



# THE NORTH END

## REGIONAL REVIEW

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### Opening of new North Washington Street/Charlestown Bridge expected to coincide with Zakim Bridge's 20th anniversary

By Dan Murphy

The new \$180-million North Washington Street/Charlestown Bridge is expected to open in 2023, which fortuitously happens to mark the 20th anniversary of completion on the adjacent Leonard P. Zakim Bunker Hill Memorial Bridge.

"As the bridge designer of the new landmark bridge, I am very pleased that its construction is proceeding well," wrote Miguel Rosales, a longtime Beacon Hill resident and lead architect on both bridges, as well as president and founder of Boston-based Rosales Partners. "One of my goals was to design a new bridge that will visually complement the adjacent iconic Zakim Bridge."

According to the Massachusetts Department of Transportation, the new North Washington Street/Charlestown Bridge will replace the century-old truss bridge that connects Charlestown to the North End over Boston Harbor and include two 12-foot-wide sidewalks, with an additional two 7-foot lanes serving as dedicated cycle-tracks. Nearly 40 percent of its width will accommodate pedestrians and bicyclists, making it the city's first truly multi-modal bridge and one of the most

(BRIDGE Pg. 4)



Courtesy of Rosales Partners

A rendering of the new North Washington Street/Charlestown Bridge, which is currently under construction, and will connect Charlestown to the North End over Boston Harbor.



### BPDA proposing zoning code changes for digital signage

By Lauren Bennett

The Boston Planning and Development Agency (BPDA) held a public meeting on Jan., 27 regarding a recommended adjustment in permitted times for operation of digital signs in the city.

Mark McGonagle of the BPDA said that right now, digital signs are allowed from 7 to 2 a.m., but the BPDA is proposing to change that window to 6 a.m. to midnight. McGonagle said that the BPDA received feedback from some sign operators who requested that their signs be able to be on

beginning at 6:00 a.m.

"We do feel that that hour from 6 to 7 a.m. is okay, as the impacts are minimal," McGonagle said, adding that they "thought it best to take off some of the later hours."

The other change proposed would be to remove the language in the Boston Zoning Code that says "The Board of Appeal shall grant a conditional use permit for an Electronic Sign, subject to the provisions of Article 6, only if the electronic sign:" and replacing it with "The Board of Appeal shall grant a conditional use permit or

variance for an Electronic Sign, subject to the provisions of Article 6 or Article 7, only if the electronic sign:"

McGonagle said the the changes would allow a sign operator to enter into a license agreement with the city regarding things like the hours and illumination level of the sign.

"It's a pretty simple change," McGonagle said, adding that the language is just draft language "that we stand by." He said it still has to be looked at by the legal team before it can go before the

(BPDA Pg. 4)

### NEWRA supports liquor license change

By Phil Orlandella

A unanimous vote was taken by the North End Waterfront Neighborhood Council (NEWNC) monthly meeting to support a request by Boston Bottle, 372 Commercial Wharf, to change its beer and wine license to a full liquor license.

Nick Black, Managing Director, Boston Waterfront Initiative, presented an idea to convert Sergeant's Wharf an open space by purchasing two acres of space mostly used for parking.

While the Council seem to like the idea of open space, they did not vote on the proposal which is the beginning stages.

Council member John Pregmon told the Review, "Everyone likes open space but in this case parking needs have to be addressed before things go forward."

He noted, "Parking is a premier in the community and any plans or ideas for Sergeant's Wharf need to be modified to include parking."

Boston City Counselor Lydia Edwards presented a legislative update that was a well-received by NEWNC.

The next NEWNC monthly meeting will be held on Monday, Feb. 10, at 7 p.m. at the Nazzaro Community Center, 30 North Bennet Street.

### NEAA Baseball Registration underway

By Phil Orlandella

It's only January but the North End Athletic Association (NEAA) is currently conducting baseball registration.

"I know it's January but in the blink of an eye, it will be April and we will be playing baseball on temporary fields," NEAA Commissioner Ralph Martignetti said.

"As most of you know our fields (Puopolo and Langone) are still undergoing renovations until 2021 and will be using alternative field locations until September, early October when the major work will be completed," Martignetti added.

He went on about the 2020 season, "Our Clinic/T-Ball program will run nine Saturdays, May to June starting at 9 a.m. and end around 10:30 Aa.m. (age 4 and 5 as of 4/30/20). The program will take place on The Greenway, across from Mother Anna's Restaurant.

It will be a bit more challenging but it should be a fun spot for the kids.

The Minor and Major Leagues (6-8) and (9-12) will be played at The Barry field in Charlestown. The field has lights so starting

game time at 6 p.m. should not be a problem.

Discussion with the City and Hillhouse are taking place to use the fields at the Boston Common for a day or two a week, using all three fields. If not, all home games will be played in Charlestown.

The league will try not to play any games on Saturday or Sunday so as not to impact family vacation or beach time.

It's important that players register by March 1 so the NEAA will know how many players we have and can order uniforms.

We will be entering one Dodgers team (ages 13-15) in the Lou Tompkins All Star Baseball League which opens June 22 and the championship game held on August 9.

This team will also represent the NEAA in the 30th Annual LaFesta Baseball Exchange with our friends from North Adams.

We also will be having the first ever NEAA Girls' Softball team (North End Execution) run by Chuck Bilkas who has already begun indoor workouts. The team will probably be for older girls, however, any girl who is too old for the minor league and wants to

(BASEBALL Pg. 3)





# Forum

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

BILL OF RIGHTS, Amendment I

## GOV. CHARLIE BAKER AND THE GREAT STATE OF OUR STATE

From the moment that Gov. Charlie Baker strode into the House Chamber last Tuesday to deliver his State of the Commonwealth address, it was evident why Gov. Baker, despite being a Republican in a heavily-Democratic state, has rated as the most popular governor in the country ever since he took office.

The governor was greeted by a standing ovation from the legislators, the first of at least 15 that he received on the night, a testament both to his ability to work with a legislature that is comprised of more than 75 percent Democrats in both chambers and the heart-felt degree of respect with which he is held by legislators.

Gov. Baker listed a host of his administration's goals for the future -- most notably in the realms of addressing climate change, health care, public education, and our public transportation issues -- but as is his style, he was quick to point out that he will seek to do so through bipartisan cooperation with the state legislature.

But beyond his ability to work with Democrats, there is a deeper reason why Charlie Baker rates as the most popular governor in the country: His decency, compassion, and dedication to our Commonwealth and its people is readily-apparent and second-to-none.

