

STUDENT WELCOME GUIDE PGS. 15-17

FREE
 20 PAGES
 VOLUME 31 • NUMBER 9



Mission Hill GAZETTE

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SEPTEMBER 1, 2023 — OCTOBER 5, 2023

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Photos by Nancy Ahmadifar

Above, Best Hill Tomato Contest judges, Migna Colon (left) and Perry Gerld (center) judge full size tomato entries during the tomato contest while a Mission Hill resident (right) does his own judging.

TOMATO CONTEST

The Best Mission Hill Tomato Contest, held August 24, at the Mission Hill Farmers Market in Brigham Circle.

Right, Mission Hill resident Micheal Holley (right) judges a tomato by its scent. See Pages 10-11 for more photos.



Councilors offer hearing order to address stormwater management

SPECIAL TO THE GAZETTE

District 9 Boston City Councilor Liz Breadon and District 8 City Councilor Sharon Durkan have put forward, “An order for a hearing on stormwater management and flood hazard mitigation in the City of Boston,” for consideration at the August 30, 2023, meeting of the Boston City Council.

“Year after year, we’ve seen flooding across the City grow more destructive, and resources to help residents are scarce or marred by gaps in coverage,

making low-income residents and tenants particularly vulnerable to property loss from flooding in basement locations and garden-level units. Congress has taken steps to bolster this coverage, but in Boston we have a responsibility to proactively identify and respond to flood risks and consider establishing programs that provide financial and technical assistance for mitigation,” said Councilor Breadon.

“Boston can develop our own programs and prioritize support

Continued on page 2

Councilors offer ordinance on non-motorized street food carts

SPECIAL TO THE GAZETTE

Boston City Councilors Gabriela Coletta, Julia Mejia, and Brian Worrell have put forward, “An ordinance establishing street for enterprises in the City of Boston Municipal Code by inserting Chapter 17, Section 22, Permitting and regulation of non-motorized street food carts,” for consideration at the August 30, 2023, meeting of the Boston City Council.

“Street vending is one of the oldest informal types of commerce. Boston street food vendors can be found in all neighborhoods, however the regulations to legally sell their food, beverages and goods, remains unclear and inaccessible,” said Councilor Coletta. “We’ve modeled some of this after efforts in large cities like Washington, D.C., Los Angeles, and New York that create food entrepreneurship opportu-

nities for people who want to start a small business but don’t have the means to buy a food truck or pursue a brick and mortar establishment. This is about creating upward economic mobility and generational wealth.”

“Our office is excited to work alongside Councilor Coletta to expand economic opportunities

Continued on page 2

PLEASE NOTE
OUR OFFICE WILL BE
CLOSED MONDAY,
SEPT. 4TH IN OBSERVANCE OF LABOR DAY
News and Advertising
Deadlines for the week
of Sept. 6th & 7th will be
FRIDAY,
SEPT. 1ST AT
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Flynn schedules hearing to bring all City of Boston meetings back in-person

SPECIAL TO THE GAZETTE

Boston City Council President Flynn has scheduled a hearing on Thursday, September 14 at 2 p.m. to discuss bringing all City of Boston Meetings, abutters meetings, City Council committee hearings and related business back in person, with a hybrid option for accessibility and persons with disabilities. The hearing will also discuss bringing back meetings including the City of Boston Zoning Board of Appeals

(ZBA), Licensing Board, Cannabis Board, and Boston Planning and Development Agency Board (BPDA).

This hearing order was filed in June in part to reevaluate the practice of remote-only City of Boston meetings in an effort to return to a sense of normalcy, with the federal government having announced the end of national and public health emergencies earlier this year. It comes in response to reports of high office vacancies and a slower economic

recovery of the Financial District and Downtown Crossing. In addition, business leaders have also expressed serious concerns about the future of the city's office space, and asked for assistance from local, state, and federal officials to play a key role in helping to bring more workers and foot traffic back Downtown.

