

NEW WASTE-DISPOSAL BAN REGULATIONS — PG. 2

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Mission Hill

GAZETTE

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What's Happening on Main Streets

BY ELLEN WALKER  
SPECIAL TO THE GAZETTE

"They always say time changes things, but you actually have to change them yourself." -Andy Warhol an American visual artist, film director, and producer who was a leading figure in the visual art movement known as pop art in the 1960's.

A welcoming and positive change is taking place in Mission Hill. Every community has a Center and neighborhood landmarks. This month, a former landmark of Mission Hill, Flann O'Brien's Pub, is opening with a new owner and name. A new Chapter is about to begin with a restaurant named Yellow Door Taqueria located at 1619 Tremont Street that opened on November 1st. Do stop by, see the change for yourself, get a bite to eat and be sure to say hello to Colleen, Jarek and Brian!

Mission Grammar celebrated Halloween costumes with a parade in front of Mission Church. The laughter and applause could be heard for blocks as young students showed off their creative, colorful and fun costumes to the delight of onlookers and local drivers who happened to be passing by. As part of Mission Hill tradition, the annual Halloween party on the Hill organized by Tobin Community Center was a huge hit and enjoyed by hundreds of children, adults and fam-



Mission Grammar Costume Parade.

ilies on Monday, October 31st!

Representative Nika Elugardo and Aaron Michelwitz, House Ways and Means Chair, are key players in the youth grants for the 15th Suffolk Youth Jobs in local main streets, including Mission Hill Main Streets. Elugardo and Michelwitz stopped by to personally thank the main street directors, community members

and the business owners who were part of the grant process that provided jobs to local youth over the past two years.

For those of you who have an interest to learn about the history of Mission Hill, you can now drop into the Parker Hill Library and borrow a copy of the

Continued on page 6

First Boston Climate Progress Report highlights progress, systemic obstacles to city's ambitious climate goals

SPECIAL TO THE GAZETTE

A first-of-its-kind report on Boston's collective progress toward being a carbon-neutral city by 2050 finds that while the city has made notable progress in some areas, a variety of obstacles will make meeting that goal difficult. The report, the Inaugural Boston Climate Progress Report, was prepared for the Boston Foundation by researchers at Northeastern University's Dukakis Center for Urban and Regional Policy.

The report will be updated every two years to assess Boston's progress toward achieving net-zero emissions by 2050, our resilience to future climate disruptions, and the equity of our climate response. The report highlights a dozen key outcomes that must be achieved by programs, projects, and initiatives whose success is imperative to reaching the overarching goals, and then lays out four "big lifts,"

system-transforming actions which Boston—along with the broader region and state—needs to accelerate to sharply reduce net emissions.

"This is a comprehensive report that captures the complexity and nuances of making Boston an urban leader in climate protection and resilience," said M. Lee Pelton, President and CEO of the Boston Foundation. "It also sets a framework for tracking our ability to progress toward Boston's ambitious but critically important goals of becoming a net-zero city that is prepared for the impacts of climate change and protects all its residents equitably."

"As a coastal city, Boston is already seeing the effects of our changing climate and is pursuing plans to mitigate them on multiple fronts," said Amy Longworth, Executive Director of the Boston Green Ribbon Commission. "What this report does

Continued on page 3

MHMS annual Veterans Day celebration

MHMS annual Veterans Day celebration is Friday, November 11 at Brigham Circle (intersection of Tremont Street and Huntington Avenue). Mission Hill American Legion Post 327 performs a wreath laying ceremony in honor of those who have passed and this year will add a trumpeter performing the National Anthem.

Refreshments are served at 11 a.m. and the ceremony starts at 11:30 a.m.

DON'T FORGET TO FALL BACK  
Sunday, November 6

# New waste-disposal ban regulations are now in effect

The Baker-Polito Administration on November 1 announced that new waste ban regulations that promote recycling and reuse, reduce trash disposal, and foster recycling business growth take effect starting November 1. The new regulations will ban the disposal of mattresses and textiles in the trash, as well as decrease food waste from businesses and institutions. Massachusetts currently has a food waste ban on businesses disposing one ton or more per week, and these regulations lower that threshold to a half-ton per week.

The Massachusetts Department of Environmental Protection (MassDEP) established a ban on disposal of food waste from businesses and institu-

tions disposing of one ton or more per week in 2014, which increased food waste diversion from 100,000 tons per year to more than 300,000 tons per year, while also creating hundreds of new jobs and increasing the gross state product by \$77 million. Despite this progress, food waste still represents more than one-fifth of the trash we dispose of. Lowering the threshold from one ton to a half-ton per week aims to continue Massachusetts' progress in this area. An estimated 4,000 businesses will be subject to the new threshold. Fortunately, Massachusetts businesses are well on their way to compliance as more than 3,500 businesses already participated in a food waste collection program in 2021.

"In order to meet the important goals outlined in the 2030 Solid Waste Master Plan, the Baker-Polito Administration has focused on reducing waste disposal, while also increasing recycling, diversion, reuse, and composting measures," said Energy and Environmental Affairs Secretary Beth Card. "These regulations and the supporting strategies that are being implemented today will continue our nation-leading efforts and jump-start waste diversion work that is occurring across the Commonwealth."

MassDEP has supported the food waste ban by providing grants to businesses establishing or expanding capacity to manage food waste, including anaerobic digestion and composting operations. MassDEP also recently announced a new grant offering to invest in expanding the infrastructure for collecting food waste, mattresses, and textiles. Additionally, MassDEP supports business waste reduction, recycling, and composting initiatives through the RecyclingWorks in Massachusetts program. This program, which is fully funded by MassDEP, is run under contract by the Center for Eco Technology.

Through RecyclingWorks, Massachusetts businesses receive free assistance to manage any waste they generate, including the new banned materials.

Textiles represent another important opportunity for Massachusetts to reduce the waste stream and capture valuable resources. Each year, the Commonwealth throws out more than 200,000 tons of textiles in the trash. This includes old clothing, as well as other things like towels, linens, and even bags, belts, and shoes. Fortunately, Massachusetts has an extensive collection infrastructure of both non-profit and for-profit textile recovery organizations that can find a new use for these materials, either through selling or donating for reuse, or recycling into products such as carpet padding, insulation, or wiping rags.

"Recovering textiles is an excellent opportunity for our cities and towns to reduce trash disposal from their residents at the same time as they get paid for the valuable textiles that they recover," said MassDEP Commissioner Martin Suuberg. "We are pleased to partner with this burgeoning industry to remove these valuable

materials from the waste stream and put them back to work."

Mattresses are a difficult material to manage at solid waste facilities and take up a large amount of space in landfills. More than 75 percent of mattresses can be effectively separated and recycled, including metal, wood, fabric, and padding. Massachusetts has established a statewide mattress recycling contract that includes five recycling companies that can serve Massachusetts municipalities that establish mattress recycling programs to serve their residents. MassDEP has provided grants to several of those companies, as well as other Massachusetts-based mattress recyclers, to increase the capacity to manage mattresses, as well as to create new job opportunities. Massachusetts generates approximately 600,000 unwanted mattresses per year, about 200,000 of them from residents, with the rest coming from businesses and institutions. MassDEP has provided grants to help establish mattress recycling programs in 137 municipalities.