"People who deal with much greater troubles than ours will rightly question us if we waste our time, and theirs, on the politics of personal destruction," Baker said to a rousing ovation from legislators. "They want us to be better than the yelling they see on TV and across social media. We all know campaigns are contests, and the siren call of sloganeering and cheap shots will be everywhere this year. Let's rise above it."

In short, we have a governor who wants to do the right thing for all of our people; who sees his mission as a uniter; and who is proud of his practical-minded approach to solving our problems.

The administration of Gov. Charlie Baker and Lt. Gov. Karyn Polito has set the standard for elected officials not only in our state, but at the national level as well.

We are indeed very fortunate to have Gov. Charlie Baker at the helm of our ship of state in these tempestuous times and we look forward to Gov. Baker, together with House Speaker Bob DeLeo and Senate President Karen Spilka, moving Massachusetts forward to tackle the many issues confronting us as we enter the third decade of the 21st century.



HAPPY GROUNDHOG DAY FEB. 2.

GUEST OP-ED

## Calling all mentors: Help make a difference in the lives of Boston's children

By Mayor Martin J. Walsh

Earlier this month, a fifth grader from Dorchester named Fatoumata visited my office. She told me about her favorite types of ice cream, her favorite subjects in school, and her plans to go to college, become a human rights lawyer, and eventually run for U.S. Senate. She's got big goals for her future, and I have every confidence that she will achieve her dreams. Fatoumata also told me about her support system. Her family loves her, she's got great teachers at the Dever Elementary School, and she also has a mentor named Claire, a Boston College student who meets with Fatoumata every week.

Mentorship can be an incredible resource for kids like Fatoumata. She told me, "The best thing about being a mentee is that I can open up to Claire... and she'll listen. She helps me with my homework and we do lots of fun things together."

Fatoumata and Claire are one of about 2,500 mentor-mentee pairs that meet regularly through an initiative that is very near to my heart: the Mayor's Mentoring Movement. In 2014, my office partnered with Mass Mentors,

a nationally-recognized youth empowerment non-profit based here in Boston. We wanted to work together to increase the number of adult mentors and role models in the lives of Boston's youth. We set an ambitious goal of recruiting 1,000 new mentors and pairing them with young Bostonians to form enriching and empowering relationships. Since then, the program has grown steadily. Now, we're launching a new push to recruit more mentors, with a special emphasis on increasing the number of City of Boston employees who take part in the program.

Mentors provide social and emotional support that can help kids during crucial developmental years. They help young people explore their interests and follow their academic and professional dreams. They can expose them to great opportunities like potential jobs and internships, and help them prepare for interviews and build important professional skills.

This kind of support can have significant impacts on a young person's life. Recent studies show that children who have a mentor are less likely to skip school, drink alcohol, or do illegal drugs. They

are more likely to participate in sports and extracurricular activities, and they tend to be more engaged in school, and more likely to go to college.

Mentoring is also an incredibly enriching experience for the mentor. You learn what young people are dealing with and thinking about today. You reflect on your own journey and the advice you got, or wished you got. You get more connected to the community.

To me, growing the number of mentors in our City is one of the most important investments we can make in our future. It has benefits for the entire community. It can be as important as our work to make housing more affordable for working families; to build a stronger, more equitable public transit system; and to make our schools the best they've ever been. Mentorship is a big priority for me, and I'm encouraging more people to get involved. Right now, we're calling on adults in Boston to consider becoming a mentor as a part of the Mayor's Mentoring Movement.

Mentoring can take many

(OP-ED Pg. 3)

## REGIONAL REVIEW

- FOUNDED IN 1967 -

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**OPINION** BY PHIL ORLANDELLA

**MIRABELLA POOL AREA IS THE RIGHT CHOICE**

Reportedly, the North End Nazzaro Community Center will be relocated to the Mirabella Pool area once plans and designs have been drawn up.

Many residents feel this is the right site because it will be located near two pools, and outdoor basketball court, a softball field, two baseball fields, a hockey rink, a bocce court, a children's play area, a soccer field and some open space. The Center will have many in-house programs for all ages.

Following several community meetings on the relocation move the final selection was the right one.

**BOSTON SHOULD HAVE A SEAT ON MBTA BOARD**

Bold and extremely challenging is the only way to describe Boston Mayor Martin Walsh's State of the City Address that calls for improvements to propel the City forward in many ways.

One of the requests called for a world-class transportation system for the City calling for Boston to have a seat on the MBTA Fiscal and Management Control Board.

This makes good sense since Boston is the largest payer into the MBTA, yet, the City doesn't have a voice at the table.

**NORTH END LIBRARY A QUALITY PLACE TO BE**

Year after year and month after month the North End Library staff and Friends have done an incredible job of creating and organizing numerous events, programs and activities for all ages and should be recognized by the neighborhood as a quality organization, providing quality things to do.

Having a top-notch library in the center of the community is a great convenience and should be taken advantage of. In addition, both staff and the Friends have always opened their doors to new ideas that could be implemented, if possible.

**MAYOR TAKES AN AGGRESSIVE APPROACH TO MAKE BOSTON A BETTER PLACE TO LIVE IN**

Over the past six years, Boston has added 120,000 new jobs to the city's economy, trained and placed over 10,000 Bostonians with low incomes in better paying jobs and the crime rate by nearly 30 percent, Mayor Martin Walsh said at the recent State of the City event.

He also claims, Boston has been ranked first in the country for affordable housing, first for open space and first for being the most energy efficient, climate friendly City in the United States.

In addition, he indicated Boston has been able to dedicate record investments for its students, families, older adults and all residents who need access to opportunities and resources.

Mayor Walsh's progress reports were impressive but his future plans, if adopted, goes in a positive direction with possibly new investments in schools, transportation and affordable housing.

For the first time in the City's history the Administration will issue city-funded rental vouchers to subsidize the rents of those most in need.

The Mayor has taken on an aggressive approach toward making Boston an even better place to live in.

**NEWS BRIEF**

**SALVATION ARMY HONORS PARTNERS IN COATS FOR KIDS**

The Salvation Army Massachusetts Division honored Coats for Kids and its corporate partners Arthur C. Anton, Jr., COO of Anton's Cleaners, Inc.; Eliot Tatelman, President of Jordan's Furniture; and Jack Clancy, CEO of Enterprise Bank with the prestigious Others Award for their many years of service and dedication to the organization.

The mission of Coats for Kids is simple, yet powerful - "anyone who needs a coat will have one." More than 250 schools, 300 companies, clubs and organizations, and thousands of individuals donate quality coats, which the organization then distributes free of charge to quality social service agencies, including The Salvation Army Massachusetts Division.