While foot traffic in Downtown is rebounding, it is rebounding unevenly in different parts of Downtown. Foot traffic in the two zip codes that make up the Financial District is still at 47.8% of pre-pandemic 2019 levels, and office vacancies overall are at 20.4%. Reports indicated that the first quarter of the year saw 3.4 million square feet of negative net absorption in office spaces in Boston, marking the fourth consecutive quarter in which companies are putting space back on the market. Conversations with

commercial real estate executives, restaurants, coffee shops, and other small businesses owners in Downtown have also highlighted serious concerns about the future of Downtown.

Resuming City of Boston Board Meetings in person, with a hybrid option for public accessibility and persons with disabilities, would allow for all members of the various city boards, attorneys representing clients, proponents of a particular project, interested members of the public, and City Hall staff to return on site and provide the potential to support our local economy by visiting restaurants, coffee shops, and other businesses. All City Council committee hearings returning in person could possibly have a similar economic effect as well.

"Downtown Boston plays a key role in driving our economy. It wasn't all that long ago that

we all made it a central focus to support our small businesses when we saw the pandemic disrupt our local restaurants, bars, cafes and shops. Once again, local businesses are asking the government to do all that we can to support them, and I think it's critical that the city continue to examine any and all ways to bring foot traffic back Downtown," said Council President Flynn. "I want to thank Mayor Wu and her team for their continued efforts on this important issue. I am hoping for a productive conversation as we work to continue to bring foot traffic, business, and vibrancy back onto our streets."

For more information, please contact Council President Flynn's office at 617-635-3203 and Ed.Flynn@Boston.gov.

Stormwater

Continued from page 1

for low-income households to provide retrofit support to property owners to protect homes before flood damage, like drainage reviews and installations. We have a huge population of renters in Boston – myself included – and I know how challenging it can be to grapple with damage like this, beyond your control. We can help to avoid these crises from the beginning with stormwater regulations and the adoption of accurate rainfall standards that take the long view of stormwater flooding," said Councilor Durkan.

Studies of Massachusetts insurance flood claims have shown that the existing FEMA flood maps are poorly predictive of where stormwater flooding is most likely to occur, leaving most residents unaware of their risk. Low-income residents and tenants may be particularly vulnerable to property loss from flooding in basement locations without access to insurance coverage.

The hearing order (Docket 1385) will be introduced in the Boston City Council meeting of Wednesday, August 30 in the Iannella Chamber, 5th Floor, Boston City Hall (live-streamed at Boston City Council TV).

Cohen named Special Agent in Charge of the Boston Field Office

Director Christopher Wray has named Jodi Cohen as the Special Agent in Charge of the Boston Field Office. Ms. Cohen most recently served as the Special Agent in Charge of the Louisville Field Office in Louisville, KY.

Ms. Cohen joined the FBI as a Special Agent in 2005 and was assigned to the New York Field Office, where she investigated white-collar crime and health care fraud. She also worked violent crime matters on the Safe Streets Task Force.

In 2014, Ms. Cohen was promoted to Supervisory Special Agent and reported to the Washington Field Office to provide



Jodi Cohen.

support to national security and criminal covert operations. In 2018, Ms. Cohen was selected as

the Assistant Special Agent in Charge of the Criminal Branch in the Seattle Field Office.

In 2017, Ms. Cohen served as a team leader in the Inspection Division at FBI Headquarters in Washington D.C. She oversaw agent-involved shooting investigations, national program reviews, and field office inspections.

In 2020, Ms. Cohen served as the chief of staff for the executive assistant director and section chief in the National Security Branch of FBI Headquarters. In 2021, Ms. Cohen was promoted to Special Agent in Charge of the Louisville Field Office.

Food Cart

Continued from page 1

to our residents, particularly immigrant-owned small businesses. As a natural progression from our 2021 Retail Residential Kitchen Ordinance, we look forward to continuing to build these pathways for economic growth and close the racial wealth gap in Boston," said Councilor Mejia.

"This ordinance would expand and protect economic opportunity for entrepreneurs, especially from communities that often lack large capital and political connections," said Councilor Worell. "We can not only lower costs, but make the process more accessible for those emerging business

owners."

The ordinance would amend the City of Boston Municipal Code, Chapter 17, Section 17-22, Permitting and Regulation of Non-Motorized Street Food Carts, and apply to non-motorized, street food cart operations engaged in the business of cooking, preparing, and distributing food or beverage. Additionally, permit fee charges are decreased to increase financial accessibility. The regulations establish clear, streamlined application and approval processes, along with time limits for approvals to establish predictability in business planning. It also outlines clear guidelines for operations, permit fees, and enforcement.