More information on the waste disposal bans is available on MassDEP's website.



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## 50 Pioneers Nomination

**Nominate a pioneer, past or present, by November 15, 2022!**

We are now accepting nominations for RCC's 50 Pioneers! The 49 individuals who have made significant contributions to the College over the past 50 years will be honored, with the one pioneer representing the collective contributions of the Greater Roxbury Community. Nominees will be evaluated based on leadership; community influence and impact; innovation and achievement; commitment to RCC's values; academic contributions; and excellence in student support.

**Submit a Nomination Now!**

Complete our online nomination form at [bit.ly/50pioneers](https://bit.ly/50pioneers)

Submit a voicemail nomination by calling **857-701-1593**

Please direct any questions to [development@rcc.mass.edu](mailto:development@rcc.mass.edu).



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## Report

*Continued from page 1*

is set out a framework for us to track our efforts during what will be a decades-long, all-in process to eliminate our carbon footprint and prepare ourselves for the impacts of a warming planet. The challenge requires transformative action. City government leadership is essential, but the action has to take place across all sectors.”

The report was prepared by a team from the Dukakis Center led by Northeastern University Professor Joan Fitzgerald. The Northeastern team was joined by Michael Walsh, a partner and Director of Policy Research at Groundwork Data, a new think tank focused on helping cities to better use data to accelerate a clean, equitable, and resilient energy transition. The report was shaped in part by a 19-member Advisory Committee, including representatives from businesses, foundations, and nonprofit organizations that play a leadership role in the climate space.

“This report has been a significant undertaking, bringing together ideas and resources and building out a means through which we can begin to effectively understand our climate progress,” said Joan Fitzgerald, Professor of Urban and Public Policy at Northeastern University. “It also lays out potential courses of action that, if begun now, can accelerate our progress and strengthen both our equitable response and climate resiliency.”

### 2030 Emissions Goal Likely Out of Reach

The report notes that Boston has made measurable progress on its interim goal of reducing its carbon emissions by 50 percent from 2005 levels by 2030, despite increases in the built environment and a rise in vehicle miles driven. A cleaner grid, improvements in vehicle efficiency, the broad adoption of building energy efficiency measures from lighting to insulation, and oil-to-gas heating system conversions have all begun to bend emissions downward – but have only achieved incremental improvement. City climate policies, such as the Building Energy Reduction and Disclosure Ordinance (BERDO), also show potential but barring more systemic changes, the city has no clear path to meet its interim 2030 goal or its 2050 net zero target. The report emphasizes that an immediate pivot that builds off of recent federal and

state legislation is necessary to get back on track to achieve the 2050 target.

The report also evaluates the city’s status on two critical themes of climate plans – the efforts to make Boston resilient to future climate impacts and the multipronged strategy to address climate issues equitably, as laid out in the City of Boston’s 2019 Climate Action Plan and elsewhere.

Because these goals can be challenging to quantify and difficult to measure, and because meeting any of these goals is expected to take years, if not decades, the Climate Progress Report offers a series of twelve key outcomes that are needed to achieve net-zero emissions, demonstrate climate resilience, and reflect equitable climate-related policies and outcomes, and provides a general assessment of where the city stands on each outcome (reflected in italics here):

**Low Carbon Electricity:** Boston must generate and be supplied with electricity sourced from renewable and other low-carbon generation resources.

**A transition from coal to gas and early growth in regional solar** has been responsible for pushing down electric sector emissions, but permitting delays have hindered wind growth and transmission capacity expansion. Both will need to be accelerated by the state and the regional authorities.

**Electrified Mobility:** Phase out the use of non-zero emissions vehicles and deploy accessible charging infrastructure.

**Rapid market transformation,** the State’s adoption of California’s zero emissions vehicle timeline, and the City’s leadership in guiding charging infrastructure deployment and electric school buses generate cautious optimism that this outcome can be largely achieved in time.

**Equitable Housing and Mobility:** Build more housing near transit and within the urban core. Accelerate strategies to reduce vehicle reliance and ownership by growing alternative travel modes and reshaping the street to prioritize the needs of people over vehicles.

The region is not yet building enough housing, nor is it sufficiently reducing vehicle reliance to support its climate goals.

**Electric and Efficient Buildings:** Electrify buildings while updating them for energy efficiency, comfort, and resilience.

**Beyond Vicinity’s commitment**

to electrify Boston’s downtown steam system, the pace of building electrification is too slow; urgent attention is needed to accelerate and guide electrification across Boston’s building stock.

**Greater Integration of Energy Systems:** The utility-owned electric distribution grid must be modernized to support electrification, share the solar power generated on its roofs, and ensure resilience. Simultaneously, developing and sharing alternative thermal energy resources—such as the earth, water bodies, and waste heat—can efficiently displace fossil-fuel heating.

**Efforts to develop modern energy district and microgrid systems in Boston** have run into roadblocks due to legacy policy and institutions. Conflicts surrounding grid upgrades highlight the challenges facing the modernization of the infrastructure needed for Boston’s climate goals.

**Targeted and Modest Use of Fossil Fuels:** Fossil fuel use must drastically decline by 2050; however, modest judicious use of fossil or alternative fuels (e.g., bioenergy) will be needed to support low-cost reliability and resilience.

**Fuel use is not declining fast enough across all sectors** to achieve emissions reduction targets. A lack of alignment among stakeholders on the future role of fuels challenges long-term planning threatening climate, cost, and reliability objectives.

**Sustainable Waste Management:** The amount of waste produced needs to decline while shifting to more sustainable waste treatment practices. These practices include locally-sited material and energy recovery processes such as composting and technologies that convert organic waste to gas, electricity, or liquid fuels.

**Continuing plastic use and the region’s reliance on waste incineration** challenges efforts to reduce emissions. The collection of organic waste for energy recovery provides an opportunity to advance climate and zero waste goals.

**Responsible Carbon Dioxide Removal:** Appropriately support the scaling of carbon dioxide removal (CDR) technologies to extract carbon from the atmosphere and permanently store it in geologic or natural stocks.

Too many Boston institutions rely on buying offsets to make claims of net zero rather than prioritizing the outcomes above. CDR will play a role once mitigation efforts become exhausted,

but this is not a viable near-term strategy.

**Robust and Resilient Urban Forests:** Boston must better manage its trees and natural spaces to ensure they grow and provide enhanced benefits to their communities in a changing climate.

The City of Boston’s recent 2022 Urban Forest Plan is a comprehensive and robust strategy for equitably restoring the city’s tree canopy. The private sector and property owners should embrace it.