There are 73 Coats for Kids corporate partner locations in addition to hundreds of additional drop-off locations in schools and company offices throughout the

state.

The Salvation Army's Others Award is presented to individuals and organizations who exemplify an extraordinary spirit of service to others. Over the 25 years, Coats for Kids has cleaned and distributed over 60,000 coats for children and adults in Massachusetts each year. Coats for Kids has also sponsored The Salvation Army's largest Boston area coat drive event - the Christmas Castle - for over 10 years, distributing coats to over 4,000 households in need.

"Coats for Kids and its corporate partners have played an integral role in providing coats to thousands of Massachusetts children and families who otherwise might not be able to stay warm during the winter months," said Major Marcus Jugenheimer, General Secretary of The Massachusetts Salvation Army. "The support and dedication of Coats for Kids, Mr. Anton Jr., Mr. Tatelman and Mr. Clancy has been tremendous, and their commitment continues to help The Salvation Army fulfill its mission of serving all those in

need. We're honored to recognize them with the Others Award."

**TREASURER GOLDBERG WARNS OF LOTTERY SCAM TEXT MESSAGES**

Illegitimate text messages are being sent claiming to be from the Massachusetts State Lottery. The texts say, "Hi this is Kim with the MA Lottery. Please reply when you get a chance. I have some great news." According to Treasurer Deborah Goldberg, these texts are a scam and have not been sent by the Lottery.

"It has come to our attention that text messages claiming to be from the Massachusetts State Lottery have been sent to residents across the state," said State Treasurer Deborah Goldberg. "Our goal is to ensure that no Massachusetts citizen is taken advantage of as part of this scam."

If you have any questions, please contact the Treasurer's office at (617) 367-6900.

**BASEBALL (from pg. 1)**

play softball should register and we will figure it out based on the number of girls that sign up.

Looking forward to another fun year and a great prep year as we get ready to play on our brand-new field in 2021.

Players that participated in the NEAA 2020 programs will get preference in 2021 when our new fields are officially opened and we get registrations secured.

Register on the NEAA website,

neabaseball.org. The NEAA will not be doing online payments this year.

Checks (\$50) must be made out to the NEAA and mailed to the Nazzaro Community Center, c/o John Romano, 30 North Bennet St., Boston, MA 02113 or drop checks off at the Nazzaro Community Center.

A late fee of \$20 will be assessed if fee is not paid by April 1.

**Op-Ed (from pg. 2)**

forms. We partner with 20 organizations to create a network of mentorship across all of Boston's neighborhoods. Mentors offer support according to their mentees' interests and needs. Mentors do community-based activities with their mentees, provide academic tutoring and career readiness advice, and accompany their mentees to local cultural and educational destinations like museums and plays.

The Mayor's Mentoring

Movement is helping us grow a culture of youth empowerment in Boston. When I asked Fatoumata if she wanted to become a mentor someday, she said "Most definitely. I want to help young children, and I want them to feel like they belong. There are some people that don't have the opportunity of having someone to talk to, or having someone to play around with. So I definitely think I'll become a mentor."

If you're interested in becoming

a mentor, and would like to learn more about the Mayor's Mentoring Movement, go to Boston.gov/mentor. You can also watch my conversation with Fatoumata to see how important mentorship is to a young person. Together, we can empower all our youth, and inspire a whole generation of Bostonians to be themselves, follow their dreams, and become active members of our community.

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## NEWS AND NOTES By Phil Orlandella

### BOSTON TO HOST NAACP CONVENTION

Boston, in 2020, will host the NAACP Convention celebrating Boston's black history.

The event will honor Dr Martin Luther King, Jr. with the week of service, will remember a black women's leadership in 100 years of women's suffrage and honor black veterans who fought for the country, from the 54th Regiment to present day.

### HUMAN RIGHTS COMMISSION APPOINTEES

Several members have been appointed by Mayor Martin Walsh to serve on Boston's reactivated Human Rights Commission.

"We're (Boston) committed to preserving and advancing human rights," Mayor Walsh said.

### BIGGEST CITY ECONOMIC CHALLENGE/HOUSING

Mayor Martin Walsh continues to address what he calls the biggest economic challenge facing the City-housing and has pledged to dedicate \$500 million over the next five years to create thousands of homes across the City that will be affordable to households with low and middle incomes.

Revenue will be generated by selling the Lafayette Garage, increasing its operating and capital budget to double its current funding in affordable housing to \$100 million and working with the Legislature to approve a transfer fee of up to 2-percent on private real estate sales of \$2 million in the City of Boston.

### ADMINISTRATOR OF BHA APPOINTED

Kate Bennet has been appoint-



Kate Bennet.

ed Administrator of the Boston Housing Authority (BHA) by Mayor Martin Walsh.

The public agency is charged with providing affordable housing to more than 58,000 residents in the City of Boston and surrounding communities.

Bennet was named Acting Director in July replacing the late Bill McGonagle.

"Kate brings a wealth of experience to this role," Mayor Martin Walsh said.

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



## Public Meeting

### 55 India Street

Wednesday, February 5  
6:00 PM - 8:00 PM

**Boston City Hall**  
BPDA Board Room (900), 9th Floor  
1 City Hall Square  
Boston, MA 02201

**Project Proponent:**  
BRG 55 India, LLC

#### Project Description:

The 55 India Street project (the "Project") was originally approved by the BRA Board on October 16, 2014. On January 8, 2020, the Proponent submitted a Notice of Project Change to the BPDA proposing the following changes to the Project: (1) a reduction in the total of residential units from 44, as originally approved to 29; (2) an addition of an approximately 2,700 square foot basement to be used for mechanical space; (3) dedication of the 3rd floor of the building to an affordable live/work component comprising 5 artist-IDP units and accessory facilities; and (4) design updates to the public realm in and around the Project site. As a result of the proposed changes, the Project would consist of an approximately 67,000 square foot, 12-story mixed-use building with 29 residential units and 4,000 square feet of ground-floor commercial space.

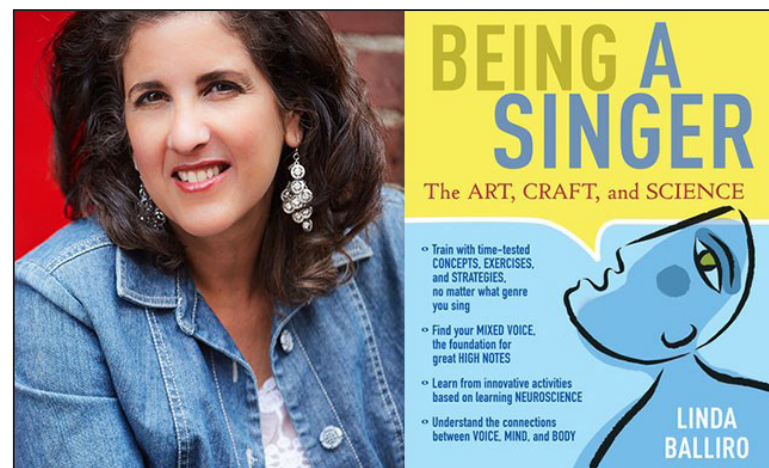
\*Please note, if you arrive at Boston City Hall after 5:30 PM you must enter through the Congress Street entrance of the building.

