



# THE NORTH END

## REGIONAL REVIEW

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## Mayor files executive order for ZBA changes

By Phil Orlandella

It is no secret that North End/Waterfront community organizations and other residents have up and downs with the Zoning Board of Appeal (ZBA) over the years regarding development in the neighborhood.

Potential developers and property owners have also had their share of positive and negative dealings with the ZBA.

Both areas have grown over the years with the ZBA calling all the shots relating to large and small projects, occupancy changes in land development. Decisions made by the ZBA were not always popular and there seems to be some distrust for the agency.

For the most part, the community in general felt that when it came to crunch time, they were basically on the short end of the stick. However, that's past history and cannot be changed. It was part of the growth of the City of Boston.

Confidence in the ZBA could get better as Mayor Martin Walsh has signed an executive order that reportedly will establish new ethical standards for the ZBA by instituting strong policies and procedures that are geared toward significantly increasing the levels of transparency, accountability and integrity of the board.



Mayor Martin Walsh signs executive order relating to ZBA changes as Councilor Lydia Edwards looks on.

"The ZBA plays a crucial role for our city but to be effective in this role and maintain public confidence, the board must operate at the highest standards of professionalism, ethics and assess ability," Mayor Walsh said.

Apparently, suggested changes will go further than state ethic laws that currently govern the board and its members.

Proposed change will modernize the function of the board to make it more transparent and accessible to the public.

The Mayor plans to file legislation to also change the member-

ship of the board but that requires state approval.

Working with City Councilor Lydia Edwards, whose district includes the North End, the Mayor plans to craft a home-rule petition to the state legislature to make the changes to the composition of the board by adding more expertise.

Councilor Edward said, "It is crucial that residents trust and have full and indiscriminate access to the 21st century government."

She added, "The executive order takes critical steps to mod-

(ZBA Pg. 3)

## DiPaolo receives NEWRA Good Neighbor Award

By Phil Orlandella

North End/Waterfront



Janet Gilardi presents Good Neighbor Award to Damien DiPaola.

Residents' Association (NEWRA) Good Neighbor Award was recently presented to restaurant

owner Damien DiPaolo for his outstanding efforts to help keep the North End clean and healthy.

DiPaolo owns Carmelina's Restaurant on Hanover Street and the newly opened Dominic's on Salem Street.

"Damien has been awarded the NEWRA Good Neighbor Award for consistently striving for cleanliness here in the North End," Gilardi said.

"He also encourages other businesses and residents to get involved with the clean Street endeavor," she said. "He is well deserving of this community award."

## NEMPAC sixth annual Perform-a-thon March 28

By Phil Orlandella

City Winery Haymarket Lounge, 80 Beverly Street, Boston will be the site of the sixth annual North End Music and Performing Arts Center (NEMPAC) benefit Perform-a-thon for music scholarships and educational programs.

The special event is slated for Saturday, March 28, from 10 a.m. to 2 p.m. and consists of a four-hour show of back-to-back performances by NEMPAC students, faculty and classes.

This year's event is open to the public and will include a festive kids activity table, raffles and goodie bags for all the participating students.

Tickets \$10 and includes one ticket to the event in one raffle ticket.

The NEMPAC Music Scholarship Fund provides need-based tuition assistance to students from North End, Charlestown, and surrounding neighborhoods of the City of Boston.

Students are given awards to pursue artistic studies in private music lessons, summer programs, or an after-school program of their choosing.

NEMPAC strives to reach families regardless of financial status through free or low-class private lessons and class programs.

All proceeds from the event will directly benefit NEMPAC Scholarship Fund and the continuation of lower tuition cost for educational programs.

To learn more, visit [www.nempacboston.org/performance](http://www.nempacboston.org/performance).



## NEWNC host three guest speakers

By Phil Orlandella

Three guest speakers were featured at the March 9 monthly meeting of the North End/Waterfront Neighborhood Council (NEWNC).

A representative of the Boston Water and Sewer Commission (BWSC) spoke on upcoming construction and traffic updates.

David Perry, Coalition Manager at the North and Waterfront

Health Center discussed substance abuse, support and local resources.

Kristen Hoffman provided a general update on Friends of Cutillo Park, North End Clean Streets initiative and the Nazzaro Community Center study.

The next NEWNC monthly meeting will be held on Monday, March 13, at 7 p.m. at the Nazzaro Community Center.





# Forum

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

BILL OF RIGHTS, Amendment I

## OUR UNDERPREPARED HEALTHCARE SYSTEM

The coronavirus pandemic that is sweeping across the world has highlighted how ill-prepared the U.S. healthcare system has become for dealing with a national health emergency of this potential magnitude.

The U.S. has lagged far behind other nations in terms of testing our citizens to determine whether they have contracted Covid-19. Not only did our government not have anywhere near the number of test kits available to meet the demand for testing, but those that we did have were defective.

As a result, we have lost precious time in identifying how many of our citizens have the disease and the extent of the outbreak in specific parts of the country.

Cutbacks in the budgets of the federal agencies responsible for ensuring our nation's health have reduced the ability of the federal government to respond to such threats speedily and competently.

However, there is a much-deeper problem that has been looming for years.

The closing of community hospitals throughout the nation in the past few decades has created a crisis that already has placed our healthcare system at the breaking point -- a situation that will only get worse as the Baby Boomers begin to reach their late 70s and 80s.

Anybody who has been to a hospital emergency room recently knows all too well that our healthcare system is woefully inadequate even in the best of times.

The 46,500 beds in intensive care in the United States are occupied virtually 24/7/365 by mostly elderly persons with a wide range of health issues. Covid-19, if uncontrolled, might lead to up to 1.9 million ICU admissions, according to projections presented to the American Hospital Association -- a situation for which we have nowhere near the capacity or capability.

Even without a pandemic or similar national health emergency, our health care system is a disaster waiting to happen in the years ahead.

## 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@reverjournal.com](mailto:editor@reverjournal.com).

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## REGIONAL REVIEW

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HAPPY SAINT PATRICK'S DAY... MARCH 17

## FROM OUR READERS

### NORTH END TRIAL DATE/SEPARATING DOGS BY SIZE

Dear Editor,

The past few months has brought on a deluge of safety concerns within the Prince Street Dog Park. RUFF has been fielding complaints from park users and trying to determine next best steps. In agreement with Animal Control, RUFF is putting in place a trial mandate of separating dogs based on weight.

While the majority of the complaints coming our way have been situations where small and large dogs are intermixed, and problems arise, the one common theme amongst all of them has been that owners have not communicated with one another in the moment.

