September 10, October 8, November 13, and December 10.

NEWNC MONTHLY MEETINGS

The North End/Waterfront Neighborhood Council (NEWNC) meets the second Monday of each month at the Nazzaro Community Center, 30 North Bennet Street at 7 PM. No meetings on holidays. Meetings are as follows: February 10, March 8, April 13, May 10, June 7, July 12, August 9, September 13, October 11, November 8, and December 13.

MOVIE NIGHT AT CENTER

Popcorn and drinks will be provided at tomorrow's (Jan. 16) Nazzaro Center Movie Night which will be held from 7 PM to 9 PM for ages 6-9. Non-members are welcome. For details call 617-635-5166.

55-PLUS DANCE PARTY

Nazzaro Community Center will hold a 55-plus Dance Party at the Fisherman's Club on the corner of Lewis and Moon Streets on Saturday, January 18 from 6:30 PM to 9:30 PM. The cost is \$10. Cash Bar. For details call Laurie D'Elia at 617-635-5166.

STRESS-REDUCING AND WELLNESS ACTIVITIES

North End Library, 25 Parmenter Street will conduct Minis on Thursdays through February 13 from 3:30 PM to 4 PM. Program is for children ages 5-7 years old and stress-reducing and wellness activities and exercises. For more information call 617-227-8135.

TEEN CREATIVE WRITING

Each Friday from 3:30 PM to 4:30 PM the North End Library, 25 Parmenter Street hosts a Team Creative Writing Group. Use writing prompts provided or work on a project. Get feedback from other teen writers. For more information call 617-227-8135.

RETURNS HOME

North End born-and-raised, Father Michael Della Pena recently returned to his native stomping ground. He has spent more than 20 years as a missionary in Guatemala where he was the Director of the Valley of the Angels Orphanage, a home and haven for children.

FREE FITNESS SERIES

Boston Parks and Recreation Department and the Public Health Department has started the Boston Parks Winter Fitness Series, sponsored by Blue Cross/Blue Shield of Massachusetts.

The program which runs through May 1 will offer free classes at eleven locations across the City. For more information call 617-534-2355.

LA BEFANO CELEBRATION AT NSC

Celebration of La Befano will be held at the North End/West End Neighborhood Service Center, 1 Michelangelo Street on Friday, January 24 at 12:30 PM.

Lunch and a small gift will be provided by Donato Frattaroli of Il Moto and A Taste of the North End and Nancy Frattaroli of Artu.

FUEL ASSISTANCE

ABCD Fuel Assistance Program can help families stay warm this winter by covering some or all your heating needs this winter.

Qualifiers could receive up to \$1440 for their fuel bill. For info call 617-423-9215.

NSC OFFERS MANY ACTIVITIES FOR SENIORS

There are many ways for seniors to stay safe, enjoy a hot meal and participate in a variety of programming at the North End/Waterfront Neighborhood Center, 1 Michelangelo Street in the North End this winter. The Center is open Monday through Friday from 9 AM to 4 PM and offers arts and crafts, movies, exercise classes, games and hot lunches starting at 12:30 p.m.

DONATIONS NEEDED

The North End Historical Society is seeking donations to preserve and tell the history of the neighborhood. For details email northendhs@gmail.com.

NEAD BINGO

North End Against Drugs (NEAD) will hold its annual Bingo on Sunday, January 26 at 1 PM at the Nazzaro Community Center. Doors open at 12 noon. For details call 617-605-6142.

NEMPAC YOUTH CHOIR

The North End Music and Performing Arts Center (NEMPAC) is seeking members of their Youth Choir to learn and participate in many of their upcoming performances. For more details call 617-227-2270.