**Protection of the Coastline:** Maintain ongoing implementation of coastal resilience strategies across Boston’s and the region’s coastline. These include both nature-based and hard-engineered flood and sea-level rise infrastructure adaptations to reduce the risk of coastal and riverine flooding, with the aim of protecting all neighborhoods.

Despite solid neighborhood plans, efforts to protect the coastline from sea-level rise and storm surges are challenged by a lack of funding and coordination among private property owners, the City and the State.

**Preparation for Extreme Weather:** Prepare the infrastructure systems that support life in Boston for future climate conditions and create new resilient systems. These include stormwater, energy, transportation, and emergency support systems in both public and private spaces.

**Hurricane Sandy could have hit Boston with similar force as it did in New York.** Boston is currently unprepared for this likely future event on all fronts, despite deployment of new protective infrastructure.

**Repair of Past Harms:** Frontline communities have experienced a history of discriminatory practices, neglect, and outright damage.

A planning process to repair these harms should be initiated as emissions are mitigated, homes and blocks are made more resilient, economic opportunity is created, and community is revitalized.

“How Boston performs on these twelve outcomes tells us a great deal about how Boston is doing in moving toward its broader goals,” said Michael Walsh. “This report sets the framework for evaluating our collective efforts, which will require commitment from the City of Boston, critical partnerships with state and regional governments, and investments from the private sector.”

Evaluating Boston’s climate

goals along these lines raised four critical areas of challenge, referred to as “Big Lifts” in the report, that are essential to achieving aggressive climate goals. The Big Lifts are linchpins to a successful response to our changing climate, but they are also decades-long, multifaceted efforts, each with their own challenges and priority actions. They are:

**Retrofitting the Small Building Stock:** 70,000 single- and small multifamily homes need to be electrified by a new industry powered by a workforce that represents the communities it serves.

**Local Energy Planning for an Electrified City:** As homes and business convert away from carbon-emitting technologies, energy planning must be rapidly modernized to meet the changing needs, enhance and modernize the distribution system, and make it more resilient in the face of extreme weather.

**Building a Resilient Coastline through Improved Governance:** Boston needs to be part of a decision-making process to create a governance structure for managing the Massachusetts coastline that could provide coordinated funding and mediate conflicting goals.

**Prioritize Reparative Planning for Boston’s Frontline Neighborhoods:** Boston must run with its “Green New Deal” vision to integrate climate action with reparative planning (and become a national leader in the process). Linking reparative planning to climate action creates the imperative that communities that have experienced the “first and worst” of climate change impacts—frontline communities—should be the first to receive the benefits of climate action.

These efforts will require systemic transformations driven by funding, State and City legislation, increased staff capacity at City Hall, coordination among community organizations, metrics and accountability frameworks, leadership by the private sector, and guiding support of citizens.

The Climate Progress Report is now available for download at <https://tbf.org/climate2022>. Detailed reports on each big lift are currently being finalized and will be released on the site in the coming months. Future iterations of the report are anticipated to explore other areas in detail such as transportation, the role of the private sector, and the impact of community organizations.

# Ready to Fall Back? When you change your clocks, check your alarms

With the end of daylight savings time coming on Nov. 6, Massachusetts fire officials issued a seasonal reminder to check your smoke and carbon monoxide (CO) alarms and change the batteries when you change your clocks.

“Working smoke and CO alarms are crucial home safety tools,” said State Fire Marshal Peter J. Ostroskey. “As we ‘fall back’ this weekend, be sure you have the best protection by putting fresh alkaline batteries in alarms that use them and replacing alarms that are out of date.”

Today’s smoke and carbon monoxide alarms have the manufacturing date printed on the back of the device. Smoke alarms should be replaced when they’re 10 years old, and CO alarms should be replaced when they’re five to seven years old, depending on the model. Unless you have newer alarms with 10-year sealed batteries, this is also a good time to replace the alkaline batteries in all your alarms. Re-

member to test your smoke and CO alarms once a month to be sure they’re working properly.

**Heating Season Brings Carbon Monoxide Hazards**

Shrewsbury Fire Chief James Vuona, president of the Fire Chiefs Association of Massachusetts, emphasized the importance of working carbon monoxide alarms as we enter the colder months.

“Carbon monoxide is the leading cause of poisoning deaths in the United States, and heating equipment is the main source of carbon monoxide in the home,” Chief Vuona said. “We can’t see, smell, or taste carbon monoxide. Working CO alarms are the only way to detect this invisible killer.”

**Replacement Alarms Should be Photoelectric With 10-Year Sealed Batteries**

Replacing your old smoke alarm? The Massachusetts Comprehensive Fire Safety Code requires replacement battery-op-

erated smoke alarms in older one- and two-family homes to be photoelectric and have 10-year, sealed batteries and a hush feature. This makes it less likely that someone in the home will use the batteries for another device, forget to change them twice a year, or remove them when cooking causes smoke in the kitchen.

“Disabling a smoke alarm puts you, your loved ones, and everyone in the building at risk,” said State Fire Marshal Ostroskey. “Never remove batteries from a smoke alarm except when putting fresh ones in.”

**Alarms Should Be Listed by an Independent Lab**

Massachusetts requires that all smoke and carbon monoxide alarms be listed by a nationally recognized testing laboratory such as Underwriters Laboratories (UL) or Intertek (ETL). Listed devices will have the laboratory’s mark on the back. In recent years, fire officials have

seen a number of smoke and carbon monoxide alarms that were purchased online and either have counterfeit marks or no mark at all.

“If the price seems too good to be true, then it probably is,” said Chief Vuona. “Smoke and CO alarms are important home safety tools. If you’re purchasing a new alarm, we recommend choosing one from a well-known, national brand.”

**Create & Practice a Home Escape Plan**

“In the average house fire, you could have less than three minutes to escape after the smoke alarm activates,” said State Fire Marshal Ostroskey. “Creating and practicing a home escape plan that includes two routes out will help you make the most of that precious time to get outside before poisonous gases and heat make escape impossible.”

“Working smoke alarms and a practiced home escape plan are among the most fundamental

and important tools for surviving a fire,” said Chief Vuona. “Be sure everyone in the home knows what to do and where to go when the alarm sounds, including young children, older adults, and persons with disabilities.”

**Senior SAFE**

Adults over 65 are at disproportionate risk of dying in a fire at home. Hundreds of fire departments across Massachusetts have grant-funded Senior SAFE programs that may provide assistance with alarm installation and testing. Seniors who need help testing, maintaining, or replacing smoke alarms should contact their local fire department or senior center for assistance.

For more information on smoke alarms or the Senior SAFE program, visit [www.mass.gov/dfs](http://www.mass.gov/dfs) or contact your local fire department.

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[www.MountPleasantHome.org](http://www.MountPleasantHome.org)

## ScrubaDub, Community Servings Partner on 30th ‘Pie in the Sky’

Community Servings, a non-profit provider of medically tailored meals and nutrition services, and a leader in “food is medicine” research, advocacy and policy, is teaming up with ScrubaDub Auto Wash Centers

once again for the 30th annual Pie in the Sky Thanksgiving fundraiser that helps feed chronically and critically ill neighbors throughout Massachusetts.