The hardest job we have as humans is dealing with other humans. We're all wildcards, and in a place like a dog park, where many people are strangers, it's incredibly difficult to communicate if there is an issue. BUT, it's the role we all took on when we decided to become dog parents. Unfortunately, RUFF's hands are tied with helping you when you come to us without hav-

**RUFF Dog Parks**

**North End**

**North End Dog Park**

- Accessible from Prince Street through the Defilippo Playground and the intersection of Snow Hill and Hull Street
- Hours: 6 AM - 9 PM, 7 days a week
- Park features turf, water play area, and agility courses
- Two separate sections: upper level reserved for dogs under 25lbs; lower level for larger dogs

**Richmond Street Dog Run**

- Located on Richmond Street between North and Fulton Streets
- Hours: 24 hours a day, 7 days a week
- Fully lit park with gravel ground cover and benches



# OPINION

By Phil Orlandella

## NAZZARO CENTER SEEKING STREET HOCKEY PLAYERS

Through the Nazzaro Community Center via will be an opportunity for its members and others to participate in the Mayor's Street Hockey Tournament during April school vacation.

The Center is attempting to secure enough players to participate in three divisions representing the North End in a citywide tournament.

This is a hat-trick event that should have a North End team or teams in competition.

Sign up at the Center.

## SUPPORT NEMPAC PERFORM-A-THON

North End Music and Performing Arts Center (NEMPAC) will be hosting its annual Performing Arts Perform-a-thon this much to benefit its scholarship and educational programs.

NEMPAC students, faculty and classes will perform four hours of entertainment to raise funds and could use your support by attending the special event that will entertain you and promises to be an enjoyable event.

This is a great opportunity to support a local organization and have a good time as well.

## MAYOR WALSH/ COUNSELOR EDWARDS PARTNER TO MAKE CHANGES TO THE ZBA

Making changes to the Zoning Board of Appeal is long overdue, especially because of recent allegations of bribery.

Boston Mayor Martin Walsh has started the ball rolling signing an executive order to change including the possibility of a new board.

Boston City Councilor Lydia Edwards is partnering with the Mayor to produce a home rule petition for a change which needs approval by the City Council.

However, the final decision for change has to go through the state legislature before changes can become a reality.

## City forms Cannabis board

By Phil Orlandella

Five appointments by Mayor Martin Walsh to serve as members to the Cannabis Board that will work to advance equity, diversity, and opportunity in the industry and represent a diverse range of expertise.

Boston's new Cannabis Board is geared toward strengthening the City's focus on equity in the new marijuana industry.

The Mayor working in partnership with the Boston City Council and ordinance was signed to establish equitable regulations of the industry in the City with the collaboration from many stakeholders.

The independent board will be charged with reviewing all applicants for a marijuana business.

"The purpose of Boston's Cannabis Board is to make sure our actions continue to match our values supporting equity, diversity and local ownerships in the new

industry."

Council President Kim Janery, "This board is so important to our City as it will bring a new, transparent and public facing process, focus on equity for creating Hosts Community Agreements in Boston."

Appointed were: Kathleen Joyce, Chair of the Licensing Board for the City.

Monica Valdes Lupi, JD, MPH is the former health Commissioner for the City of Boston.

Darlene Lombos is the first woman and person of color elected to lead the Greater Boston Labor Council.

Lisa Holmes has served as a Boston Police Department Superintendent with fifty years of experience in public safety.

John Smith holds a Master's in Public Policy and extensive experience in nonprofit government, education and advocacy fields. He has worked in the Mayor's Office of Economic Developments.

## ZBA (from pg. 1)

ernize the ZBA, promoting transparency and strengthening ethical standards."

Edwards plans to continue to work with the Mayor on legislation dealing with ZBA changes.

The executive order also calls for the designation of an ombudsperson to notify the public of the rights during ZBA meetings to guide residents or applicants to the basic procedure steps of appeal.

In addition, a provision of translation services is included in the suggested changes.

There was no official notice of how the home rule petition will be acted on at the State House.

## RUFF (from pg. 2)

ing ever spoken to the other dog owner or at the very least, knowing the other dog's name. We can't do a darn a thing.

This is not the outcome we want for the park, but everyone must step up if we want to co-mingle sizes. Things that need to be addressed:

- Pay closer attention to your dog in the dog park. i.e.: Put down the phone. Know your dog. Is his hair up? Is he/she uncomfortable?

- Barking: Continued barking is not only extremely rude to our neighbors, it's a signal to you that someone is going on with your dog (aggression, over stimulated). Curb your dog's barking by removing them from the park.

- Communication: Talking

to each other about concerns is the first step.

- Accountability: See someone miss their dog pooping? Let them know. Hear a dog barking? Let the owner know. Dog scuffle (this will always happen)? Talk to the other side - "Is your dog okay? My name is xxx, what is yours?"

- Puppies and intact male/females: When your dog is not fixed, this can give off a scent to other dogs that is not always favorable. Understand this and know your dog may not be well received.

We are hoping this trial separation is just that - a trial. Starting Sunday, March 8th, dogs under 25lbs should use the top level of the dog park. Dogs over 25lbs

can use the lower level. The good news here is that we have an entirely separate dog park on Richmond Street (map below) that welcomes mixed sizes. So, if you know your dog does well with larger/smaller dogs and you want them to intermix, please plan to use Richmond Street March 8 - March 22. New signage will be posted, and you will be asked to use the designated areas. Please reach out to RUFF with any questions, concerns and/or feedback.

We hope you feel empowered to hold yourselves, and others, accountable. And that we're all open to having those awkward conversations with one another. Life is weird, right?

With sincere thanks,  
RUFF Board of Directors

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# EBNHC, Greater Boston preparing for coronavirus

By John Lynds

It was only a matter of time before the coronavirus, or COVID-19, that spread across China landed in Boston. The Boston Public Health Commission announced that as of Monday there was one confirmed case of coronavirus in Boston and eight cases that are presumed positive. The presumptive positive cases did not require hospitalization and are self-isolating at home. The CDC is currently testing to confirm these eight cases.

Coronaviruses are a large family of viruses that includes MERS and SARS. The most recently discovered coronavirus causes coronavirus disease COVID-19. This new virus and disease were unknown before the out-

break began in Wuhan, China, in December 2019.

According to the BPHC there is no evidence of community transmission in Boston right now. The risk remains low, but this situation is evolving rapidly and changes day to day.

"BPHC is engaging in daily communications with the CDC, the Massachusetts Department of Public Health (MDPH), City of Boston departments and other community partners to make sure we have the latest information on guidance, best practices and recommendations," said the BPHC in a statement. "BPHC will provide updated information on this website and on our social media channels as it becomes available. We are confident the City of Boston will be ready for a safe and

effective response as the situation develops."