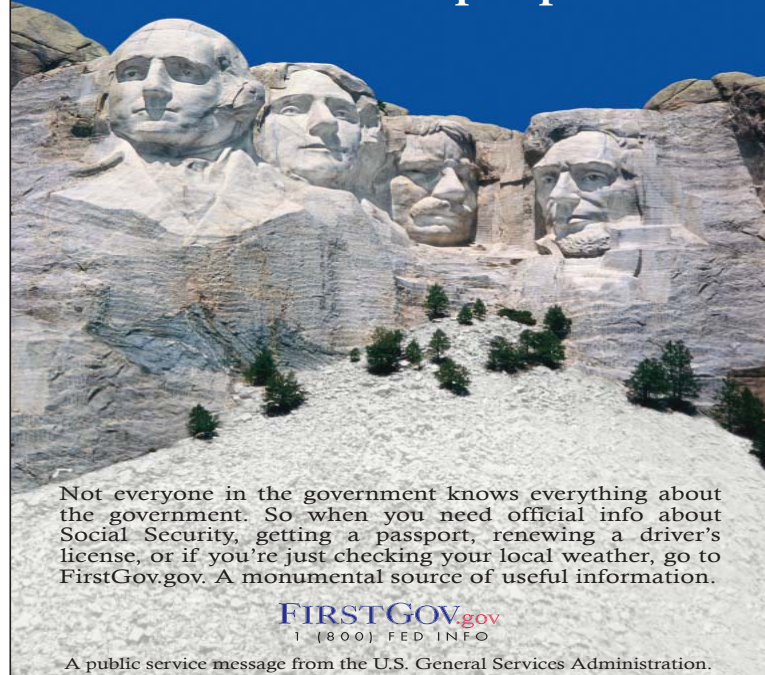
COMPUTER ASSISTANCE

One-On-One computer assistance for adults is being held at the North End Library, by appointment only. Call 617-227-8135 to reserve a spot.

NSC ARTS AND CRAFTS

Every other Thursday from 10 a.m. to 11 a.m. the North End/West End Neighborhood Service Center (NSC), 1 Michelangelo Street conducts arts and crafts.

You'd think at least one of them could tell you how to renew a passport.



Not everyone in the government knows everything about the government. So when you need official info about Social Security, getting a passport, renewing a driver's license, or if you're just checking your local weather, go to FirstGov.gov. A monumental source of useful information.

FIRSTGOV.gov
1 (800) FED INFO

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

Upcoming Columbus Park activities

By Phil Orlandella

Friends of Christopher Columbus Park (FOCCP) were very busy in 2019 providing fun filled events, activities, and programs for people of all ages.

The year was capped off by a two-barge display of fireworks over Boston Harbor with hundreds of spectators attending.

FOCCP has once again put together a banner 2020 year of activities listed below.

Schedule of Events

- February, TBA, Tunnel of Love.

- June 3-August 26, Croquet.
 - June 27, Independence Celebration.
 - July 19-September 13, Lawn Games.
 - July 23-August 27, Sunday Night Movies.
 - August 20, Sunset Harbor Cruise.
 - October 3, Fall Festival.
 - November 23, Trellis Lighting Ceremony.
- Dates to be announced:
- Wednesdays 8:30 AM, Gardening.
 - Sundays 9:30 AM, Gardening.
 - Playground Celebration.

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PLEASE RECYCLE

FRESH AND LOCAL

Kitchen basics... sheet pans

By Penny & Ed Cherubino

Our sheet pans are a hard working bunch. We have the 15" x 21" two-thirds size (the largest we can fit in our oven) down to the 6.5" x 9.5" one-eighth size (perfect for a toaster oven supper for one.)

This addiction began with common 13" x 18" half sheet pans. As we roasted more and more root vegetables, we added a couple of 9.5" x 13" quarter sheets to our inventory so the quickly cooked sweet potatoes could be easily removed from the oven before the longer roasted potatoes.

The more we use these multi-tasking kitchen assistants, the more we appreciate them. We've added silicone mats and fitted wire racks for all sizes. If you roast a spatchcocked chicken on a half sheet pan with a rack, the oven's hot air can circulate to the underside. The same is true of roasted vegetables. Silicone mats make for easy cleanup without using foil or parchment. (We do however resort to a disposable option when we are making very messy or sticky food.)

Sheet Pan Meals

The Brits call them "Tray Bakes" and Chef Jamie Oliver was an early champion of preparing an entire meal in one oven-safe pan. Most recipes are designed with components like meat and vegetables cut in sizes that will all cook to perfect doneness at the same time. The best versions to make on a sheet pan are those that take on a crusty, sticky, crispy, or roasted finish rather than ones that will be saucy. Sauce needs the higher sides of a baking dish.

Over at Leite's Culinary, we found a favorite sheet pan recipe for sausage and peppers. Peppers and onions are cut in wide strips and Italian sausage is roasted whole. Everything is tossed with some olive oil, oregano, salt, pepper, and crushed garlic cloves, and spread out on the sheet pan. You roast at 400 degrees for about 20 minutes, turn the sausages, cook for another 15-20 minutes and supper is ready.