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**Close of Comment Period:**  
2/10/2020

## I AM BOOKS EVENTS

**Being a Singer:** The Art, Craft, and Science provides the solutions you need to make practical, consistent changes in singing at I Am Books, 189 North Street on Saturday, Feb. 8 at 6 p.m. This book pulls back the curtain on how singing actually works, from cognition to anatomy to your amazing hearing system and even your instincts and emotions. Based on the training approach of Seth Riggs, supported by vocal science, neuroscience and motor learning, Being a Singer offers clear tools and strategies that train voice, to find solutions, build awareness, and develop confidence. Stories and interviews will inspire participants. Exercises with clear how-to's, evaluations, and troubleshooting will train your voice, mind, and body.



### BRIDGE (from pg. 1)

innovative bridges in that regard nationwide. Offering spans up to 200 feet, the new bridge will also feature curved overlooks and open space at its center navigation span with seating, a shade structure and landscaping, which will allow visitors to enjoy views of both the harbor and city.

"The new bridge will also become the first multi-modal crossing with integrated landscaping, greenery and trees in the Boston area, and will extend the Rose F. Kennedy Greenway linear park across the harbor," Rosales wrote. "It will become a great addition to the waterfront and

connect two important historic neighborhoods, providing access to Boston from the north."

The design of the new bridge's elegant piers and overall architecture is inspired by the iconic, cable-stayed Zakim Bridge, but intends to complement rather than mimic or detract from it, according to Rosales.

The City of Boston will open the new bridge, which is being funded by grants from Mass DOT and the Federal Highway Administration.

A temporary bridge will remain in place to accommodate vehicular traffic, pedestrians and utility lines until the new bridge opens.

### BPDA (from pg. 1)

BPDA board for a vote to send it to the Zoning Commission for approval.

McGonagle also said that he believes existing signs would be grandfathered in by their current agreements, and if there are signs in a particular district, such as the Theatre District, their operators can put in comments justifying different operating hours.

The BPDA will be taking comments "at the very least for a week," McGonagle said. He said that while they are "not trying to rush anything through," there is no set required comment period

time for this change like there is for a development project.

He said the next steps depend on comments received, but they "look to move forward with these recommendations."

If there is no major opposition to these changes, McGonagle said they will take the recommendations to the BPDA board within the next month for a petition to send it to the Zoning Commission, who can approve the changes.

Comments and questions regarding these changes may be directed to Mark McGonagle at mark.mcgonagle@boston.gov.



# NAZZARO CENTER 55-PLUS DANCE HELD

By Phil Orlandella

Many sponsors and attendees helped to make the Nazzero Center's 55-plus dance at the Fisherman's Club and an enjoyable event of eating and dancing to the music provided by Justin Amoroso a.k.a. "DJ Amo".

Donations from Al Dente, Antico Forno, Dominics, Massimos, Mike's Pastry and Monica's Mercato made far a great meal and desserts.

"There was so much food, that everyone had the opportunity to take home leftovers," Laurie D'Elia of the Nazzero Center said. "Because of their support and assistance from the Fisherman Club the 55-plus dance party was a huge success."

She noted that, "We are lucky to be living in this great community (North End) where businesses help make the quality of life better for all residents and the Nazzero Center is very grateful for all the kindness and generosity you have shown us."




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# Celebrate Catholic Schools Week 2020

January 26 -  
February 1

## North End's St. John School poised for academic success and future growth

St. John School, located in Boston's Historic North End, is an elementary school serving students in Grades K3-8. Since 1895, it has touched the lives of generations of children in the heart of a dynamic city. Reaching beyond the border of a storied neighborhood, St. John School serves students from all backgrounds and from Boston and beyond.

St. John's is a thriving school with double classrooms in

Grades K3 through Grade 1, Grades 3, 4 and 6 - several classes are closed to enrollment due to being at capacity.

St. John School provides students high-quality opportunities with the goal of preparing them to have the skills necessary for academic success at St. John School and in high school.

St. John School has a 1:1 iPad program for all students in Grade 1-8. Other programs the school offers includes:

- Owl Program is used in K3 and K4

- Super Kids Reading Program is used in Grades K5 - 2

- Wit n Wisdom program is used in Grades 3 - 8

- Collins Writing Program - K3-8

- Choral music program through NEMPAC

- Wood working and Book-binding class for Grades 5- 8 at NBSS

- Weekly gym and art classes.

- STEM-centric learning experience

- Science Lab Program - 5-8

- Foreign language in Grades K3-8

- Seasonal cookery classes for Grades 7 - 8 at Boston Public Market.

St. John School also has an exciting afterschool program that runs till 6pm daily, where there are activities and programs in place for children to enjoy themselves in a structured and fun en-

vironment. St. John School also offers extra-curricular classes such as drama, dance, yoga, fitness, Chinese Mandarin, Scratch and Mine Craft.

St. John School is in a truly wonderful position to move into the future and provide the best education for our students, so that they achieve their full potential. "Academic Excellence without Compromise".

## A Day of Giving to Catholic Schools

Save the Date - January 28 - 29, 2020 - for the third annual Many Gifts, One Nation: A Day of Giving to Catholic Schools!

Already know your school is participating? Begin by filling out the opt-in form for access to your own customized giving page! This is a great way for advancement/development, marketing, or business office administrators to be sure they have immediate access for their school pages. Please note: a school or

diocese-affiliated email address will ensure the fastest access to the portal. Any questions about your day of giving page should be directed to [nceaiving@factsmgmt.com](mailto:nceaiving@factsmgmt.com).

Each school that customizes their page by December 31, 2019 will automatically be entered for a chance to win \$500 from National Catholic Educational Association (NCEA) to kick off your day of giving.