Over at East Boston Neighborhood Health Center U.S. Congressman and Senate candidate Joseph Kennedy III participated in a roundtable at the Health Center to discuss the status, needs and preparedness for COVID-19. The goal of the meeting was to provide assistance to Kennedy in disseminating appropriate and timely information regarding the virus. The discussion consisted of best practices and recommendations on how to respond to COVID-19.

Of particular interest was the potential impact on Eastie's senior population, the role of our emergency department and the partnership with Massport and the City's Public Health Department.

"The coronavirus outbreak is the number one priority for the Health Center and the communities we serve. Like other health-care organizations, we have enacted our Emergency Operations Planning and put protocols into place to ensure the safety of our staff, patients and members of our Neighborhood PACE program," said EBNHC President and CEO Manny Lopes. "We are fortunate that we have had no active cases of the coronavirus present here at EBNHC but regardless we must remain vigilant. East Boston Neighborhood Health Center has been providing quality care to the residents of East Boston and our surrounding communities for the last 50 years and we remain steadfastly committed to caring for all in our community during this crisis. We will continue to work closely with the Department of Public Health, the Boston Department of Public Health and both State and Federal Government as every day brings forth new information and recommended guidelines."

When the outbreak in Wuhan, China began, many patients reported links to a large seafood and animal market. This suggested that it was spread from animal to people. However, it is now clear that COVID-19 spreads mainly from person to person. It is spread through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land on people who are nearby (within six feet). It may also be possible for a person to get COVID-19 by touching a contaminated surface or object and then touching their own mouth, nose, or eyes.

"To ensure the safety of staff and patients and to contain the spread of the coronavirus as



EBNHC Chief Medical Officer Jackie Fantes and BPHC Executive Director Rita Nieves.



EBNHC President and CEO Manny Lopes and U.S. Congressman Joseph Kennedy III address the crowd during the roundtable discussion concerning COVID-19.

much as possible, East Boston Neighborhood Health Center has instituted a very thorough screening process in our Call Centers and in our various clinical departments," said EBNHC Chief Medical Officer Jackie Fantes. "Patients are screened for symptoms if they have had any exposure or have traveled outside of the area recently. If testing is deemed necessary, the State Lab will process the results. We're hoping to have access to private labs as well. Thankfully, flu season is subsiding and that should help eliminate a lot of confusion over symptoms in the coming weeks. Given that the elderly population is at the highest risk, we are focused on our Neighborhood PACE Program and are taking every step possible to continue giving high quality care both at our PACE Centers and in their homes without compromising their risks further. Throughout this crisis, we must still care for all of the health issues our community faces and it is important that people don't avoid necessary care because of this crisis. We are

grateful for our skilled and determined staff for the work they are doing every day."

EBNHC Vice President of Human Resources Steven Snyder added, "The safety of our staff is always a priority for us. Balancing the need to care for the community during this crisis with the concerns of our own staff is no easy task, but we are fortunate to have an incredibly committed team here at the Health Center who always rises to the occasion. We will continue to take every step we can to see that our staff is utilizing best practices in infection control in the care of our patients, in their normal work day and in their personal lives."

There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to this virus. BPHC recommends standard precautions to prevent the spread of respiratory viruses, like those that cause the flu or a cold:

- Wash your hands often with soap and water for at least

## DAVID W. DAVIS MEMORIAL INTERNSHIP



College juniors and seniors who reside in the City of Boston, Chelsea, Revere or Winthrop and are interested in applying for the David W. Davis Memorial Internship must have community service experience and must submit a 1,000-word essay. To be considered, all academic and residency criteria must also be met.

The David W. Davis Memorial Internship is a 13-week paid public service opportunity at Massport and is awarded annually to an exceptional junior or senior in college. Internship applications must be received by Massport no later than 5:00 p.m. on Friday, April 24, 2020. For more information about the David W. Davis Memorial Internship including an application check-list please visit: [www.massport.com/scholarships](http://www.massport.com/scholarships).





# FOCCP social/membership drive

By Phil Orlandella

Friends of Christopher Columbus Park (FOCCP) will hold its 10th annual membership social at Tia's, 100 Atlantic Ave. from 6-8 p.m.

Membership is vital to helping FOCCP, in collaboration with the Boston Parks and Recreation Department, to maintain the well-

## Friends of Library coverage 2019 expenses

By Phil Orlandella

According to the March 2020 Newsletter, the Treasurer reported that in 2019 the Friends of the North End Library revenues covered expenses with some money to spare.

Reportedly, revenues covered, the author programs, concerts, a new bookcase for the book sale, the community holiday lunch, for children's magazine subscriptions, inside and outside gardening plantings.

The Treasurer noted that 50-percent of expenditures was spent on programs at the library and one third of revenues came from memberships, donations and

used and beauty of the park and support all the fun events at the park throughout the year.

The park has become a signature place to be to enjoy a great view of the harbor, have a picnic, takes photos, sit down and read the paper, meet a friend of family members and participate in the many activities and events offered by FOCCP at the park.

the library's daily books sale.

This year's Spring Open House will include: Books in Bloom Wednesday, April 1, to Saturday, April 4, display at the library that includes a unique flower arrangement paired with a book of arranger's choice.

Guided tours of the library resources and equipment, Thursday, April 2, at 11 a.m., 3 p.m. and 5 p.m. and Friday, April 3, at 11 a.m. and 3 p.m. and Saturday, April 4, at 11 a.m.

A presentation by Floral Designer Michelle Cliff ended demonstrating what to do with store-bought bouquets when you get it home will take place on Saturday, April 4 from 12:30 until 1:30 p.m.

## BOSTON SAVES PORTAL LAUNCHED

Boston Saves, a children's saving account program, has launched an online portal to help families of kindergarteners track their savings program.

The portal, "Savings Center" enables families to view the \$50 in their child's Boston Saves account, earn more money for the account and view all of their savings in one place.

"The creation of the Savings Center makes a significant step forward for Boston Saves students and families," Mayor Martin Walsh said.

## MAYOR APPOINTS BURTON CHIEF OF STAFF

Kathryn R. Burton has been named Mayor Martin Walsh's Chief of Staff.

"She brings a wealth of public policy experience to the City of Boston," Mayor Walsh said. "From her wide-ranging background across sectors it is clear she is someone who is smart and driven and who has a keen sen-

## NEWS AND NOTES By Phil Orlandella



Kathryn R. Burton named Mayor Martin Walsh's Chief of Staff.

sibility of the opportunities and challenges we face as a city."

He added, "Her commitment to common sense will be a valuable asset as we work together to carry out a wide-range and progressive agenda of bold initiatives to move Boston forward."

## CITY PILOT PROGRAM HELPS EMPLOYEES

Results of the City of Boston's Emergency Savings Fund pilot program shows that participants that deposited an average of \$67 a week into savings compile an

annual rate of \$3,500 per employee.