Sheet Pan Tips

We use these handy pans for pizza, cookies, crostini, crostata,

roasting meat, and drying herbs. We spread items we want to freeze on them before bagging the individually frozen pieces. And if something, like a pie, might drip in the oven you can bet we have a sheet pan under it.

Our prepared ingredients for any recipe are arranged on sheet pans. Dried beans or peas are checked for stones or debris on one.

Cover any stove top burners you're not using with a sheet pan. Not only will it serve as an additional work surface for the cook, but will also keep your cooktop clean.

Professional chefs use sheet pans as a quick way to cover a pan. You'll also see them used to keep one batch of food warm in an oven while more is being prepared - think French toast or pancakes.

Put a kitchen towel on a large sheet pan, set the rack in place, and you have the perfect spot for drying items you clean as you work in the kitchen.

We store our sheet pans in the oven, pull them out before we turn the oven on, and when clean,



This delicious sausage and pepper sheet pan dinner comes together quickly, uses one pan, and needs very little of your attention once it is in the oven.

return them to the warm oven to dry.

One final tip – before you order any sheet pan size, be sure it will fit the interior dimensions of your ovens. As you may have guessed, this is a mistake we made when we purchased a commercial, full sheet

pan. Fortunately, we were able to return it.

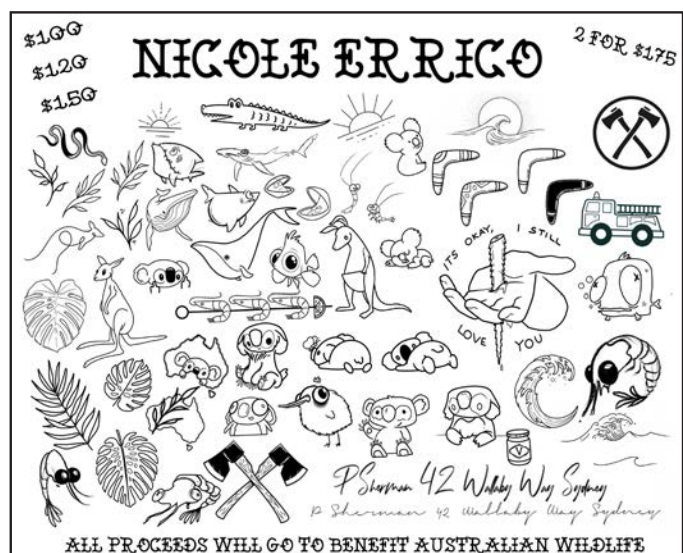
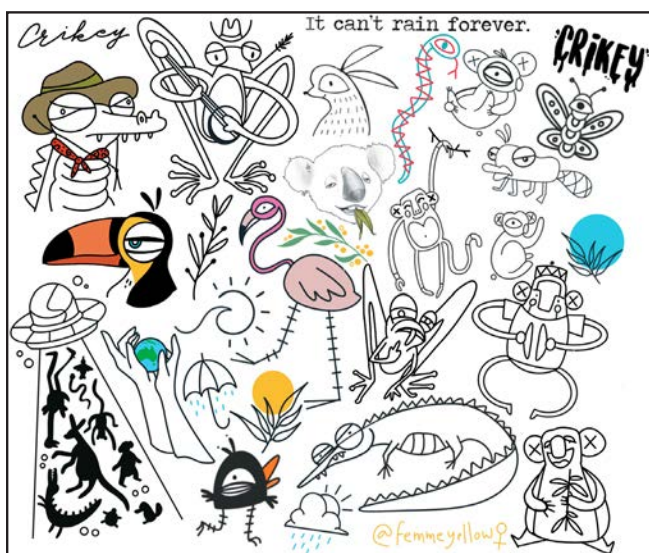
Do you have a question or topic for Fresh & Local? Send an email to Penny@BostonZest.com with your suggestion.