This new language also proposes the establishment of a Non-Motorized Street Food Carts Committee within the City of Boston consisting of the Public Works Department, the Inspectional Services Department, the Boston Transportation Department, the Office of Economic Opportunities and Inclusion, and the Boston Fire Department for the purpose of reviewing applications for permits, establishing pre-approved vending zones, and establishing rules and regulations as appropriate.

The Boston City Council will meet on Wednesday, August 30, at 12 pm in the Iannella Chamber, 5th Floor of Boston City Hall.

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RUGGLES ROUTE

Ruggles Station

Alice Taylor Apt.

2 ALTERNATING ROUTES LEAVING FROM STOP & SHOP

Route	Departure (Stop & Shop)
Ruggles	10:30 AM
Rox-Cross & NEBH	11:00 AM
Ruggles	11:30 AM
Rox-Cross & NEBH	12:00 PM
Ruggles	12:30 PM
Rox-Cross & NEBH	1:00 PM
Ruggles	1:30 PM
Operator Break	2:00 PM
Rox-Cross & NEBH	3:00 PM
Ruggles	3:30 PM
Rox-Cross & NEBH	4:00 PM
Ruggles	4:30 PM
Rox-Cross & NEBH	5:00 PM
Ruggles	5:30 PM
Rox-Cross & NEBH	6:00 PM

ROXBURY CROSSING & NEW ENGLAND BAPTIST HOSPITAL ROUTE

LINK STOP

DEPARTURE TIME (APPROXIMATE)

Ruggles Route	Stop & Shop	10:30 AM	11:30 AM	12:30 PM	1:30 PM	-	3:30 PM	4:30 PM	5:30 PM
	Calumet Square	10:32 AM	11:32 AM	12:32 PM	1:32 PM	-	3:32 PM	4:32 PM	5:32 PM
	Saint Alphonsus St @ Smith St	10:35 AM	11:35 AM	12:35 PM	1:35 PM	-	3:35 PM	4:35 PM	5:35 PM
	69 McGreevy St	10:37 AM	11:37 AM	12:37 PM	1:37 PM	-	3:37 PM	4:37 PM	5:37 PM
	McGreevy St @ Parker St	10:39 AM	11:39 AM	12:39 PM	1:39 PM	-	3:39 PM	4:39 PM	5:39 PM
	30 Annunciation Rd	10:46 AM	11:46 AM	12:46 PM	1:46 PM	-	3:46 PM	4:46 PM	5:46 PM
	Annunciation Rd @ Albert St	10:47 AM	11:47 AM	12:47 PM	1:47 PM	-	3:47 PM	4:47 PM	5:47 PM
	Ruggles Station	10:49 AM	11:49 AM	12:49 PM	1:49 PM	-	3:49 PM	4:49 PM	5:49 PM
	69 Annunciation Rd	10:51 AM	11:51 AM	12:51 PM	1:51 PM	-	3:51 PM	4:51 PM	5:51 PM
	75 Saint Alphonsus St	10:53 AM	11:53 AM	12:53 PM	1:53 PM	-	3:53 PM	4:53 PM	5:53 PM
Roxbury Crossing & NEBH Route	Stop & Shop (On-Bus Transfer)	11:00 AM	12:00 PM	1:00 PM	BREAK	3:00 PM	4:00 PM	5:00 PM	6:00 PM
	Landmark at Longwood	11:03 AM	12:03 PM	1:03 PM	-	3:03 PM	4:03 PM	5:03 PM	6:03 PM
	New England Baptist Hospital	11:08 AM	12:08 PM	1:08 PM	-	3:08 PM	4:08 PM	5:08 PM	6:08 PM
	Fisher Ave @ Estey St	11:10 AM	12:10 PM	1:10 PM	-	3:10 PM	4:10 PM	5:10 PM	6:10 PM
	Fisher Ave @ Bucknam St	11:11 AM	12:11 PM	1:11 PM	-	3:11 PM	4:11 PM	5:11 PM	6:11 PM
	Oliver Lofts	11:13 AM	12:13 PM	1:13 PM	-	3:13 PM	4:13 PM	5:13 PM	6:13 PM
	Roxbury Crossing Station (Parker)	11:15 AM	12:15 PM	1:15 PM	-	3:15 PM	4:15 PM	5:15 PM	6:15 PM
	Gurney St @ Gurney St	11:20 AM	12:20 PM	1:20 PM	-	3:20 PM	4:20 PM	5:20 PM	6:20 PM
	Parker St @ Delle Ave	11:23 AM	12:23 PM	1:23 PM	-	3:23 PM	4:23 PM	5:23 PM	6:23 PM
	Parker Hill Ave @ Calumet St	11:24 AM	12:24 PM	1:24 PM	-	3:24 PM	4:24 PM	5:24 PM	6:24 PM
	Hillside St @ Wait St	11:27 AM	12:27 PM	1:27 PM	-	3:27 PM	4:27 PM	5:27 PM	6:27 PM