Created by the City's Economic Mobility Lab to cover emergency or unexpected expenses to prevent unprepared cost could occur in households.

The pilot helps municipal employees build rainy day funds.

## DOIT CELEBRATES FIFTH YEAR

The City of Boston Department of Innovation and Technology (DOIT) has celebrated five years of the Citywide Analytics Team started by Mayor Martin Walsh in 2015.

The team's goal is developing innovative programs and improving performance across all parts of City government and is the Citywide Analytics group is the central data organization for Boston.

They compiled an end of year report highlighting home team support, the city regarding major projects over the years.

"In five years, the team has helped me data driven decisions that positively impacted residents in the city," Mayor Martin Walsh said.

## VIRUS (from pg. 4)

20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60-percent alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Avoid spitting in public.
- Get a flu shot.

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# NSC Valentine Day Party Held

By Johannah Malone

Valentine's Day is the perfect time to share happy emotions and feelings for others. While some seniors may be lonely at this time of the year, connecting with their peers is a great way to bring joy and positive feelings. Valentine's Day is a holiday for couples. This holiday can be very painful when a loved one does not have their husband or wife by their side.

ABCD North End West End Neighborhood Service Center (NE/WE NSC) recently held its Valentine's Party for the seniors to commemorate this love and friendship. The center had a fabulous turn out: nearly four-dozen members of the community, including folks from the Amy Lowell and Blackstone Apartments, dropped in to enjoy one another's company and a hearty homemade lunch, all served by NE/WE NSC staff and volunteers. The center rounded out the meal with greens donated by St. John's School lovingly grown in their own gardens.

Special guests included State Rep. Aaron Michlewitz and Legislative Aide Patrick Lyons, who visited with Valentine greetings and roses. He eagerly greeted his constituents and shared the fabulous news about an earmark for the ABCD North End West End NSC for fiscal year 2020, made possible by his advocacy and that of Sen. Joe Boncore and Rep. Livingstone.

The team, upon hearing the news, enthused that all funds would support expanding programs and capital upgrades at the center. Staff from City Councilor Lydia Edwards' office brought candy to the festivity and also made the rounds.

Volunteer Stephanie Gullbrants did a play on the well-known Sweethearts candy with pastel cookies that said "Hug Me", "Love," and "True Love," as much fun to pass around as to eat! Victor Brogna, NE/WE NSC Advisory Board member, serenaded the crowd with his trumpet playing. Volunteer David Roderick joined the meal to both socialize and serve seniors.



*St. John's students visit with seniors and donate produce from Community Garden.*



*The tables were full for the Valentine's Day Party.*



*State Rep. Aaron Michlewitz showers his constituents with roses.*



*Valentine cookies Made by volunteer Stephanie Gullbrants.*



*State Rep. Aaron Michlewitz made sure everyone received a rose.*



## CITY PAWS

# Taking care of one another

By Penny & Ed Cherubino

We often notice when friends and neighbors with animals go that extra mile to take special care of an ailing, anxious, or aging companion animal. Similarly, you may have noticed that when you are sick, injured, or unhappy, your dog or cat may give you more attention and physical contact. They're trying their best to help you.

One friend recently posted a photo of her aging cat sitting on a pile of cushions that she arranged so that he could see out the window. A neighbor with two beautiful Golden Retrievers now has a little red wagon to give the older one a ride to the park. You might see Penny holding Poppy's paw when something on a walk frightens our little noise-averse pup because it sometimes calms her.

### Less Obvious Care

You may not realize that your cat or dog is helping you live longer and have a better quality of life. The American Heart Association reported on a 2019 study that concluded, "Dog ownership is associated with lower risk of death over the long term, which is possibly driven by a reduction in cardiovascular mortality."

An older but similar study about cats suggests prescribing the company of a cat. It concluded, "Acquisition of cats as domestic pets may represent a novel strategy for reducing the risk of cardiovascular diseases in high-risk individuals."

We recommend the book "Doctor Dogs: How Our Best Friends Are Becoming Our Best Medicine" by Maria Goodavage to learn more ways dogs are

improving our health as individuals and as humans in general.

Some of these canines work directly with a person who needs to be alerted to a specific medical signal like a person whose blood sugar is moving out of the normal range or someone who is about to have a seizure.

She tells great stories of successful work some service dogs are doing for veterans with PTSD and children with autism. In the case of autism, a specifically-trained service dog not only provides a calming presence but also may lean into the child as an alert for excess anxiety, panic, or a potential melt-down.

Other highly trained sniffer dogs work in research settings or laboratories. In an interview with NPR, Goodavage said, "I heard about these dogs at the University of Pennsylvania Veterinary Working Dog Center that are able to smell ovarian cancer. They're able to detect it as early as stage one. We're not even talking tumors here. They're able to detect ovarian cancer in one drop of plasma from a woman with ovarian cancer."

In some instances, dogs are working alongside researchers who are trying to determine what specific compound the canine is detecting in order to devise treatments based on that knowledge.

### Our Turn

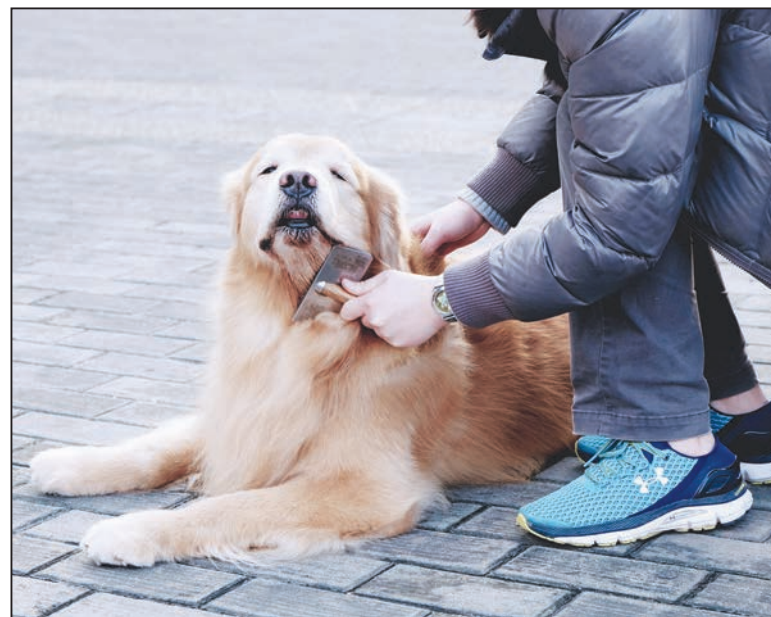
We have many opportunities to make life better for animals. You can keep up with the latest information about specific diseases and parasites active in your area or risks that are prevalent in your breed. You could make time for the activities your pet enjoys most. In the areas of training and nutrition, you can find and use the

latest independent guidelines and kindest methods.