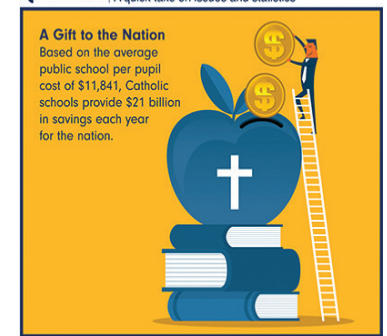
Twenty years ago, Saint Pope

John Paul II said to an audience of Catholic educators in New Orleans: "Yours is a great gift to the Church, a great gift to your nation." Countless people in our country have been blessed by the many gifts of Catholic schools. However, many adults have lost touch with their local Catholic school community. It is time for those people who have been impacted by your school to reconnect with the community that gave them so much, and give

back.

With this recognition in mind, NCEA is pleased to present the online giving campaign: Many Gifts, One Nation: A Day of Giving to Catholic Schools. Make your gift to a Catholic school today! This day is made possible with the generous support of FACTS.

**NCEA** CATHOLIC SCHOOLS SNAPS  
A quick take on issues and statistics



Source: U.S. Catholic Elementary and Secondary Schools 2018-2019: The Annual Statistical Report on Schools, Enrollment and Staffing (NCEA).

## What is National Catholic Schools Week?

Since 1974, National Catholic Schools Week is the annual celebration of Catholic education in the United States. It starts the last Sunday in January and runs all week, which in 2020 is January 26 - February 1. The theme for National Catholic Schools Week 2020 is "Catholic Schools: Learn. Serve. Lead. Succeed." Schools typically observe the annual celebration week with Masses, open houses and other activities for students, families, parishioners and community members. Through these events, schools focus on the value Catholic education provides to young people and its contributions to our church, our communities and our nation.

"Why is Catholic Schools Week in January? Our admissions deadlines have passed and we nearly always cancel because of snow. What gives?"

We hear you! National Catholic Schools Week (CSW) is an annual celebration of Catholic education in the United States. Now entering its 46th anniversary year, CSW has traditionally been held the last week in January.

Each year, National Catholic Educational Association

(NCEA) relies on valuable feedback from Catholic schools across the country on how we might help improve your CSW experience. Year after year, we have heard your concerns. In 2016, we introduced a "year-round marketing" mentality to Catholic school communications strategy. The purpose of this mentality is to have schools take the spirit (and theme, and logo) of CSW and implement into a full year's marketing strategy.

We will host the traditional Celebrate Catholic Schools Week. This will serve as the annual celebration of Catholic education in the United States. Schools typically observe the week with Masses, assemblies and other activities for students, families, parishioners and community members to celebrate and congratulate.

Please note that Catholic schools may choose to participate in both or one - and that is okay! The important thing is to join in on the national celebrations in a way that works best for you. Make CSW your own and share your ideas with other schools using #CSW20.

## Saint John School

Grades K3-8

ENROLLING NOW FOR FALL 2020

Full day & part-time Pre-Kindergarten age 3

Full day Pre-Kindergarten age 4 and Kindergarten age 5 program

K3 and K4 uses the OWL curriculum and Building Blocks Math

Weekly Italian language instruction in Grades K3-8

1:1 iPad program in Grades 1-8

STEM-centric learning experiences and science lab

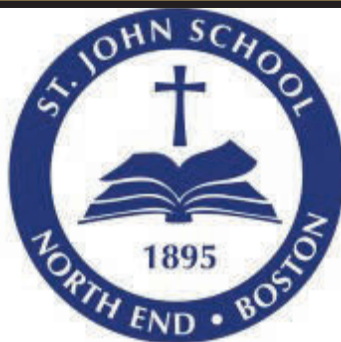
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# Celebrate Catholic Schools Week 2020

January 26 - February 1

## Attaining a high standard of excellence

### Saint Anthony School offers a strong faith-based education

Saint Anthony School isn't resting on its many successes.

The proud Catholic school on Oakes Street in Everett that serves students in Grade K-8 (in addition to a Pre-School program) is moving forward with energy and innovation under the effective leadership of Principal Maria Giggie and a dedicated faculty.

Carla Castillo, the school's new enrollment coordinator, has been delivering the message to parents about the school's academic, athletic, and after school programs.

The school has built a reputation for sending its graduates on to the top Catholic and private high schools. The school has formed a partnership with Malden Catholic High School where students can take classes and earn credits for high school.

One of the school's greatest assets is its principal, Marie Giggie, a revered educator and school administrator whose ability to motivate teachers and students and promote the school's Catholic identity and values have enhanced the overall learning environment and drawn praise from the Saint Anthony parents. Mrs. Giggie has been a teacher at the school since 1995. She became

the principal in 2006.

"Mrs. Giggie is a great leader – and she's welcomed me with open arms," said Castillo. "She knows the school inside and out and is very much on top of things. She knows every single parent and student at the school and she's very invested. She works very hard for the school every day."

Castillo is excited about her new role at Saint Anthony.

"The school is doing very well and I'm enjoying my new position," said Castillo, who was born in the Dominican Republic and grew up in Lawrence. "I'm learning about the community and getting to know the people of Everett. Everybody has been very welcoming. I've visited a lot of the businesses in the area and everyone has been very nice."

Castillo said Saint Anthony has been broadening its curriculum with offerings in computer technology, art, and music.

The after-school programs and activities have been a big draw for students, with clubs ranging from cooking, sewing, and arts and crafts to music, band, and basketball.

Castillo has been attending weekend Masses at the Saint Anthony Church and reaching out to

Latino and Portuguese residents "so they can learn more about the school."

As a result of their school's success and achievements, Saint Anthony school administrators have received an invitation to attend the Catholic Schools Foundation of Boston Gala in April.

Saint Anthony will host Open Houses on Monday, Jan. 27 (9-11 a.m., and 6:30-8 p.m.), and Tuesday, Jan. 28 (9-11 a.m.) and community welcoming events every Tuesday (9-11 a.m.).



Carla Castillo, enrollment coordinator at Saint Anthony School, with Kathy Walhstrom, seventh grade teacher at the school.

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Saint Anthony School Enrollment Coordinator Carla Castillo (back row, right) is pictured with a group of seventh grade students at the school.

Open House

**Tuesday, January 28, 2020**

**9:00 a.m. & 5:00 p.m.**

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Catholic Schools

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## NORTH END LIBRARY PROGRAMS

By Phil Orlandella

February appears to be a very active month at the North End Library, 25 Parmenter Street.

Many things to do have been put together by staff for all ages including programs, events, movies, computer help, and introduction to opera, a book discussion, reading club, an author visit and several programs for children.

### EVENTS FOR ADULTS

**Friday Films:** Love and Laughter  
Friday February 7 - 1 p.m. My Man Godfrey

Friday February 14 - 1 p.m. Ninotchka

Friday February 21 - 1 p.m. His Girl Friday

Friday February 28 - 1 p.m. The More the Merrier

**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.

### "Lost Boston" with Anthony Sammarco

Wednesday February 5 - 6 - 7 p.m.