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FESTIVAL DOMINICANO DE BOSTON



Boston Mayor Michelle Wu and Parade officials march down Centre Street from Hyde Square to Jackson Square.

The Festival Dominicano de Boston is a parade that starts in Hyde Square Jamaica Plain and ends at a festival at Clifford Playground in Dorchester. Music

dancing, vibrant costumes, food, and more helped over 10000 participants celebrate the culture of the Dominican Republic on Aug. 20.



Photos by Derek Kouyoumjian

Members of Estrellas Tropicales troupe from Boston, celebrating 50 years of movement for the youth, proceed down Centre Street towards Jackson Square.

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Wu announces expansion of swim safe program with grants and additional funding

Mayor Michelle Wu, the City of Boston's Human Services Cabinet, and Boston Centers for Youth & Families announced applications are now open for Swim Safe Boston grants to support non-profit organizations in Boston that provide free aquatics programming to residents. The grant funding follows a successful launch of the Swim Safe program announced this summer. Demand for free swim lessons has been high, demonstrating the need for an expansion of the Swim Safe campaign. Through these grants, the city is allocating additional funding to offer year-round capacity, especially for beginner-level swim lessons.

Additionally, the City is acting with urgency to renovate several

city-owned pools, many of which were built in the 1970s. Mayor Wu has made an unprecedented commitment to aquatics programming by commissioning a first-ever citywide evaluation of aquatics infrastructure with the goal of expediting the improvements needed to get city pools back open. In addition to the assessment, this fiscal year, Mayor Wu allocated \$34.3 million in the FY24-FY28 capital plan for repairing and renovating the city's pools.

"Swimming is a life skill that goes beyond the summer months, so we're thrilled to be able to expand the Swim Safe lessons year-round," said Mayor Michelle Wu. "I encourage all community partners offering aquatics programming to apply for these

grants so we can continue growing this successful initiative. By eliminating financial barriers to lessons and investing in our pool facilities, we're making Boston a safer, more fun place for families."

Interested Swim Safe grant applicants should carefully review the application materials and fill out this form to be considered for a Swim Safe grant. Awardees must be non-profit organizations that operate aquatics facilities that are located in the City of Boston. The maximum award that will be considered for this opportunity is \$150,000. The grant application will close at 4:00 p.m. on Friday, September 15.

Swim Safe is part of Mayor Wu's Connect, Learn, Explore: Commitment to Youth, a commit-

ment to giving Boston youth an opportunity to explore and discover their passions. The funding to support swim instruction builds off the Mayor's commitment to ensure all Boston kids learn to swim and can safely enjoy our City's coastline and pools.

"The Swim Safe Boston grant program will help ensure that our partners have year-round support to help meet the high demand for swim lessons in Boston," said Human Services Chief José F. Massó. "We are excited to see so much enthusiasm for swimming and we want to continue the momentum generated this summer into the school-year."

As a coastal city with numerous pools and natural bodies of water, Boston families have an array of

opportunities to enjoy water recreation. Swim Safe is focused on removing barriers to water access and increasing safety among Boston residents. Nationally, fatal drowning is the leading cause of death for children ages 1-4 years old and the second leading cause of injury death for children ages 5-14 (CDC). Black and Latino youth are less likely to know how to swim and therefore are at higher risk of drowning (CDC).