On a more global scale, you can reach out to your elected officials to ask them to support legislation that improves the lives of animals and to fight for shared recreational spaces and fair treatment of those of us who choose to have animals in our lives.

Being better-informed will provide you with many opportunities to repay your dog or cat for all they do for you.

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



Routine grooming is another way to thank your dog for all they do for you. (Photo by Henry & Co.)

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## COMMUNITY NEWS

### CELLO CONCERT BY WEBB SCHOLARS

On Sunday, March 22, come to The Church on the Hill for a concert performance by two cellists. This concert will feature the talents of Solomon Hearn and Amalia Ali, both George James Webb Scholarship Winners. Solomon will perform the "Cello Sonata in D Minor" I. Allegro non troppo – Largo and III. Largo. Solomon has been playing the cello for 12 years, and currently studies with Mark Churchill. He is a member of the Boston Philharmonic Youth Orchestra with conductor Benjamin Zander. Amalia will perform "Cello Concerto No. 1 in G Minor, Op. 49" by Dmitry Kabalevsky and "Cello Suite No. 2 in D Minor BWV 1008" IV. Sarabande by Johann Sebastian Bach. Amalia began her studies with Project STEP in the fall of 2006 and is in her 12th and final year. She currently studies cello under Dr. Carol Ou. Amalia is a senior at the Brimmer and May School in Chestnut Hill where she is an active participant in school initiatives for student diversity, leadership, and her school's STEAM Diploma program. This concert will begin at 3:00 PM. The concert is open to the public and admission is \$5; there will be a reception with savory and sweet delights immediately following (handicap accessible). Come to 140 Bowdoin Street, Beacon Hill (across the street from the State House). For more information phone: 617-523-4575 or visit <http://churchonthehillboston.org>.

### OLD NORTH LANTERN CEREMONY

The 2020 Lantern Ceremony will be held at the Old North Church and Historic Site will be held on Sunday, April 19. For details email [mmurray@oldnorth.com](mailto:mmurray@oldnorth.com).

### FOCCP MEMBERSHIP SOCIAL

The 10th annual Friends of Christopher Columbus Park (FOCCP) will hold a membership social at Tia's, 100 Atlantic Ave. on Tuesday, April 7, from 6 to 8 p.m. No RSVP needed. Free for 2019 members, nonmembers \$10 at the door.

### TONY "C" STORY AT LIBRARY

With baseball season about to begin the North End Library will highlight the amazing story and

tragic career of Red Sox player Tony "Tony C" Conigliaro on Wednesday, April 29.

### NEMPAC PERFORM-A-THON 2020

North End Music and Performing Arts Center (NEMPAC) will host its sixth annual Perform-a-thon on Sunday, March 29, from 10 a.m. to 2 p.m. at City Winery Haymarket Lounge to benefit educational programs and provide scholarships.

### NEAD EASTER PARTY

North End Against Drugs (NEAD) will hold its annual Easter Party on Saturday, April 11, from 10 a.m. to noon at the Nazzaro Center. Easter related activities and a goodie basket.

### NEAD FAMILY DINNER/FAMILY TALK

North End Against Drugs (NEAD) will hold another Family Dinner/Family Talk on Monday, March 23, at 5:45 p.m. at the Nazzaro Center. Deadline to sign up its March 16, at 6 p.m.

### FREE HEALTH SCREENING AT NAZZARO CENTER

A free health screening program will be held at the BCYF Nazzaro Community Center, 30 North Bennet Street on Thursday, March 28, from noon to 4 p.m. that is open to everyone. For more details call 617-635-5166.

### NAZZARO CENTER FAMILY FEUD APRIL 25

BCYF Nazzaro Center will hold a Family Feud Night for ages 55 and up on Saturday, April 25 at 7 p.m. at the Fisherman's Club on the corner of Lewis and Fulton Streets.

The Center is seeking 32-40 people to played the popular TV game with a cash prize awarded to the winning team. Refreshments will be provided.

Cost is \$20 per person paid upfront in order to secure a spot in the game. Contact Laurie to register at 617-635-5166 or email [Laurie.delia@boston.gov](mailto:Laurie.delia@boston.gov).

### NSC JOB OPENING

The North End/West End Neighborhood Service Center (NSC), 1 Michelangelo St. has an immediate opening for a senior center cook/case manager. For

more details call 617-523-8125, ext. 201 or email [mariaastella.gulla@bostonahed.org](mailto:mariaastella.gulla@bostonahed.org).

### MAYOR'S STREET HOCKEY TOURNAMENT

The Mayor's Top Street Hockey Tournament will be held on Thursday, April 23, at 10 a.m. at Joseph Moakley Park, South Boston. For registration or more details visit [Damien.margardo@boston.gov](mailto:Damien.margardo@boston.gov) or call the Nazzaro Center at 617-635-5166.

### GALA ON THE GREENWAY

The Gala on The Greenway is the Conservancy's signature fundraising event. Mingle with the Greenway Conserancy's top supporters, including elected officials, business and other community leaders, and Greenway neighbors while enjoying cocktails and hors d'oeuvres under a festive tent on The Greenway, June 4, 6 to 9 p.m.

### FRIENDS CELEBRATE IMMIGRANT EXPERIENCE

Friends of Heritage Park will celebrate the immigrant experience on the Rose Fitzgerald Kennedy Greenway on Wednesday, March 25.

### FLEA MARKET BAKE SALE

Saint Francis House Flea Market/Bake Sale will be held on April 17 and April 18, at the Nazzaro Community Center. For more information call John Romano at 617-750-9749.

### FREE HEALTH SCREENING

The Nazzaro Community Center will hold a free health screening on Saturday, March 28, from noon to 4 p.m. Must sign up by March 18. For more information call 617-635-5611.

### FRIENDS CELEBRATE IMMIGRANT EXPERIENCE

Friends of Heritage Park will celebrate the immigrant experience on the Rose Fitzgerald Kennedy Greenway on Wednesday, March 25.

The two-part monthly series, is a collaboration of the City of Boston, The KITCHEN at the public park and the Friends.

### LIBRARY LEGO CLUB

A Lego Club will be held at

North End Library on Wednesday, Feb. 26 at 4 p.m. Build with Legos and Duplos. Homework help is available from 4 to 6 p.m.

### LIBRARY PRESENTS BOOKS IN BLOOM

Books in Bloom is coming to the North End Library from April 1 to April 4.

Friends of the Library are seeking local groups or individuals to make a flower arrangement to be exhibited at the library during Books in Bloom.