Boston Barber & Tattoo Co. to hold fundraiser for Australian fire victims

On Sunday Jan. 26, Boston Barber & Tattoo Co. will be opening their doors for a Tattoo For A Cause Flash Marathon from 10 a.m. - 6 p.m. Boston Barber & Tattoo Co. are just devastated by what's going on in Australia right now. For this reason they will be donating all tattoo

proceeds from this event to WWF Australia to help combat the tragic bushfires. In 2017 they were able to raise 5K for NEADS and are hoping to be able to do the same for WWF Australia. Call the shop at 617-742-0611 to make an appointment (\$50 deposit required at booking).

Below are the available flash (pre-drawn tattoo designs). For more information, we are posting up a storm on our Instagram: <https://www.instagram.com/bostonbarbertattoo-co/> and our Facebook page: <https://www.facebook.com/BostonBarberCo/>.



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EVERETT: Avail. Feb 1. Lg. 3BR, LR, DR, EIK, D&D, HW Flrs, encl. porch, AC. No Smoking. W/D hookup. Close to T/Boston, Rte 1 & 16. Sec 8 app'd. Deleaded. Cat OK. \$2,400, no util. 617-381-7477

• 272 GEN'L HELP WANTED

CHARLESTOWN Constitu-tion Marina is looking for a Construction & Maintenance person: Looking for a full time person with: 5 to 10 years of hands on marina maintenance and dock repair and/or wood house building also welcome. Welding, Steel cutting, Boat operator, Fork truck, Crane license and rigging. Benefits include: Medical, IRA & Vacation. Salary based on Experience, \$21+/hr. Send experience/resume to: Peter@Bosport.com

Club dancers wanted. Must be 21+, no exp. necessary. Call Aga at 617-427-6514

SOBER HOUSING

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Safe and sober housing accommodations for men and women available now in Revere, East Boston and Lynn. Call today 617-610-0053 or visit www.americasober.com

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Calais, ME - Excellent location - 5BR, 2 BA, Lg. single or 2 Fam. New roof, new flooring nearly complete, needs windows/finish. \$40,000, possible owner finance with 10% down. 207-672-3249 2/6

GARAGE FOR RENT

EVERETT - Unheated/dead storage in garage. Space for car. \$200 per month. Cash. 617-389-3029 1/23

SEEKING MISSING PERSON

Searching for Marie Madeleine Murphy (original surname Carré and married to William Frew at one time). Marie arrived in Winthrop, MA in 1952. She was born Dec 17th, 1927, originally from La Tranche-sur-Mer, France and lived at 26 Cutler St., Winthrop in 1952-53. If you have any information about her whereabouts or that of her children, please contact me at: robert_frew@yahoo.com

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CITATION FOR
PETITION FOR
FORMAL
ADJUDICATION
Docket No.
SU19P2859EA

Estate of:
Mikhail Yakovievich
Ruda
Date of Death:
02/10/2019

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Roman Bogorad of Newton, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Roman Bogorad of Newton, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object

to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 02/10/2020.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative

appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Brian J. Dunn, First Justice of this Court.

Date: December 30, 2019

Felix D. Arroyo

Register of Probate

1/16/20

RR

AROUND THE CITY

LYNN AUDITORIUM

Tony Conigliaro the documentary movie appears Friday, January 17, 8 p.m., with pe-show VIP at 6 p.m.; Popovich and his comedy pet theater, Jan. 19, doors open at 2 p.m., show, 3 p.m.; Brian Wilson performs his greatest hits live, Jan. 24, at Lynn Auditorium 3 City Hall Square, Lynn.781-599-SHOW.

BEST OF BOSTON COMEDY FESTIVAL

Yuk it up with Boston's best comedians, featuring Jim McCue, Joey Carroll, Janet McNamara, and Ken Reid, January 18,19, from 9 p.m. to midnight, at Doubletree Boston Cambridge, 400 Soldiers Field Road, Boston. Dinner starts at 7:15 p.m., \$75, and \$6.20 fee. Show only, \$25 +\$3.16 fee.. Reserve a table by calling 617-222-0788.

RED HOT CHILLI PIPERS

The rock band from Scotland play the bagpipes, drums and other instruments with their homestyle and feel-good flair, delighting multi-generational audiences, Saturday, January 25, 8 p.m., at The

Cabot, 286 Cabot St., Beverly. Tickets start at \$29.50. TheCabot.org, 978-927-3100.

GLORIA A LIFE

Diane Paulus directs Emily Mann's new play about iconic activist Gloria Steinem and her female partners, January 24-March 1, at American Repertory Theater, Brattle St., Cambridge. AmericanRepertoryTheater.org.