The City of Boston is seeking to remedy this disparity by investing in swim lessons, repairing the city's public pools, and recruiting and training lifeguards to staff the city's pools. The grant program announced today will be available to organizations that operate pools in Boston and have experience offering programming to the public. Swim lessons will be prioritized for funding, though other free aquatics programming is also eligible for Swim Safe grant support.

"I'm a mom of five-year-old twin boys and grateful for the opportunity to get them comfortable and safe in the water," said Elizabeth Lendor, whose twin boys are learning to swim at BCYF Hennigan Community Center. "With paid swim programs at capacity in and around the City of Boston, it's nothing short of a miracle that we were able to get a spot for both boys and for free!"

"Boston Centers for Youth & Families is excited to be able to offer funding to support our aquatics partners across the city," said Marta E. Rivera, Commissioner of Boston Centers for Youth & Families. "Together, we operate pools in every neighborhood and will use this partnership to offer free and accessible aquatics programming to Boston's families."

The City of Boston is working across departments to renovate several of our city-owned pools, following years of disinvestment. Over the last 3 months, the City has reopened the BCYF Paris Street Pool in East Boston and the BCYF Hennigan Pool in Jamaica Plain. The BCYF Paris Street Pool reopening was the result of a \$10.2 million investment, featuring an open, airy main entrance and lobby, fully renovated changing rooms, a new pool filter room, mechanical and electrical upgrades, building interior and exterior repairs, and other upgrades making it a more inviting and user-friendly space.

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Hill Happenings

By MAURICE 'MOSSY' MARTIN

Nearly 200 youngsters attended the basketball camp at Madison Park High School last month which was sponsored by Wayne Selden, a pro ball player from Mission Hill. Four gyms were utilized for this terrific event in which the kids received tee shirts and a healthy lunch. Among the volunteers who assisted Wayne was his younger brother, Anthony Selden.

Anthony, a graduate of Gardner-Webb College in No. Carolina is also an excellent player and he will play his final year of eligibility at Rice University this season while earning his Masters Degree. It was nice to see the Selden brothers tutor the kids on the fundamentals of basketball but more important that Wayne and Anthony remember their Mission Hill beginnings.

Thanks to Paula Gately for her 39 years of great work at the Dept. of Youth Services. Paula was accompanied by her many Mission Hill friends at her retirement celebration last month at the Blarney Stone in Dorchester. Paula was a three sport star athlete at Mission High and she is in the UMass Hall of Fame for her prowess on the basketball court.

Paula's lovely mother, Cathy Clifford Gately worked at the famous Ellies Donut Shop in

the 60's (across from Mission Church), a place I often hung out with my Mission High classmates. I had a nice rapport with Cathy who was always pleasant but firm when it was necessary to oust a few of the disorderly youths.

A few hill happenings will take place Sat., Sept. 30 starting with the Mission Hill Road Race at Fitzgerald Park starting at 9:A.M for pre-regostration missionhillroadrace@racewire.com. Later that day the Mission Hill Post 327 Golf Fundraiser Tournament will commence at 1:P.M.(come early for warmups) at Norwood Country Club. A \$10,000 prize will be awarded to anyone who hits a hole in one on the seventh hole.

Skillful Mission Hill golfers Fran Toner and John Nagle have made hole in ones in recent years and long ball hitter Dan Breen also is capable of pocketing the 10 Grand. For information to sign up to play or to sponsor a hole, contact our M.H. Post Commander, Col. George Rollins at 703-209-2124.

The Mark MacDougall Memorial Golf Tournament was held last month at the Easton Country Club. 144 golfers participated in this wonderful event to honor Mark's memory. I didn't know Mark but the MacDougalls grew up next to me at Tobin Court and they are the best.

Wedding bells rang for beautiful Kristen O'Neill and Rob Miscavage last month at the Harrington Farm in Princeton, Mass. Kristen's uncle, Kevin O'Neill officiated over the wedding ceremony. Kevin and the bride's father, Jack O'Neill are from the Mission Hill project and they were football stars for the great Killilea Club football team. Jack O'Neill looks like he could still put on the football pads.