Email Teresa for more information at [TeresaOConnell@me.com](mailto:TeresaOConnell@me.com).

### NEW COFFEE HOUR

The North End/West End Neighborhood Service Center

(NSC) has a new daily drop-in coffee hour from 9 to 11 a.m. and discussion. Drop in for a cup of coffee.

### CITY SCHOLARSHIPS

Applications for the 2020 City of Boston Scholarship Program are currently available. For more information or to apply visit [www.bostongov/scholarship](http://www.bostongov/scholarship).

### NAZZARO CENTER SUMMER CAMP

Nazzaro Center Summer Camp applications are now available. All information is listed online and must be turned in at the Nazzaro Center. Contact [lauriedelia@boston.gov](mailto:lauriedelia@boston.gov).

### CITY OF BOSTON, BOSTON CENTERS FOR YOUTH & FAMILIES (BCYF)

**INVITATION FOR SEALED BIDS FOR THE PROCUREMENT OF THE FOLLOWING SERVICES: Repair, Maintenance, and Painting work at the BCYF Clougherty Pool and Bathhouse located at 345 Bunker Hill Street, Boston, MA 02129 (Charlestown)**

The City of Boston (the City), acting by the Commissioner of the Boston Centers for Youth & Families, hereinafter referred to as the Official, invites sealed bids for the performance of the work generally described above, and particularly set forth in the Invitation for Bids. The bid documents will be accessible online from Monday, March 23, 2020, through Friday, April 10, 2020, by visiting the City of Boston Public Procurement website at the following link <http://www.cityofboston.gov/procurement/> and accessing the event ID # EV00007839, or by calling Varnie Jules, Finance Unit Manager @ 617-635-4920 x 2149.

The attention of all bidders is directed to the provisions of the Invitation for Bids and contract documents, specifically to the requirements for bid deposits, insurance, and performance bonds as may be applicable. All bids for this project are subject to M.G.L. c.30, s. 39M and in accordance with the terms and provisions of the contract documents.

#### Bid Deposit (5%)

All bids submitted for this project should be accompanied by a bid deposit of 5% of the total bid amount. The bid deposit shall be in the form of a bid bond, certified check, treasurer's check or cashier's check and made payable to the City of Boston.

#### Certificate of Insurance

All bids submitted for this project must include a current copy of the bidder's Certificate of Liability Insurance with evidence of General Liability and workers compensation Insurance coverage.

#### Labor/Materials Payment Bond (50%)

In accordance with M.G.L. Chapter 30, s. 39M a Labor and Materials payment bond shall be required from the successful bidder to guarantee the faithful performance of the contract. Such bond shall be issued by a surety company qualified to do business under the laws of the Commonwealth of Massachusetts and such surety company must be included in the U.S. Treasury's current list of approved sureties (Circular 570).

If the total bid price is greater than \$50,000, the Labor/Materials Payment Bond shall be in the sum equal to 50% of the total amount of the contract.

#### Occupational Safety and Health Act of 1970 (OSHA)

The successful bidder must provide evidence to the awarding authority that its employees who will be working under this project have received the required training in Occupational Safety and Health education as per OSHA standards.

#### Prevailing Wage

Bidders are hereby notified that this project is subject to M.G.L. c.30, s. 39M and in accordance, contractors must pay prevailing wage as set by the Division of Occupational Safety within the Department of Labor and Workforce Development. Every contractor or subcontractor which performs construction work on the project is required to submit weekly payroll reports and a statement of compliance directly to the awarding authority by mail or email and keep them on file for three years. Each weekly payroll report must contain: the employee's name, address, occupational classification, hours worked, and wages paid. A sample of a payroll reporting form may be obtained at <http://www.mass.gov/dols/pw>

Bidders are further notified that they shall submit prices for and bid prices shall be compared on the basis of the entire period of performance. This contract shall be subject to the availability of an appropriation. Therefore, if sufficient funds are not appropriated for the contract in any fiscal year, the Official reserves the right to cancel the contract.

Sealed bids shall be filed electronically no later than 4:00 pm on Friday, April 10, 2020 by login onto the City of Boston Procurement website as listed and accessing the above listed event number. The contract awarded pursuant to this invitation for bid will commence on or about Monday, April 20, 2020.

The Official reserves the right to waive any informality in or to reject any and all bids if it is in the public interest to do so. The award of any contract shall be subject to the approval of the Mayor of Boston and the Awarding Authority. The maximum time for bid acceptance by the City after the opening of bids shall be ninety days (90 days).

William Morales, Commissioner



## IN BRIEF By Phil Orlandella

### NAZZARO CENTER SEEKS STREET HOCKEY PLAYERS

During April school vacation the Nazzaro Community Center is seeking players to participate in the Mayor's Street Hockey Tournament scheduled at Joseph Moakley Park in South Boston at 10 a.m.

The Center is attempting to place teams in three divisions, Mites (6-8), Squirts (9-10) and Pee Wees (11-12).

Boston Parks and Recreation and the Boston Bruins will host the Spring Break hockey tournament.

Anyone interested in participating should call the Center at 617-635-5166 to register to represent the Nazzaro Center.

"This is a great opportunity to participate in a city-wide hockey tournament and represent the Center as well," staff said.

### FREE HEALTH SCREENING AT NAZZARO CENTER

BCYF Nazzaro Community Center will host a free health screening that includes: a body mass index (BMI), blood pressure, urine, blood sugar tests and physician consultation.

The health screening test will take place at the Center located at 30 North Bennet St. on Saturday, March 28 at 4 PM.

Several organizations will participate in the health screening: Kidney Disease Screening and Awareness Program, Hobbit Medical School, Brigham and Woman's Hospital and Boston

Center for Youth and Families.

Several questions will be asked pertaining to the risk of developing kidney disease.

The health screening is for all ages.

### OLD NORTH CHURCH 2020 LANTERN CEREMONY APRIL 19

To commemorate the night two lanterns were held in the steeple of the Old North Church launching the American Revolution, the 2020 ceremony will be held at the historic site on Sunday, April 19 a one-of-a-kind experience.

The ceremony is an uplifting and enduring event that supports the advancement of the Old North's mission and celebrates the church a legacy of courage, liberty and civic engagement.

Dave McGillivray, Founder and President of the DMSE Sports and Race Director for the Boston Marathon will be the recipient of the Third Lantern Award and the keynote speaker.

He was selected for his tenacious commitment to community building and his lifelong drive to create positive change embodying the values of the church.

Other local leaders and change-makers will be honored in the event that also includes: performances from the Middlesex Volunteer Fife and Drum Corp, the Old North Church choir, reading of Longfellow's renowned poem "Paul Revere's Ride" and Revere's first-person account of the night April 18, 1775 and concludes with the ceremonial lighting and hanging of the two lanterns in the church's iconic steeple.