Local historian and author Anthony M. Sammarco discusses his 2014 book *Lost Boston*, which explores many beloved Boston and Boston-area institutions that failed to stand the test of time, including The Boston Garden, City Point Aquarium, Jordan Marsh Department Store, Scollay and Pemberton Squares, and many more.

### Annual Pirandello Society Film

Saturday, February 8 at 10 a.m. *My Country* (2017) Directed by and starring Giancarlo Iannotta, Antonio Palumbo, and Rossella Celati. 1 hr. 18 min. In English and Italian, with subtitles. Coffee and biscotti will be served. Opening remarks from Professor Anna Rocca, Salem State University

### Introduction to Opera

Wednesday, February 12 - 6:30-7:30 p.m.

Join us to learn about the history and highlights of this 400-year-old genre, with a lecture and live performance of some of opera's most beloved pieces. Great for those new to opera and seasoned opera-goers alike, this is the perfect kick-off to opera productions coming to the North End this spring.

### Book Discussion Club

Wednesday, February 19 at 6:30-7:30 p.m.

February's Book is *Exit West* by Moshin Hamid (2017). Copies can be picked up at the library's front desk.

### 30-Minute Reads Club

Thursdays, February 9 and 23 - 4 - 5 p.m.

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. Once you are signed up at [jhawes@bpl.org](mailto:jhawes@bpl.org), the link to the week's article

will be emailed to you.

### Author Visit: "Thank You for Not Talking" with Bennett Harper

Wednesday, February 26 - 6:30-7:30 p.m.

Local author Ben Alper discusses the perils of being an introvert in his new book, *Thank You for Not Talking: a Laughable Look at Introverts* (2019), which goes beyond the facts and analysis about introverts to focus on more crucial questions like: why is it so hard to make eye contact with the UPS delivery person? Introverts, friends of introverts, and extroverts will find something to like in Ben's book. Copies will be for sale.

### CHILDREN'S EVENTS

#### Kids' Crafternoon

Mondays, February 10 and 24 at 3:30 p.m.

Use different art supplies to create a project to take home. Ideal for kids 3-7 years old.

#### Toddler Story Time

Tuesdays, 10:30 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 a.m.

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

#### Tween Tuesdays

Tuesdays, February 4 and 11- 4

-5 p.m.

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

### Lego Club

Wednesdays, February 5, 12, and 26 - 3 - 4 p.m.

Drop in after school to build whatever you can imagine with LEGOs and DUPLOS.

### 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 a child with his or her homework for free.

### Mindful Minis

Thursdays, February 6 and 13 - 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. REGISTRATION REQUIRED. Call 617-227-8135.

### Teen Creative Writing Group

Fridays, February 7, 14, and 28 - 3:30-4:30 p.m.

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.

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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 redirect 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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# COMMUNITY NEWS

## NSC VALENTINE PARTY

ABCD's North End Neighborhood Center will hold a Valentine Day Party on Friday, February 7 at 12:30 p.m. at 1 Michelangelo Street.

## STAR MARKET SHUTTLE

For a Star Market Shuttle schedule call Crystal Transportation at 1-800-879-7433.

## LIBRARY FILM

Annual Pirandello Society Film (My Country) will be shown as the North End Library, 25 Parmenter Street on Saturday, February 8 at 10 a.m.

## INTRODUCTION TO OPERA

An introduction to Opera will be held at the North End Library on Wednesday, February 12 from 6:30 to 7:30 p.m.

## BASEBALL REGISTRATION

Registration for the 2020 NEAA Baseball season is taking place. For details visit [www.neabaseball.org](http://www.neabaseball.org).

## SUCCESSFUL BINGO BENEFIT

North End Against Drugs (NEAD) held a successful Bingo Night at the Nazzaro Center. All proceeds will benefit the non-profit community organization's many programs provided throughout the year.

## DOMINIC'S HOSTS NEAD DINNER

Many families turned out for the North End Against Drugs Family Dinner/Family Talk held at Domenic's Restaurant on Salem Street. All proceeds will support NEAD's programs.

## BOOK DISCUSSION CLUB

Exit West by Moshin Hamid (2017) will be the North End Library's Book Club Discussion on Wednesday, February 12 from 6:30 to 7:30 p.m.

## 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 p.m. 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 to 6 p.m. 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 p.m. 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 p.m. 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.

## STRESS-REDUCING AND WELLNESS ACTIVITIES

North End Library, 25 Parmenter Street will conduct Minis on Thursdays through February 13 from 3:30 to 4 p.m. 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 to 4:30 p.m. 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.

## 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.

## 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 \$1,440 for their fuel bill. For info call 617-423-9215.

## 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](mailto:northendhs@gmail.com).

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

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## FRESH AND LOCAL

# Recovery food

By Penny & Ed Cherubino

We all have times when our daily menu must adapt to help deal with anything from dental work to illness, or a medically prescribed diet. But with a bit of research and thought, you can still enjoy food that is good for you and tasty.

### Soft Foods

A person may be restricted to soft foods for something short-term like a dental procedure or long-lasting such as recovery from surgery or a chronic condition. You may already have bananas, oatmeal, rice, applesauce, ice cream, puddings, hummus, canned tuna, canned salmon, broths, avocado, eggs, yogurt, and cottage cheese on hand.

There are also common preparations that can be surprisingly soft and easy to eat. Smoothies, mashed potatoes, pancakes, braised and shredded meats, polenta, risotto, mac and cheese, muffins without nuts, blended soups, well-cooked or mashed legumes and beans may all fit some stage of a recovery.

Your microwave, blender, or a food processor can be a big

help modifying foods to fit this profile. For example, you can cut up a pear, microwave it until soft, season it with warm spices (if allowed) and mash it by hand or give it a spin in the blender. A pressure cooker can make quick work of cooking meat to melting tenderness.

### Digestive System Recovery

Eating when you are suffering from an upset to your gastrointestinal system can be problematic. Experts say you should begin with rehydration. Sip frequent but small doses of whatever clear liquids you can keep down. Ginger can be helpful in settling an upset stomach so ginger tea or flattened ginger ale are good choices.

Bland foods are the next step as you return to eating. The Mayo Clinic recommends "... soda crackers, toast, gelatin, bananas, rice and chicken." From there you can try many of the soft foods listed above. And don't forget to add some probiotic-rich foods like yogurt and other fermented foods that are good for your microbiome as soon as you feel up to it.