Thanks to Moemin Eldeb for giving me a delicious bag of his home grown tomatoes last week. Moemin, who often brings his cheerful demeanor to Mike's Donuts, emigrated from Damitta, Egypt in 1985. He is a hard working man and the proprietor of Nile Painting, a house painting company serving Mission Hill and Jamaica Plain.

Mary Ann Nelson, from the Mission Hill Health Movement did a fine job organizing "The Best Mission Hill Tomato Contest" last week at Brigham Circle, which was won by Bobby Francey. Lydia Pena was the winner in the cherry tomato category. The music at the Tomato festival was performed by "Tokyo Tramps," a talented duo from the Fenway. While watching the event I was pleased to see the scrubbed area around the Veterans Memorial plaques. Thanks to Bobby



Wedding bliss, Jack O'Neill and his daughter, Kristen O'Neill Miscavage, at Harrington Farm, Princeton, Mass.

Francey for lending a hand in the cleanup. I was sorry to hear of the passing last month of Danny Dykes, a wonderful guy from a terrific Mission Hill family. Danny served in the U.S. Marines after graduating from Mission High in 1964. R.I.P., Danny.

Internationally acclaimed artist Itsuo Kiritani will be at the Milkweed Cafe (1580 Tremont St.) Thur. Sept.14, 5 - 7 P.M. to display his oil and watercolor paintings. Ellen Walker, our former Mission Hill Main Streets Director, will host this free event and there will be a cash bar and

hors d'oeuvres.. Parishioners are joyous upon the return of Father Dabney who is the new Mission Church Pastor. Father Dabney had been performing his duties in Washington D.C. for four years and the wonderful priest previously served at Mission Church for 12 years. I was delighted to see our new Pastor and his brother, Richard Dabney last week. After a big hug I asked Fr. Dabney - What do you call a priest who becomes a lawyer? A father-in-law. Maurice can be reached at mossymartin2@gmail.com.

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Virtual Public Meeting

45 Worthington Street

SEPTEMBER

19

6:00 PM - 8:00 PM

Zoom Link: bit.ly/45rB3Tz

Toll Free: (833) 568 - 8864

Meeting ID: 161 573 8570

Project Description:

The BPDA is hosting a Public Meeting for the 45 Worthington Street project located in Mission Hill. The purpose of the meeting is to discuss the Supplemental Information Filing. The meeting will include a presentation followed by Q&A and comments from the Public. The Proposed Project will include a new 6-story multifamily residential rental building with 141 units. A below-grade garage with 85 parking spaces will serve both the existing building at 75 St. Alphonsus Street and the new development.

La información de esta reunión es fundamental para usted como residente de Boston y parte interesada. Dispone de servicios de idiomas de forma gratuita. Si los requiere, comuníquese con (natalie.deduck@boston.gov) antes de la siguiente fecha: 09/19/23

对于您作为波士顿的居民和利益相关者,本次会议的信息至关重要。与会的语言服务免费。如果您需要这些语言翻译服务,请在下方的日期时间之前联系 (natalie.deduck@boston.gov) : 09/19/23

作為波士頓居民和利益相關者,這次會議中的資訊對您非常重要。我們可以向您免費提供語言輔助服務。如果您要求這些服務,請在以下時間之前聯絡 (natalie.deduck@boston.gov) : 09/19/23

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Teresa Polhemus, Executive Director/Secretary

NEWS BRIEFS

NEW PASTOR ANNOUNCEMENT

We are most pleased that Fr. Philip Dabney will serve as the new pastor of the Basilica, it will be good to welcome Fr. Dabney back to our community. He will arrive here this month to assume his new ministry, please keep him in prayer.

Fr. Joseph Tizio and Fr. Anthony Michalik will begin new ministry assignments. We thank them for there years of dedicated service to our parish and wish them well.

Religious Education Registration is Now Open.

Religious Education Registration for the 2023-2024 school year is now open. Our Faith Formation program for children and teens of all ages (Grade K-High School) will prepare young people for sacraments.

Classes meet from 10:00am-11:00am on Sundays beginning September 24, 2023.