There is still much to do during the month of March at the North End Library.

Many children and adult programs, activities and educational events are scheduled for participants to enjoy.

Films are featured every Wednesday and Friday for adult viewing and other programs for grown-ups.

Toddler Storytime and Baby Storytime on Tuesdays, plus homework help and creative writing programs are also available.

Library staff are always available to assist library

#### EVENTS FOR ADULTS

Friday March 13 - 1 p.m. On Dangerous Ground

Friday March 20 - 1 p.m. Hard, Fast and Beautiful!

Friday March 27 - 1 p.m. The Bigamist

#### 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.

#### Wednesday Films: The Films of Oscar Wilde

Wednesday March 13 - 5:30 pm The Picture of Dorian Gray

Wednesday March 20 - 5:30 pm The Importance of Being Earnest

Wednesday March 25 - 5:30 pm Oscar Wilde

#### Crafty Grown-ups: Flower Making

Thursdays March 19 - 4:00 - 5:30 pm

Craft lovely paper blooms for spring. For grown-ups only,

#### Book Discussion Club

Tuesday March 17 - 4:30-5:30 pm

March's book is Henry, Himself (2019) by Stewart O'Nan. Copies can be picked up at the library's front desk.

#### 30-Minute Reads Club

Thursdays, March 26 - 4:00-5:00 pm

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. How it works: (1) Sign up at [jhawes@bpl.org](mailto:jhawes@bpl.org) and the link to the week's article will be emailed to you. (2) Read the article. (3) Meet and discuss!

#### CHILDREN'S EVENTS

##### Kids' Crafternoon

Mondays, March 16 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, 11:00 a.m.

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

#### Tween Tuesdays

Tuesdays, 4:00-5:00 p.m.

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

#### Lego Club

Wednesdays, 3:00-4:00 p.m.

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

#### BTU Homework Help

Wednesdays, 4:00-6:00 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.

#### Teen Creative Writing Group

Fridays, 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.

## Columbus High School Boston 75th anniversary celebration 1945- 2020

#### SAVE THE DATE

Columbus High School ALL Class Reunion

Saturday, October 17, 2020

6PM to 10PM

\$100 Per Person

Westin Hotel Waltham

70 Third Avenue

Waltham, MA 02451

Hello Fellow Alumni,

This is what you have all been waiting for, an all class reunion celebrating the 75th anniversary of the founding of our beloved high school. Everyone is welcome to attend, priests, teachers, Julie Billiart Alumni and guests.

PLEASE ACT FAST to secure your seat by sending partial payment of \$25 DEPOSIT PER

PERSON. Payments made by Thursday March 26th will be given priority. Space is going fast! Our goal is 300 or more total attendees.

#### \*\*\*PAYMENT DETAILS\*\*\*

• Initial Deposit to secure seat: \$25 PER PERSON due ASAP, preferable by Thursday, March 26th. This is the registration confirmation. First come, first serve!

2) Final Balance of \$75 PER PERSON is DUE BY AUGUST 31, 2020. (No refunds.)

How to register and pay

Payment option 1: by Venmo to @bob-mitchell-23.

Payment option 2: Mail a check to Robert Mitchell, 7 Bruning Road, Wilmington, MA

01887. Make check payable to "Columbus 75th anniversary."

Please make a note in Venmo or on the check re:

a) "Columbus 75th anniversary",

b) state name(s) of attendee(s), and

c) state graduating class year "XX."

Please share this information with fellow classmates and all alumni.

75th Anniversary Columbus HS Boston All Classes Celebration Committee:

Arthur Sonny Lauretano '57 (617-293-6173)

Syl Di Diego '77

Bob Mitchell '78

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# Homeland Security implements Public Charge final rules

The U.S. Department of Homeland Security (DHS) on Monday implemented the Inadmissibility on Public Charge Grounds final rule, a new rule looking at the likelihood of new immigrants not being self-sufficient and having to seek government benefits.

Under the final rule, DHS will look at the factors required under the law by Congress, like an alien's age, health, family status, assets, resources, and financial status, education and skills, among others, in order to determine whether the alien is likely at any time to become a public charge. The rule now applies nationwide, including in Illinois.

Self-sufficiency is a long-standing principle of immigration law. Since the 1800s, inadmissibility based on public charge has been a part of immigration law. Since 1996, federal laws have stated that aliens seeking to come to or remain in the United States, temporarily or permanently, must be self-sufficient and rely on their

own capabilities and the resources of family, friends, and private organizations instead of public benefits.

"President Trump continues to deliver on his promise to the American people to enforce our nation's immigration laws. After several judicial victories, DHS will finally begin implementing the Inadmissibility on Public Charge Grounds final rule," said Ken Cuccinelli, the acting deputy secretary of the Department of Homeland Security. "This rule enforces longstanding law requiring aliens to be self-sufficient, reaffirming the American ideals of hard work, perseverance and determination. It also offers clarity and expectations to aliens considering a life in the United States and will help protect our public benefit programs."

The final rule defines "public charge" as an alien who has received one or more public benefits (as defined in the rule) for more than 12 months, in total, within any 36-month period.

The final rule defines "public benefits" to include any cash benefits for income maintenance, Supplemental Security Income, Temporary Assistance to Needy Families, Supplemental Nutrition Assistance Program (SNAP), most forms of Medicaid and certain housing programs.

Applicants for adjustment of status who are subject to the final rule must show that they are not likely at any time to become a public charge by submitting a Form I-944, Declaration of Self-Sufficiency, when they file their Form I-485, Application to Register Permanent Residence or Adjust Status.

To determine whether an alien is inadmissible on the public charge grounds, USCIS will not consider, and applicants and petitioners do not need to report, the application for, certification or approval to receive, or receipt of certain previously excluded non-cash public benefits (such as SNAP, most forms of Medicaid, and public housing) before Feb.

24, 2020. Similarly, USCIS will not consider as a heavily weighted negative factor receipt of previously included public benefits (such as SSI and TANF) before Feb. 24, 2020, in a public charge inadmissibility determination.

The final rule requires most aliens seeking to extend their non-immigrant stay or change their nonimmigrant status to show that, since obtaining the non-immigrant status they seek to extend or change, they have not received public benefits (as defined in the final rule) for more than 12 months, in total, within any 36-month period beginning Oct. 15, 2019. Due to litigation-related delays in the final rule's implementation, DHS is applying this requirement as though it refers to Feb. 24, 2020 rather than Oct. 15, 2019. Therefore, with respect to applying the public benefits condition to applications and petitions for extension of nonimmigrant stay and change of nonimmigrant status, DHS will not consider, and applicants and petitioners need

not report an alien's receipt of any public benefits before Feb. 24, 2020.