### What a Body Needs

While you might be tempted to give yourself permission to indulge in endless bowls of ice cream or pudding, you should also consider devoting a good portion of your caloric intake to those foods your body needs to heal and recover.

It would be easy to neglect the protein sources that both aid in wound healing and boost your immune system. This can be well prepared fish and meats, dairy, or high quality vegetable protein from combinations of grains and beans. To keep your systems flowing, you have to take in enough fiber, calcium, vitamins, and minerals. The longer your recovery period, the more important this becomes.

### Other Thoughts

Food safety is never more important than when you are dealing with someone who is already compromised by illness or injury. Follow all your clean cook and clean kitchen basics. Avoid cross contamination and use a rapid read food thermometer to be sure the center of every item prepared has reached a safe temperature.

Always follow the specific diet your medical team recommends. If



*You might not think of salmon, rice, and peas as soft food, but if cooked well they can be a high-protein recovery food.*

that special diet will be long term, consider working with a registered dietitian to be sure the nutritional balance of the food is healthy and for guidance in expanding your menu options.

You may also want to review some of the pantry items we've mentioned to be sure you have an

emergency stash of the right food should you suddenly find yourself at home recovering from the flu, a GI upset, or an injury.

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

## Free family fun at Boston Common Children's Winter Festival on Feb. 20

Mayor Martin J. Walsh and the Boston Parks and Recreation Department will host the annual Children's Winter Festival on Boston Common in partnership with the Highland Street Foundation during school vacation week on Thursday, February 20, from 11 a.m. to 2 p.m. Other sponsors include XFINITY and L.L. Bean.

"Come join us for the Children's Winter Festival with

free, fun activities during vacation week for Boston Public Schools," said Mayor Walsh. "The Parks Department has planned an event full of entertainment giving children and families an opportunity to get outside and enjoy the season on Boston Common."

Attractions will include the 45-foot-long Toboggan Tunnel mountainous adventure with twin roller lanes, the Snow Mazing maze, the Snowzilla Jr. inflat-

able winter-themed slide, a ride on the three-car Trackless Train, and hands-on games including Giant Connect4, Baggo, Giant Horseshoes, Inflatable Skee Ball, and much more. L.L. Bean's Bootmobile will be on-site for a photo-op and their Outdoor Discovery Program team will offer sledding and snowshoeing (weather permitting) or a Maps and Compass Challenge if there is no snow.

In addition, Disney is celebrating the release of FROZEN 2 available on Digital February 11 and Blu-ray™ February 25 with free giveaways and a chance to win a copy of the movie and XFINITY is providing a vintage 1960s Volkswagen bus converted to a photo bus so bring your best pose and let XFINITY's Photobus take your group's photo. The festival will also feature the Magic 106.7 street team with giveaways

(while supplies last), activities with the Girl Scouts of Eastern MA, the Mayor's Mural Crew, New England Aquarium, a family Zumba class, and hot tea from DAVIDsTEA.

For more information, please call the Boston Parks and Recreation Department at (617) 635-4505, visit [www.cityofboston.gov/parks](http://www.cityofboston.gov/parks) or go to [www.facebook.com/bostonparksdepartment](http://www.facebook.com/bostonparksdepartment).

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### LEGAL NOTICE

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Also Known As:

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Date of Death:

October 8, 2019

To all persons interested in the above captioned estate, by Petition of Petitioner Elaine W. Abry of Wenham, MA

A Will has been admitted to informal probate.

Elaine W. Abry of Wenham, MA has been informally appointed as the Personal Representative of the

estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to

the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.  
1/30/20  
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## SEND US YOUR NEWS

The North End Regional Review encourages residents to submit birth and engagement announcements, news releases, business briefs, honor rolls, social news, sports stories, and photographs for publication. Items should be forwarded to our offices at **385 Broadway, Citizens Bank Building, Revere, MA 02151**. Items can also be faxed to 781-485-1403. The Independent also encourages readers to e-mail news releases to [editor@reverejournal.com](mailto:editor@reverejournal.com).

The North End Regional Review assumes no financial responsibility for typographical errors in advertisements, but will reprint that part of the advertisement in which the error occurs. Advertisers will please notify the management immediately of any errors that may occur.

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# INDEPENDENT NEWSPAPER GROUP CLASSIFIED SECTION

# OBITUARIES

## Frederick Petrigno

Retired Court Officer,  
Mass. House of Representatives



Frederick R. "Freddy" Petrigno of Boston's North End passed away on Jan. 23 at the age of 88. His health began to decline steadily after the passing of his loving and dedicated wife Jean (Senna) Petrigno, eleven months earlier. He was also preceded by his brothers, Joseph "Giusto," Michael "Magee," and Anthony "Danny."

Freddy was the honored father of Peter Petrigno and his wife Marie of Milford, NH, Frederick Petrigno, Jr. and his wife Doreen of Boston and his daughter at heart Angela Stancato-Lebow and her husband, Robert of Boston. He was grandfather to Christopher Petrigno and his wife, Lauren of Canton, Daniel and his wife, Lejla of Saugus, Laura Petrigno and her partner, Jennifer Griffin of Amherst, NH, grandson at heart, Joseph Polito and his wife, Daniela of Danvers, and three great-grandchildren: Logan, John and Ava. He leaves behind his brother, William "Billy" and his wife Jane, of Florida, as well as several nephews and nieces.

Freddy was born on the 4th of July in 1931 to Italian immigrants, Federico "Peter" Petrigno and Adeline (DeSimone) Petrigno. He was a life-long resident of the North End and was employed as a Court Officer in the Massachusetts House of Representatives for nearly 30 years.

He was a very kind-hearted and generous man who spread joy to many. He lived to make others happy, enjoyed telling jokes and insisted that whoever came by,

sit and eat something that he just cooked up.

On June 28, 1949, Freddy achieved minor notoriety in Boston baseball lore after being the first apprehended and fined for running on to the playing field at Fenway Park. After Ted Williams flew out to end the game with a 5-4 New York Yankee victory, Freddy jumped on to the field to shake Yankee legend Joe DiMaggio's hand. He and many other Italian boys idolized DiMaggio as one of the first great Italian-American sports hero. The next day his mug shot was on the front page of the Boston Globe as a warning to other would-be trespassers.

Services were held at the Waterman-Langone Boston Harborside Funeral Home on Monday, Jan. 27 followed by a Funeral Mass at St. Leonard of Port Maurice Church, Boston on Tuesday, Jan. 28. Donations may be made in Freddy's name to the Italian Home for Children, 1125 Centre St., Jamaica Plain, MA 02130.