ScrubaDub, New England’s leading car wash company, will give away a complimentary Express Wash and more to those who make a \$30 “Pie for a Community Servings Client” donation at [www.pieinthesky.org](http://www.pieinthesky.org). Each donation supports a week’s worth of nutritious meals for food and nutrition-insecure neighbors living with illnesses such as HIV/AIDS, cancer, heart disease, diabetes, and more.

“As a family-run business deeply rooted in the community, we understand the importance of giving back. That’s why we passionately support Community Servings’ mission to provide medically tailored, nutritious, scratch-made meals to chronically and critically ill individuals and their families,” said Mathew Paisner, ScrubaDub’s Director of Business Development. “We’re proud of our longstanding partnership and excited to do our part to make the 30th anniversary of Pie in the Sky the biggest and best year yet.”

This year online donors also have a chance at winning one year of unlimited free car washes. In addition, motorists visiting any of ScrubaDub’s 20 New England tunnel locations may donate \$5 to Community Servings to receive free Simoniz UltraShine protection (\$10 value) with each car wash. All online donations that qualify for the free Express Wash coupons are sent by email and are valid after Thanksgiving.

Over the past eight years, the Paisner family-owned car wash company has contributed over \$200,000 to Community Servings and donated over \$300,000 of in-kind car wash services to customers who help them support the cause.

“We are grateful for ScrubaDub’s dedication to our mission and their continued support for the communities that both of our organizations serve,” said David B. Waters, CEO of Community Servings.

The 30th annual Pie in the Sky campaign continues until Nov 19, just days before Thanksgiving. For more information, visit [www.pieinthesky.org](http://www.pieinthesky.org).

**Virtual Public Meeting**

## 80-100 Smith Street

**Tuesday, November 29**  
6:00 PM - 8:00 PM

**Zoom Link:** [bit.ly/3CWEOU0](https://bit.ly/3CWEOU0)  
**Toll Free:** (833) 568 - 8864  
**Meeting ID:** 161 861 7428

**Project Proponent:**  
Mission Associates, LLC c/o Weston Associates, LLC

**Project Description:**  
The NPC Project will replace the existing buildings at 80 and 100 Smith Street with new residential buildings having approximately 202,000 sf of new gross floor area and approximately 218 rental units. The NPC Project will include approximately 11,450 sf of open space to serve the Project’s residents. Vehicular parking and service access and loading will be accessed via a modified curb cut on St. Alphonsus Street, with approximately 24 parking spaces in an open-air surface lot at grade, and 125 parking spaces in a below-grade garage utilizing an automated mechanical stacking system. Ground level storage will be provided for a total of approximately 262 bicycles, including 218 secured long-term bike parking spaces and 44 short-term exterior spaces around the site.

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**Close of Comment Period:**  
12/9/2022

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Teresa Polhemus, Executive Director/Secretary

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## FRESH AND LOCAL

## One pan, five ingredients...

BY PENNY &amp; ED CHERUBINO

A few good things have come out of the pandemic. One tremendous change was that many chefs, recipe developers, cookbook authors, food vloggers, and publishers became advocates of simple-to-prepare food.

We have a theory about what brought about this change. Many professional food writers have always worked with assistants. Suddenly they had to do all the work themselves. They didn't have someone by their side to help with the shopping, chopping, and mopping. When you have to do all the prep work and the clean-up, authoring a one-pan cookbook is an appealing option.

**Simple Favorites**

The result is a bookshelf full of fantastic cookbooks that call for one pan, few ingredients, simplified steps, and great flavor from our most trusted authors.

Jamie Oliver has led the way in simplifying recipes on his video feed and in his cookbooks for

years. His next book, "One: Simple One-Pan Wonders," won't be available in the United States until January. However, he's already sharing some recipes from the book on his YouTube channel.

Melissa Clark's latest offering is "Dinner in One: Exceptional & Easy One-Pan Meals." In a review of this book, Publishers Weekly wrote that this excellent work was "Guided by two questions—'Is there a way I could make this recipe easier, faster, and tastier?' And what's the minimum number of pots, pans, and dishes I need to dirty to get there?'"

Some books simplify life for those with special diets. After watching an interview with Anna Jones, about her recent book, "One: Pot, Pan, Planet: A Greener Way To Cook For You And Your Family," Penny borrowed a copy from the library. This book is now on her Kindle wishlist. Jones is known as a voice for vegetarian cooking. In this book, she adds

sustainability and simplicity to her menu.

If your diet is low-carb, low-sugar, paleo, or anti-inflammatory, a search should reveal some one-pan options from your favorite sources within your genre. There are so many resources in this one-pan field that we suggest you check all your favorite recipe sources. We found videos for one-pan meals and publications from all the major food programs like America's Test Kitchen, Martha Stewart, Lidia Bastianich, and more.

**Which Pan or Dish?**

In addition to one-pan meals, there are cookbooks aimed at a specific pan or dish. This can be especially relevant to those just starting to outfit a kitchen or who don't have space for dozens of different pans. Any of these (with or without the pan) could make an excellent gift for someone going off to college or setting up their first home.

Our public library owns doz-



*Sausage and peppers has few ingredients and can be made on a sheet pan or in a cast iron skillet.*

ens of cookbooks for sheet pans, cast iron pans, casseroles, and Dutch ovens. You'll even find double-duty titles like the "Sheet Pan 5-Ingredient Cookbook." There are resources for those who love their Instant Pot, outdoor grill, pressure cooker, toaster oven, air fryer, or slow cooker.

Another simple cooking option is to make use of your microwave. There is an excellent book for that! David Chang and Priya Krishna teamed up to write "Cooking at Home Or, How I Learned To Stop Worrying About Recipes (And

Love My Microwave)."

**Use Your Library**

Many cookbooks mentioned here are available from public libraries for instant download as e-books or on services like Hoopla. Not every highly recommended book will be a good fit for everyone. We always try to audition books by borrowing a copy before we make a purchase.

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## Main Streets

Continued from page 1

recently released “Mission Hill Through Time” by A. Sammarco. Here is a short excerpt to catch your interest – “The Mission Hill neighborhood of Boston has long been a thriving nexus of cultures, with residents of all walks of life, including numerous workers in the medical field, making it an inclusive, busy, and evolving neighborhood. Though Mission Hill is less than one square mile, it is a neighborhood constantly in transition ... with a variety of housing, restaurants, and pubs, it also offers green spaces such as the Iroquois Woods, the Kevin W. Fitzgerald Park, and the Back of the Hill Urban Wild, making it a small neighborhood that has evolved over the last century as a destination.” We are certain that you will enjoy the story woven with history, immigration and politics.