Certain classes of aliens are exempt from the public charge ground of inadmissibility (such as refugees, asylees, certain VAWA self-petitioners, U petitioners, and T applicants) and therefore, are not subject to the Final Rule.

After Monday, USCIS will reject prior editions of affected forms, including in Illinois where the rule remained enjoined until Feb. 21, 2020, when the U.S. Supreme Court granted a stay of the statewide injunction. If USCIS receives an application or petition for immigration benefits using prior editions of the forms postmarked on or after Feb. 24, 2020, then USCIS will inform the applicant or petitioner of the need to submit a new application or petition using the correct forms. For applications and petitions that are sent by commercial courier (such as UPS, FedEx and DHL), the postmark date is the date reflected on the courier receipt.

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DEADLINES: For classified line ads, deadlines are Monday by 4 p.m. Call 781-485-0588 or fax the ad to 781-485-1403

CUSTOMER SERVICE REP. wanted for Dry Cleaners in Winthrop. Wed-Friday afternoons. Please contact Marco 617-834-2404 Sociedad Latina seeks a Steam Team Coordinator for their Umana - East Boston site. If interested, Send Resume & Cover Letter to [juan@sociedadlatina.org](mailto:juan@sociedadlatina.org) or apply through [www.sociedadlatina.org/careers](http://www.sociedadlatina.org/careers). 3/26

GENERAL HELP: Full time or Part time available -Mon-Fri 8 to 4. Laborer needed for Marina Service Dept. Winthrop. We are willing to train right candidate, mechanical experience helpful but not necessary. Please call 617-846-1100 ask for Lloyd. 3/25

### ROOM FOR RENT

WINTHROP - Room in very quiet house on Bellevue Ave. Off street parking, with w/d, tv, internet. \$900/month Contact Carl @ [1776btown@gmail.com](mailto:1776btown@gmail.com) 3/25

### HOUSE FOR RENT

REVERE - Small 1BR house near Wonderland station. 2 pkg spaces. \$1500 no utilities. Call 781-286-6617 for info. Leave message. 3/5

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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.

**PLEASE RECYCLE**



## FRESH AND LOCAL

# Begin with what you know

By Penny & Ed Cherubino

The best starting point for learning to cook or exploring food cultures is to begin with what you know. If you know how to make scrambled eggs, that can be your starting point for making a diner-style omelet with ham and cheese. From there you can move on to a frittata or strata. With more egg experience under your apron, you might decide to master the perfect French omelet or a soufflé.

When it comes to food from other cultures, you can take the same approach. Someone new to Vietnamese food might start with pho ga— chicken noodle soup. It's familiar but comes with a plate

of typically Vietnamese additions like Thai basil, mint, cilantro, bean sprouts, lime wedges, hoisin and chili sauces. The newcomer can add some or all of these and edge from what they know to what is new.

### Try New Versions

As with many home cooks, we have a number of dishes in our regular rotation. We love to make new versions of our basic recipes. We might exchange ground beef for ground chicken, kielbasa sausage for chorizo, and then adjust the seasonings to match the cultural origins of that ingredient.

Most recipes evolve over time. If you make your family's meatloaf, you may find your version is

very different from the one your grandmother taught your father to make. The method and ingredients he passed down to you probably had a few tweaks that he added over time.

### Start Where You Are

New cooks have a world of ingredients to explore and thousands of ways to turn those ingredients into wonderful dishes. However, they can also use a small pantry of trusted items to expand their cooking skills.

The cookbook "Lateral Cooking" by Niki Segnit is a guide to this sequential learning method. The publisher explained, "The book is divided into twelve chapters, each covering a basic culinary



*This is our favorite variation on Irish Soda Bread. It has whole wheat flour, oatmeal, and raisins added to the classic mixture.*



*Planning ahead is simple.*

**THE BENEFITS ARE IMMENSE.**

**WHEN YOU PLAN AHEAD**, you can design every detail of your own final tribute and provide your loved ones with true peace of mind. When you're ready to get started, your Friends at Waterman-Langone Funeral Home are here to help.

**Monday, March 16th**

**6:00 PM**

**Light refreshments will be served**

*Please RSVP by March 13th*

*Complimentary Valet Parking Provided*

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category, such as 'Bread,' 'Stock, Soup & Stew,' or 'Sauce.' The recipes in each chapter are arranged on a continuum, passing from one to another with just a tweak or two to the method or ingredients. Once you've got the hang of flatbreads, for instance, then its neighboring dishes (crackers, soda bread, scones) will involve the easiest and most intuitive adjustments."

Since this is the month when we celebrate all things Irish, you could make soda bread your starting point. Even if you have never baked before, you can make soda bread. You are about to see recipes for it on every food site you visit.

Our favorite variation is an oatmeal and whole wheat version that includes raisins. Ed loves this bread so much that he (who has never had to bake or cook on his own) learned to make it when Penny was too busy to supply his

cravings.

In "Lateral Cooking," Segnit gives readers what she calls "leeways" – her ideas for adaptations and substitutions. She occasionally warns you about things her experience says not to try. In the soda bread, biscuits, cobbler section, she warns against replacing all the flour with gluten-free grains but instead suggests using oatmeal for some of the flour in soda bread, as we do.

Wherever you find yourself, as a cook or an eater, is a great starting place. From where you are today, you can choose to expand your skills, knowledge, and palate to move on to new recipes and new tastes from near and far.

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

## Cello Concert by Webb Scholars March 22

On Sunday, March 22, come to The Church on the Hill for a concert performance by two cellists. This concert will feature the talents of Solomon Hearn and Amalia Ali, both George James Webb Scholarship Winners. Solomon will perform the "Cello Sonata in D Minor" I. Allegro non troppo – Largo and III. Largo. Solomon has been playing the cello for 12 years, and currently studies with Mark Churchill. He is a member of the Boston Philharmonic Youth Orchestra with conductor Benjamin Zander. Amalia will perform "Cello Concerto No. 1 in G Minor, Op. 49" by Dmitry Kabalevsky and "Cello Suite No. 2 in D Minor BWV 1008" IV. Sarabande by Johann Sebastian Bach. Amalia began her studies

with Project STEP in the fall of 2006 and is in her 12th and final year. She currently studies cello under Dr. Carol Ou. Amalia is a senior at the Brimmer and May School in Chestnut Hill where she is an active participant in school initiatives for student diversity, leadership, and her school's STEAM Diploma program. This concert will begin at 3 pm.. The concert is open to the public and admission is \$5; there will be a reception with savory and sweet delights immediately following (handicap accessible). Come to 140 Bowdoin Street, Beacon Hill (across the street from the State House). For more information phone: 617-523-4575 or visit <http://churchonthehillboston.org>.