BOOM

Wellesley Repertory Theatre presents Peter Sinn Nachtrieb's three-person post-apocalyptic play, January 16-February 9, in the college's Ruth Nagel Jones Theatre ,Wellesley. \$20; students, seniors, \$10; pay-whaty-you-will Thursdays. www.wellesleyrep.org.

LENNY CLARKE AND FRIENDS

Boston's Beantown comedy club-honed comedian Lenny Clarke and his comedic friends perform Friday January 17, 8 p.m., at the Cabot Theatre, 286 Cabot St., Beverly.\$38.50. www.thecabot.org, 978-927-3100.

JACOB LAWRENCE

Peabody Essex Museum presents the debut of Jacob Lawrnce's painting series for the nationally touring exhibition, "The American Struggle," from the History of the American People, 1954-56,January 18-April 26, East India Square, Downtown Salem. pem.org.

TERENCE BLANCHARD

Celebrity Series of Boston presents composer-trumpeter Terence Blanchard and his E-Collective ensemble, Saturday, January 18, 8 p.m., at Berklee Performance Center, 136 Mass. Ave., Boston. Tickets start at \$45. 617-482-6661,www.celebrityseries.org/productions/terence-blanchard/.



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401-222-2661/62

VERMONT HUMAN RIGHTS COMMISSION
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Montpelier, VT 05633-6301
802-828-2480

NEW HAMPSHIRE COMMISSION FOR HUMAN RIGHTS
2 Chenell Drive
Concord, NH 03301-9053
603-271-2767

NEW HAVEN COMMISSION ON EQUAL OPPORTUNITIES
200 Orange Street, Room 402
New Haven, CT 06510
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All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status (number of children and or pregnancy), national origin, ancestry, age, marital status, or any intention to make any such preference, limitation or discrimination. This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertising in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development "HUD" toll-free at 1-800-669-9777. For the N.E. area, call HUD at 617-565-5308. The toll free number for the hearing impaired is 1-800-927-9275.

Daddy

Ralph "Taffy" Ventola
January 9, 2020 (22 years)

If we could have one lifetime wish, one dream that could come true. We would pray to God with all our hearts for yesterday and you. We think of you in silence, we often speak your name. Now all we have are memories and your picture in a frame. They say that time heals all sorrows and helps us to forget. But so far time has only proven how much we miss you yet. We know you walk beside us and when our lives are through, we pray that God will take our hands and lead us straight to you!



You Are Never Forgotten & We Love You!

CITY PAWS

Become the best guardian

By Penny & Ed Cherubino

Nearly everyone who brings a companion animal into their life intends to take excellent care of that dependent creature. Along the way we all make some mistakes, bad decisions, and false steps. However, each day we also have the opportunity to renew our goal to become the best guardian we can be.