We continue with our ongoing series of highlighting some of Mission Hill’s exemplary individuals who are true entrepreneurs. This month we meet Willy and Pamela Leins, owners of In The Cut Barbershop, who just celebrated three years at 1437 Tremont Street! When you walk



*In The Cut Barbershop Team: Willy, David, Bilys, Yordy, Pamela, and Jesus. Not present: Edwin.*

in the door, you feel the “familia” energy. Customers range in age with artistic, trendy hairstyle requests and everyone is talking at once and smiling. Both Willy and Pamela are proud of what they have built. For years, they wanted a barbershop because of the culture it represents - it provides a safe place for men, personal respect is practiced and it creates a passageway to manhood as young fathers being their

kids in for their first haircut.

From the beginning Willy and Pamela wanted to find a space here in Mission Hill and one day, by luck, they drove past the recently posted “for rent” sign and made that commitment. Pamela said her son Joao is her best marketing manager and Max knows, and is proud, it is his family’s shop. “The neighborhood has always been welcoming to us and we quickly became a staple. The fact the shop runs on its own speaks volumes to how much the barber’s care. It is their community and shop too!” Drop in, say



*Representative Nika Elugardo, Karen Gately of Roxbury Tenants of Harvard, and Aaron Michelwitz, House, Ways and Means Chair.*

hello and get a haircut.

We continue with our ongoing series of highlighting some of Mission Hill’s exemplary individuals who are true entrepreneurs. This month we meet Willy Garcia and Pamela Leins, owners of In The Cut Barbershop, who just celebrated three years at 1437 Tremont Street! From the beginning, Willy and Pamela wanted to find a space here in Mission Hill and one day, by luck, they drove past the recently posted “for rent” sign and made that commitment. Pamela said her son João (11) is her best marketing manager and Maxwell (5) knows, and is proud, it is his family’s shop. “The neighborhood has always been welcoming to us and we quickly became a staple here. The fact the shop

runs on its own speaks volumes to how much our barbers care and feel like it’s their barbershop, their community, too!” Drop in, say hello and get a haircut.

Several celebratory neighborhood events are filling out the Holiday Calendar in the upcoming weeks. In addition to being Native American Heritage Month, the Mission Hill American Legion Post 327’s annual Veterans Day Ceremony is being held on Thursday, November 11th at 11:00am in Brigham Circle at the Hanlon Square memorial park – light refreshments will be served. This is one of those events that truly brings out the best of Mission Hill – old, young and students. We hope to see you there. Stay tuned for more details on the Mayor’s Trolley and Tree Lighting Tour and the launch of this year’s “Shop small, shop local!” Promotion.

Until next month, be safe!

## PLEASE WRITE...

The Gazette welcomes letters to the editor. Word limit: 500. Deadline: Friday at 5 p.m. one week before publication. Letters may be emailed to [letters@JamaicaPlainGazette.com](mailto:letters@JamaicaPlainGazette.com). Please include address and telephone number for verification purposes. Anonymous letters will not be published. More information: 617-524-262

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# Suffolk County Sheriff Tompkins named 'Employer of the Year'

Suffolk County Sheriff Steven W. Tompkins was named "Employer of the Year" by the National Association of Government Employees (NAGE).

Reacting to the unexpected honor of becoming the first-ever recipient of the award, Sheriff Tompkins expressed his appreciation for both the designation and the work of the bestowing organization.

"I'm somewhat taken aback by this award, but I am deeply honored," said Sheriff Tompkins. "NAGE is an awesome organization that does great work in the service of working men and women across this country. I proudly stand with labor and support NAGE in all that they do to keep people safe and healthy at work, with fair wages and a just and equitable environment."

Speaking about the decision to select Sheriff Tompkins as the inaugural winner of the award, NAGE President David Holway explained that it was less about having to make a choice and more about recognizing the person who best embodied the ideals of the award.

"We represent and work with 350 employers," said President Holway. "Nobody is fairer to our members than Sheriff Tompkins. He's responsive to their needs and he understands and appreciates what they do every day."

NAGE is an organization of members united by the belief in the dignity and worth of workers and the services they provide. They are dedicated to improving the lives of workers and their families and creating a more just and humane society.

Members are public and private workers – federal, state, county, and municipal employees – police officers, firefighters, correctional officers, health care workers – nurses, paramedics, and emergency medical technicians – office workers, and professional workers. NAGE seeks a stronger union to build power for the organization and to protect the people it serves.

NAGE is made up of women and men of every race, ethnicity, national origin, religion, age, physical ability and sexual orientation, who are the standard-bearers in the struggle for social and economic justice begun nearly half a century ago by shipyard workers who dared to dream beyond their daily hardships and to organize for economic security, dignity and respect.



Suffolk County Sheriff Steven W. Tompkins.



## BOSTON'S ENGLISH HIGH HONORS ROBERT KRAFT AT ANNIVERSARY GALA

Well over 300 alumni, faculty, supporters and students attended the 200th Anniversary Gala of The English High School of Boston, America's first public high school. New England Patriots owner Robert Kraft (center) paid homage to EHS, reflecting on how the school helped to shape his father's life and philosophy. His father, Harry, was a member of the Class of 1927. Kraft received the inaugural English High School Alumni 'Legends and Legacies' Award. Welcoming him are Gregory Hayes (left), Chair, EHS Association Board, Class of 1967, and Managing Member of nCeptive Entertainment, and a National Consultant with National Media Spots, LLC; and Ron Burton, Jr., Director of the Ron Burton Training Village.

To donate to the EHSA campaign, go to <https://englishhighalumni.org/donate-2/>. Donations support scholarships, the Alumni & Friends Tutoring Center, Career Pathways, and Music & Arts Programs.

For a limited time, gifts are worth double as they are being matched by a generous alum. For information about English High, visit <https://englishhighalumni.org/> or contact Mike Thomas, President/CEO, 781-956-4774/ [mthomas@englishhighalumni.org](mailto:mthomas@englishhighalumni.org).

## CITY OF BOSTON HOUSEHOLD HAZARDOUS WASTE DAY

Saturday, November 19, 2022  
9 a.m. - 1 p.m.  
315 Gardner St, Boston, MA

- Proof of Boston residency required.
- We will not accept any waste from businesses.
- Household Alkaline batteries are not hazardous waste per MassDEP guidelines and are not accepted.
- We accept electronics, clothing, tires, and more! Find the list of accepted items and battery guide at [boston.gov/hazardous-waste](https://boston.gov/hazardous-waste)

CITY of BOSTON



Public Works

# Customers encouraged to enroll in payment assistance programs with National Grid

SPECIAL TO THE GAZETTE

National Grid is urging customers facing rising winter energy bills to consider company-offered programs that can spread bills across several months and explore payment assistance programs offered by state and federal agencies and regional non-profits.

The effort is part of National Grid's Winter Customer Savings Initiative, which was launched last month to help customers reduce their energy use and save money, manage their bills, and secure available energy assistance.