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### CITY PAWS

## Paw care

By Penny & Ed Cherubino  
 Winter takes its toll on all of us. You probably find yourself requiring some additional skin care this time of year. The same is true of your animals, especially their feet. While there is a need for year-round paw care, winter's dry inside air along with salted roads and sidewalks can add to potential problems.

**Cat Paw Care**  
 We'll start with our feline pals. Although most of these critters don't go outside, they are little athletes who give their toes a workout as they climb, race, play,

and prance around your home. In the process, they can pick up material and cleaning chemicals that should be cleaned from their pads routinely.

A quick wipe with a damp cloth to remove dust and grime will not only give your cat more secure footing, but will also condition him or her to having you handle feet. That way when you need to clip nails, do a more complete examination, or provide first aid, your cat will be more relaxed and trusting. It's also important to provide appropriate scratching posts for some self-grooming of their outer nail sheaths.

#### Dog Paw Care

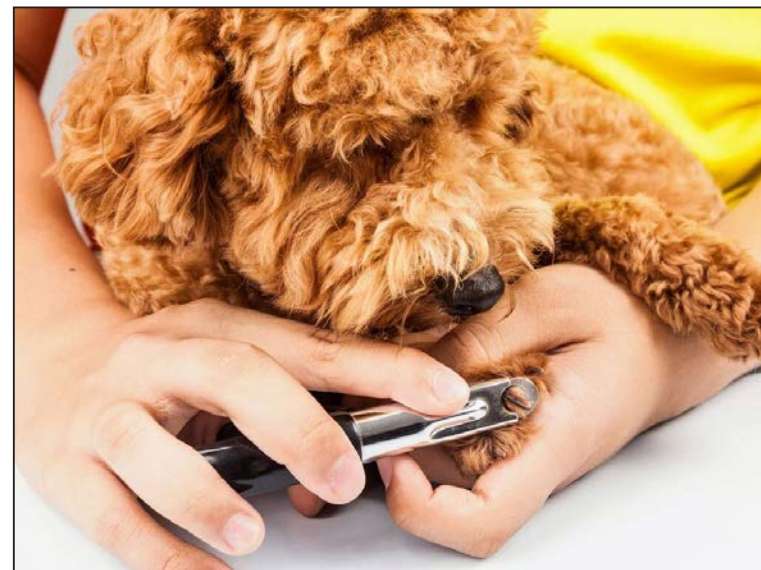
Just as with cats, most dogs will be more comfortable with people handling their paws when it happens routinely, with someone they trust, and without pain. Since many dogs don't like having their feet handled – especially to have their nails trimmed – begin winning trust by gently covering a paw with your hand when the pup is sitting near you.

Routine paw checks will let you become familiar with the normal structure, color, and feel of your pup's feet. Look for any debris between the pads. Notice cuts, sore spots, or swellings that might need attention.

If the pads seem unusually dry, your veterinarian can prescribe a safe canine pad moisturizer. These products are not like human moisturizers and will not soften the pads and make them less protective.

#### Foot First Aid

Lynn Buzhardt, DVM, writing for VACHospitals.com advises the following to deal with a broken nail, "Control bleeding by wrapping the foot in gauze or a towel and applying pressure to the injured toe. If the bleeding doesn't stop in 5-10 minutes, apply a styptic pencil, silver nitrate stick, or cauterizing powder to the nail. These items can be purchased at the pet store or in the first aid section of your human pharmacy. If you don't have these products at home, try covering the nail with



Trimming nails is an important part of paw care. If you don't feel up to tackling the task yourself, check with a local grooming shop or veterinary office.

baking powder or flour. You can also stick the tip of the nail into a bar of soap to help stop the bleeding."

#### Rinse in Winter

Cleaning salt and ice melt chemicals off paws as soon as you reach home is a good habit. For years we have followed the advice of neighbor Jake Tedaldi, DVM, author of "What's Wrong with My Dog?" He recommends rinsing, "... because the various forms of ice-melting salt can be quite irritating to dogs' paws, causing them to lick and/or chew those paws to relieve the irritation."

He went on to explain when

that irritation may be a more serious matter, "Excessive licking/chewing of the paws, pads or toes, or swelling, redness or bleeding from any part of the paws would be good reason to seek a veterinarian's advice."

Paying close attention to paw care is a plus for all of us. Not only will your pet's paws stay healthier, but your home will also stay cleaner. You'll be amazed at how much salt and sand you'll find hiding in those furry feet.

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

## North Washington Street Bridge (Charlestown Bridge) Construction Look-Ahead:

#### TRAVEL IMPACTS

•**N. WASHINGTON STREET INBOUND:** Off-peak daytime lane reductions across the bridge and additional lane reductions at Keany Square will continue. One lane across the bridge and all turn movements will be available from 10 a.m.–2 p.m. on weekdays and during overnight hours (10 p.m.–5 a.m.) from Monday, January 27 to Thursday, January 30.

•**N. WASHINGTON STREET OUTBOUND:** Off-peak daytime lane reductions will continue across the bridge to City Square. One lane across the bridge and all turn movements will be available from 7 a.m.–2 p.m. on weekdays.

#### DESCRIPTION OF SCHEDULED WORK

•Construction of the temporary pedestrian and vehicle bridge and utility bridge includes installing,

assembling, and welding of bridge spans and supports.

•Utility work by National Grid and Eversource continues.

#### WORK HOURS

•Daytime (6 a.m.–4 p.m.) on weekdays and weekends and overnight (10 p.m.–5 a.m.) from Monday, January 27 to Thursday, January 30.  
**PEDESTRIANS AND CYCLISTS:** The bridge's eastern sidewalk is open and available to all pedestrians and cyclists with crossings at both Keany and City Squares. Please be advised that the DCR-controlled Charlestown locks can provide another alternate route, but may close without warning and beyond control of this project. During Tudor Wharf walkway closures, pedestrian access will be provided via the Water Street underpass and guidance signage will be provided. The

contractor is coordinating with the TD Garden and local police to provide awareness and manage traffic impacts during events. For your awareness, during this look-ahead period, the following days include events scheduled at the TD Garden:

•All users should take care to pay attention to all signage and police details and move carefully through the work zone. Police details, lane markings, temporary barriers, traffic cones, signage, and other tools will be used to control traffic and create safe work zones.

#### TRAVEL TIPS

•Bruins: 2/4 at 7 p.m., 2/8 at 3 p.m.  
 •Celtics: 1/30 at 8 p.m., 2/1 at 8:30 p.m., 2/5 at 7:30 p.m., 2/7 at 7:30 p.m.  
 •Events: 2/3 at 5 p.m. and 8 p.m.

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