Beyond Food and Shelter

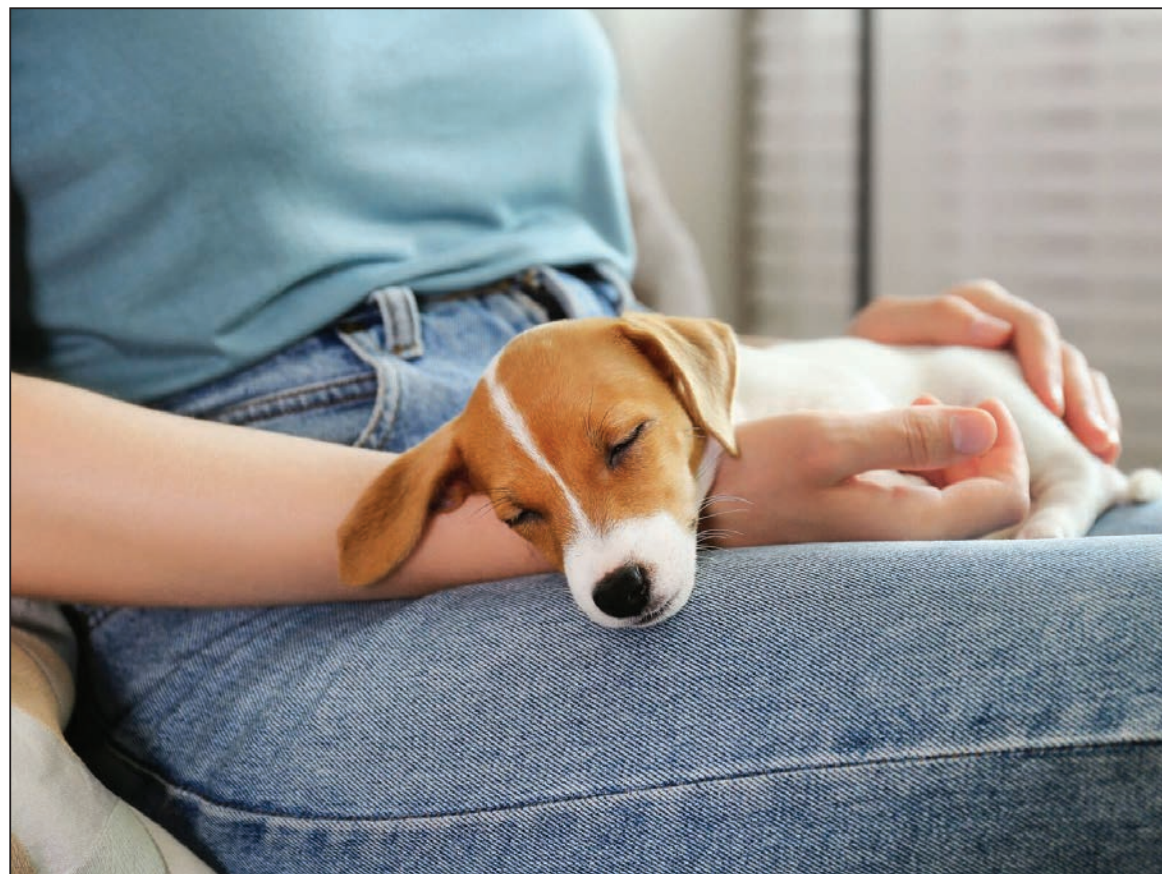
What would you want someone charged with your care to provide for you? Would regular meals and a safe place to stay be

enough to make you happy? We bet you'd like good grooming, regular exercise, mental stimulation, good communication, and excellent healthcare.

You'd want your caregiver to make informed decisions about the professionals who serve your needs, the ways they protect you from harm, the foods they feed you, and the medications and treatments they allow others to give you.

Daily Care

Having companion animals is a part-time job on top of whatever else fills your life. Most of us have



Whatever mistakes we make caring for our companion animals, each day we can renew our goal to become the best guardians we can be.

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103: Maureen 110: Kathy
106: Peter 125: Sioux

a schedule of daily tasks we do for our pets. We feed, exercise, groom, play with, train, and provide them some at-home healthcare. We choose their walkers, sitters, boarding facilities, friends, veterinarians, and make appointments for all those services.

All of these tasks require that we educate ourselves and keep up with the news on what's happening in the veterinary world. It's important to be alert to any outbreaks of a specific disease in your area or a recall of a food or product you may have in your home.

For example, if you feed a commercial food, you should monitor the Food and Drug Administration's page called "Outbreaks and Advisories." You can also set up a Google Alert that will send you an email if your pet's food hits the news. This system can also be used to follow the

latest research and information on medications, medical conditions, or behavioral issues that relate to your animals.

Make Informed Decisions

Gathering information for a big decision regarding medications, treatment plans, testing, and surgery is something most of us do. But, we make dozens of smaller decisions every day that can be just as important and perhaps life-threatening for the creature in your care.

If you use or plan to use a new item, you should know the dangers as well as the advertised benefits. If everyone did an internet search on the dangers of, and which governments are outlawing, items like pinch collars, choke collars, and flexible leashes, there would be far fewer of them in use.

Advocacy for Other Animals

Many of us also feel a responsibility to advocate for and help protect the companion animals we come across in our daily lives. This can take the form of helping someone whose health or temporary circumstances mean less time for their dog or cat.

It can also be reporting animal abuse whether that takes the form of physical or mental abuse or neglect. Report a dog left in a hot car or outside in the cold. Report a person who lets their dog off leash or their cat roam free in an unprotected and illegal place. We've seen enough close calls to know that can lead to injury or death.

While you may see a new year as a new start, your dog or cat might prefer that you take a moment every day to resolve to do your best for them in return for the love and companionship they give to you.

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



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