The initiative brings together

and expands National Grid's many customer resources, including numerous payment assistance programs for income-eligible customers, extensive residential and business energy efficiency programs and incentives, low-cost and no-cost bill management solutions, and flexible payment programs.

One of the bill management programs offered by National Grid includes the Budget Plan. The Budget Plan is designed to take the guesswork out of the monthly billing process. The program takes the amount customers usually pay on their National Grid bills in a year and breaks that amount into twelve

balanced monthly payments to help offset high seasonal bills. Customers will still pay only for the total amount of energy they use in a year, but the Budget Plan makes it easier to anticipate monthly energy costs and plan household budgets. For more information customers may view the Even Payments-Making Budgeting Easier brochure.

Along with this, National Grid will refer income-eligible families and customers needing special assistance to meet their energy needs. Programs include but are not limited to:

- The Home Energy Assistance Program (HEAP), also known as the Fuel Assistance Program,

helps income-eligible households pay their heating bills with federally funded grants.

- Discount Rates where qualifying income-eligible customers may receive a discounted rate on electric and gas service, as well as no-cost energy efficiency upgrades.

- The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts residents who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance

Last week, National Grid announced the company is committing \$17 million in philanthropic

funding to local community and philanthropic support organizations. The funds will be distributed through National Grid and the National Grid Foundation to existing networks and community partners across Massachusetts and New York that are set up to help individuals, families and communities who need it most. As part of this philanthropic funding, earlier this week National Grid in New England announced that the first \$1 million of those funds would be distributed to three Massachusetts brands of the United Way and the Good Neighbor Energy Fund.



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## Council President Flynn calls for halt to redistricting process

With the circulation of additional redistricting maps, as well as concerns from public housing advocates and residents across the city about transparency, City Council President Ed Flynn has called for a halt of the Redistricting Process.

"I appreciate the efforts of my colleagues, however this process has unfortunately become tainted and flawed. Many neighbors and community organizations have expressed concerns about a lack of transparency, potential violations of the Open Meeting

Law, as well as the perceived influence of outside organizations to disregard the core of prior districts and communities of interest in an attempt to potentially gerrymander districts based on future races," said Council President Flynn. "It feels classist to me that we would ignore the wishes of public housing neighbors and remove them from representation within the communities they reside. I fail to see how dividing neighborhoods, public housing developments and communities of color is in the best interest of

the City of Boston."

In a statement last week, Councilor President Flynn called for a delay to the process indicating that there is no need to rush, and that the deadlines were self-imposed. According to the City of Boston Corporation Counsel, there is no legal requirement that redistricting be completed until 2026. There is also an opinion from Jeffrey Wice, Senior Fellow of the New York Census & Redistricting Institute at New York Law School, that there is no risk of a voting rights violation with the current council maps enacted in 2012.

Flynn said "I am calling for the establishment of a Blue-Ribbon Mapping Commission to carefully study this issue and create maps that will not tear neighborhoods apart and keep local communities together. This Commission can comprise of appointments made by the City Council, the Mayor's Office, Secretary of State, and the City of Boston Election Department."

Flynn said, "We have a chance to do this the right way- so let's take a step back and protect the city from any potential lawsuits. The people of Boston deserve our best, so let's roll up our sleeves and get it done."

## Gazette Pet of the Week

by Sarah Carroll

### 'ELROY'

Elroy is a happy, social 2 yr old dog. He's house trained and is affectionate with both humans and other dogs; he loves to give kisses! He loves to play and is not a fan of the kitties, so no feline friends for him. He is eager to please and an awesome boy!





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# Hill Happenings

By MAURICE 'MOSSY' MARTIN

Last month Enoch “Woody” Woodhouse, the pride of Mission Hill, was honored in a ceremony at Logan Airport where two murals of Woody were unveiled. After graduating from English High School in 1944, Woody dauntlessly joined the military and soon was among the Tukedee Airmen who protected American bombers from enemy fighters.

Woody’s murals, painted by Victor Quinonez, can be seen at the arrivals of terminal C. Woody, who is a proud member of the Mission Hill Post 327, was quoted in the Boston Herald saying; “It’s great now that when people drive into Logan Airport they’ll see what a kid from Roxbury accomplished.”

God Bless Woody and another hero from English High (class of

1940), George Salah, who is also a World War 11 veteran and a member of the Mission Hill Post.

George, celebrated his 99th birthday Oct.25. He drove Navy landing craft in the Europe and Pacific theaters. George won numerous battle stars including those at Omaha Beach, Okinawa and Iwo Jima. I love chatting with George, who is still sharp and blessed with good health.

The annual Veterans State Parade will be held Sat., Nov.5 at noon starting at the Copley Square library and the Mission Hill Post will participate in the parade. Our Mission Hill veterans ceremony will be held on Veterans Day, Fri., Nov. 11 at 11:30 A.M. at Brigham Circle. Please join us for this noble event and naturally the hot coffee and donuts will be served courtesy of Maria Weino-

grad from Mike’s Donuts.

English High held their 200th reunion last month at the Copley Marriott and several local graduates attended the event including “Woody” and Frank Williams. Williams, class of 67, played under legendary coach Bill Stewart and Frank played with terrific players such as Mike Thomas and my childhood Mission Hill friend, the late Phil Thompson.

Bouncing over to basketball, in 1951 English beat South Boston High in the Boston City High School Basketball championship at Boston Garden. This game is noteworthy because it was played as part of a doubleheader prior to the first N.B.A. All Star game. At that time local high school basketball was popular, as opposed to the Celtics who played before sparse crowds, as did the other N.B.A.

teams. However, this unique twin bill at the old Boston Garden was packed.

Army beat Louisiana-Monroe last week 48-24 on national T.V. (CBSSportsNetwork) at Michie Stadium. After the third quarter 22 players and coaches from the 1972 Army team were showcased and among them was our Mission Hill Post Commander Col. George Rollins, a 1973 West Point graduate. The “72” team won the initial Commander-in-Chief trophy. The trophy is awarded to the best team among the U.S.Military schools, Army, the U.S. Naval Academy and Air Force Academy.

The Mission High School class of 72 held their 50th class reunion last month at the Sheraton in Norwood. The star studded group enjoyed a great time, relishing life-long friendships. Collette Mesher-

ry, a gifted storyteller, said; “It was like being back at school and we never left.” Mike King gets an A+ for organizing the reunion and it was thoughtful of Brian Joyce displaying a table with candles and photos in a solemn remembrance of the deceased classmates..The proliferation of bicycle lanes in the city is ongoing with new bike lanes planned for South Huntington Ave. in 2023. So. Huntington Ave. connects Mission Hill and Jamaica Plain. The city plans to construct separated bike lanes and new curb ramps. This plan is imprudent, particularly in this heavy traffic area with cars and street cars competing for space.. Why did the bicycle go to the psychiatrist? It had cycle logical problems.. Maurice can be reached at mossymartin2@gmail.com

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## EDITORIAL

# An important election with big ballot questions

This Tuesday, November 8, is state election day in Massachusetts. With two-term incumbent Governor Charlie Baker having chosen not to seek re-election, voters will be choosing a new governor for the first time in eight years.

The contest between Democrat Maura Healey and Republican Geoff Diehl represents the starkest contrast between two candidates for the governorship in our state in almost 100 years.

Healey and Diehl espouse polar-opposite views on almost every topic, most notably regarding former President Donald Trump (Diehl is an unabashed supporter, Healey is not).

It is not an overstatement to say that the future direction of our state is dependent on Tuesday's outcome, and for that reason alone, everyone should get out to vote.

There also are four ballot questions for voters to consider. The two that have garnered the most attention are Question 1 and Question 4.

Question 1 would impose an additional four percent state tax on the income of residents that exceeds \$1 million. Net income up to \$1 million would still be taxed at the five percent rate, with only the amount exceeding \$1 million taxed at the higher rate.

It should be noted that the state legislature cannot enact a graduated income tax. The Mass. Constitution does not allow the legislature to do so, and thus voters essentially will be determining whether to amend our state constitution to permit a higher tax rate on high-income individuals.

The question is being supported by the citizens group Mass. Fair Share and is being opposed primarily by a number of ultra-wealthy individuals who have contributed millions of dollars to the Vote No campaign.

Question 4 on the state ballot essentially does this: It allows any resident of Massachusetts, regardless of immigration status, to obtain a Mass. driver's license, provided they meet all of the usual requirements of obtaining a license. In addition, the new law specifically states that such persons will not be eligible to become registered voters and will not be able to obtain a REAL ID driver's license

The Mass. legislature already has approved a law to do this. That law is set to go into effect on July 1, 2023. However, those who oppose the law gathered enough signatures to place the question on the ballot. A "Yes" vote on Question 4 will allow the law to go into effect on July 1, 2023.

We would note that a wide array of various groups, including police chiefs, district attorneys, and other law enforcement agencies, strongly support a "Yes" vote on Question 4. In addition, similar laws have been enacted in many other states.

As a final reminder to our readers, early voting is now underway in every city and town hall across the state. However, early voting ends this Friday -- there is no early voting this weekend -- so if you do not vote before Friday at your local city or town hall, you will have to go to the polls on Tuesday.

With so much at stake, we urge all of our readers to get out and vote.



## WE WANT TO HEAR FROM YOU...

The Gazette welcomes letters to the editor. Word limit: 500.

Deadline: Friday at 5 p.m. one week before publication. Letters may be emailed to [letters@Jamaica-PlainGazette.com](mailto:letters@Jamaica-PlainGazette.com). Please include address and telephone number for verification purposes. Anonymous letters will not be published. More information: 617-524-2626

The opinions expressed on these pages are not necessarily those of this newspaper.

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# OP-ED

## John Fetterman, President Roosevelt and disability in public office

BY GLENN MOLLETTE

One of the greatest Presidents of all time was Franklin D. Roosevelt. He served from 1933 to 1945. He led this country and saw us through some of our toughest years. Many say he stands as the greatest President of all time. Ironically, he had a difficult time standing.

Photographs of Roosevelt in a wheelchair are rare but you can find one on the Internet.

Franklin D. Roosevelt, was our 32nd President but he began experiencing symptoms of a paralytic illness in 1921 when he was 39 years old. His main symptoms were fever; symmetric, ascending paralysis; facial paralysis; bowel and bladder dysfunction; numbness and hyperesthesia; and a descending pattern of recovery.

He was diagnosed with poliomyelitis and underwent years of therapy, including hydrotherapy at Warm Springs, Georgia. Roosevelt remained paralyzed from the waist down and relied on a wheelchair and leg braces for mobility, which he took efforts to conceal in public. In 1938, he founded the National Foundation for Infantile Paralysis, leading to the development of polio vaccines. Although historical accounts continue to refer to Roosevelt's case as polio, the diagnosis has been questioned in the context of current medical science, with a competing diagnosis of Guillain-Barré syn-

drome proposed by some authors.

We could talk and write about Franklin D. Roosevelt all day. However here are a few of his noted accomplishments from his 12 years of service – longer than anyone. Creation of the emergency banking act to counteract the Great Depression. Establishment of FDIC. Unemployment rate reduction. Setup many institutions to support the New Deal. Created institutions as part of the New Deal. Created the U.S. Social Security System. Established the minimum wage and 40-hour work week. He took action to prohibit discrimination in employment, led America to victory in World War II, and, took part in the creation of the United Nations. He also aided water pollution control and more. (Wikipedia)

However, would Roosevelt even have a chance today? Can you imagine him trying to conceal his wheelchair or his leg braces? Not in this age. Would The Press and the opposition tear him to shreds as being physically incapable of holding down the job?

Disabled Americans and people worldwide can point to Roosevelt as someone who dealt with tremendous physical obstacles to accomplish much for our country and the world.

Americans with disabilities should not be excluded from running for public office. We vote for who we want to vote for but in a free country all citizens should be able to try.

John Fetterman of Pennsylvania is trying. He has had a stroke, but he's trying. It has been amazing to witness the amount of support Pennsylvania has given Fetterman. He is in a dead heat race with national celebrity Dr. Mehmet Oz whose star power as a long time TV doctor star has surely greatly boosted him in his race with Fetterman for the United States Senate.

Tragically, Fetterman's health apparently prevents him from articulating clearly. His mental ability to quickly process what he is hearing is obviously impaired. This has to make it tough for him. Roosevelt did not have

this problem. His mind appeared to be sharp and his speech clear and convincing during his years as President. This is where Roosevelt's situation and Fetterman's is different.

Fetterman needs and deserves time to heal. He obviously needs continuing medical treatment and therapy to recuperate from his stroke. He is still a young man. In a year, or two he may be fully recovered and more able to serve. This is unfortunate for Fetterman and his supporters but only makes sense for his personal health. The fact that he is running for such a demanding job in his current state demonstrates that his mental clarity is somewhat impaired. It also

demonstrates that people close to him are mentally impaired to have encouraged him to continue in this political contest. He needs time to get well so that if elected he can serve effectively.

The bottom line is that voters will decide who represents them. This is one right we must continue to cherish, protect and be mentally clear about.

Glenn Mollette is the publisher of Newburgh Press, Liberty Torch and various other publishing imprints; a national columnist – American Issues and Common Sense opinions, analysis, stories and features appear each week in over 500 newspapers, websites and blogs across the United States.



### Open House Tremont St/Columbus Ave Bus Lanes Phase 2

**MEETING DATE:**  
**November 9, 2022**  
**from 5:30 p.m. – 7:30 p.m.**

**LOCATION:**  
**Roxbury Community College, Commons 3 and 4,**  
**First Floor, Academic Building,**  
**1234 Columbus Ave, Boston**

The Columbus Avenue Bus Lanes Project aims to improve transit times along some of our busiest bus routes. Phase 2 is in the concept development stage, and will include transit, bicycle, and pedestrian infrastructure improvements along Columbus Avenue and Tremont Street between approximately Jackson Square and Ruggles Stations.

This phase of the project is just beginning, and the MBTA wants to hear from you about your priorities, interests and needs. At this open house, MBTA and City of Boston staff will be available to answer questions about the study area and the project. There will also be opportunities for you to provide your feedback and experiences about the corridor. Stop by anytime between 5:30 pm and 7:30 pm to provide your comments.

The meeting will take place in Commons 3 and 4 on the first floor of the Academic Building; labeled as building 3 on the campus map.

**Building a better T.**

**Accommodations:**

These meetings are accessible to people with disabilities and those with limited English proficiency. Accessibility accommodations and language services will be provided free of charge, upon request, as available. Such services include documents in alternate formats, translated materials, assistive listening devices, and interpreters (including American Sign Language). For more information or to request a reasonable accommodation and/or language services, please email BetterBusProject@MBTA.com or call (617) 651-1363.

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## CITY PAWS

## Winter dog walking tips

By Penny &amp; Ed Cherubino

Safe walks with your dog in icy, snowy, and cold conditions require preparation for both of you. First, you need winter gear to keep you warm and upright while you give your pup the exercise she needs.

We once asked a professional dog walker to share his tips on keeping warm. He stressed the importance of layering and having different layers for our changing winter weather. Some days call for a base layer and jeans. On wet or freezing days, he would add rain pants. Not only did these keep him dry, but they

also provided good insulation.

Like you, your dog may need a layer of clothing to keep warm and dry. We put insulated, water-proof jackets on our Poppy for cold, wet days. We also use t-shirts to keep her clean and free of hanging snowballs her fur collects on other walks.

**Boots for Winter Walking**

When you choose your footwear for a walk on a wet winter day, think about how important it is to your dog that you do not fall. A fall could mean letting go of the leash or hurting your pup. Choose shoes designed to keep your feet warm on long walks

and help you stay upright.

While some aspects of winter can be fun, salt on roads and sidewalks is bad news for dogs. If you've ever had salt in a cut, you know how that stings. Now imagine walking on salt with raw, irritated paws. Consider washing your dog's feet after each walk to remove salty residue. Poppy wears dog boots when needed.

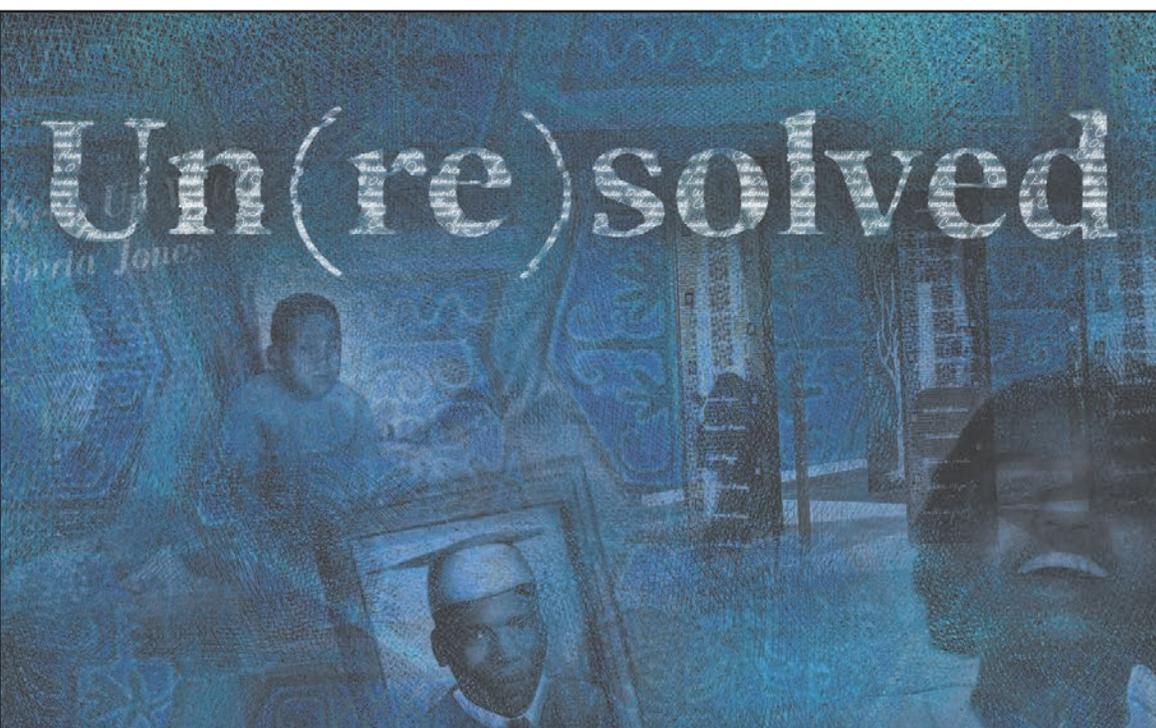
**Winter Weight Gain**

A few years ago, we researched why Poppy gained a bit of weight every winter despite our best efforts to control her food and exercise ratio. We learned about the "Thrifty Gene."

Ken Tudor, DVM, on the Pet



T-shirts help keep Poppy clean and free of the hanging snowballs her fur collects, even on mild days.

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In the Un(re)solved installation, explore a living quilt and use augmented reality to bring to life the stories of these persons woven throughout. Learn about a federal effort to grapple with America's legacy of racist killings.

The Civil Rights and Restorative Justice Project at Northeastern University School of Law is an academic partner for the Emmy award-winning Un(re)solved.



MD website, wrote, "Shorter days signal to the dog brain that winter is coming. This sets off hormonal changes to slow metabolism and conserve calorie expenditure." He says, "These changes also promote the deposition of fat. This phenomenon is a result of a genetic adaptation called the 'thrifty gene.' The thrifty gene prepares the dog for the harsh winter and allows for normal performance in harsh conditions."

Knowing this, we check her weight regularly, give her fewer treats, and cut back on how much food we provide during the winter months. When we can add exercise to her life on a nice day, we'll do it, but in winter, controlling calories is often easier than burning them.

**How Cold Is Too Cold?**

You have to think about a particular dog to decide how long it can be outside safely in cold weather. Jennifer Coates, DVM writing for PetMD.com, offered the following, "In general, cold temperatures should not become

a problem for most dogs until they fall below 45°F, at which point some cold-averse dogs might begin to feel uncomfortable. When temperatures fall below 32°F, owners of small breed dogs, dogs with thin coats, and/or very young, old, or sick dogs should pay close attention to their pet's well-being. Once temperatures drop under 20°F, all owners need to be aware that their dogs could potentially develop cold-associated health problems like hypothermia and frostbite."

If you're a person taking care of a dog for the first time or are new to our winter weather, we advise reading articles on the topic and asking friends and neighbors to share their best winter weather tips for dog walks.

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

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everyone!!

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