The Registration Fee is \$50 per child. Registration forms are available at the Rectory Office or Online:

BIKES NOT BOMBS

Join the Bikes Not Bombs Community on a bike ride for social change on Sunday, September 10. With 10,

35, 50, 63 and 105 mile routes, there's a ride for everyone. Riders depart from Jamaica Plain in Boston.

The celebration continues with a post-ride festival featuring live music and a delicious catered lunch.

Visit bikesnotbombs.org to register individually or as a team - or find volunteer opportunities at the

event. Your support helps

Bikes Not Bombs use the bicycle as a vehicle for social change in Boston and throughout the Global South. Through its youth programming young people learn how to build and maintain bicycles they will keep as their own, provide meaningful jobs, ship thousands of bicycles to communities in the Global South, and reclaim thousands of donated bikes in the Greater Boston area.

POST OFFICE WILL BE CLOSED TO CELEBRATE LABOR DAY

Postal Service employees across the commonwealth will celebrate Labor Day as all Post Offices will be closed on Monday, September 4, 2023. There will be no delivery of mail on the Labor Day, with the exception of guaranteed overnight parcels. Full retail and delivery services will resume on Tuesday, September 5, 2023.

As we celebrate our nation's labor force, if you're considering a new career or looking for work visit www.usps.com/careers and you can search, by state, for available jobs near you. As the Postal Service's Delivering for America Plan transforms USPS into the premier shipping provider in the nation, we need your help moving the nations mail and are currently hiring for positions in your area.

SPECTACULAR BRIDGES GRACE STAMPS

The U.S. Postal Service issued four new Presorted First-Class Mail stamps featuring striking photographs of bridges. The structures range from modern to

historic, pedestrian to car-carrying, and all are important landmarks in their communities.

The Bridges stamps are intended for business mail users and are sold in self-adhesive coils of 3,000 and 10,000. Use of these stamps requires a special permit and a minimum quantity of 500 letters.

The stamp art features four bridges completed between 1938 and 2022: the multi-span steel through arch Arrigoni Bridge connecting the Connecticut municipalities of Middletown and Portland; the S-curved cable-stayed Bob Kerrey Pedestrian Bridge between Council Bluffs, IA, and Omaha, NE; the steel truss Skydance Bridge topped by a public sculpture in Oklahoma City; and the basket-handle twin arch Iowa-Illinois Memorial Bridge connecting Bettendorf, IA, and Moline, IL.

Bridges are among the oldest structures created by humans. In ancient times, simple slabs of stone spanned slow moving rivers. And in modern times, concrete and steel are used to cover vast distances. While the materials and designs have evolved from utilitarian structures to engineering marvels, bridges remain integral parts of American life, with over 600,000 bridges in the United States. The construction of bridges is a way to reinvigorate communities economically as well as create landmarks of regional pride. Many modern bridges are designed for use by cyclists and pedestrians as well as motorists, capturing the imagination of human possibility.

Whether simply improving transit or vibrantly lighting the night with color-changing light displays, bridges remain vital connectors drawing together people, cities and the nation.

Ethel Kessler, an art director for USPS, used existing photographs to design these stamps.

SUICIDE PREVENTION AWARENESS MONTH

September is Suicide Prevention Awareness Month, a crucial time to raise awareness, remove stigmas, and provide education about suicide. Having conversations about suicide is important because it reduces the stigma associated with the topic. By allowing for more open and honest communication, individuals with suicidal ideations can feel more empowered to seek help and are less likely to feel alone. Currently, suicide is the 11th leading cause of death in the United States. For ages 10-44, suicide is the second leading cause of death.

Anyone can participate in Suicide Prevention Awareness Month. There are activities that individuals, schools, offices, churches, and all types of organizations can conduct to bring awareness to suicide prevention.

Visit www.jasonfoundation.com to download our Suicide Prevention Awareness Month Informational Packet. Look for Suicide Prevention Month under the How to Get Involved tab. Within the packet, there are ideas on how businesses, schools, religious institutions, athletic organizations, and even your family can become involved in spreading the message of suicide prevention.

Also, on the Suicide Prevention Month page you can click on #IWONTBESILENT to learn about The Jason Foundation's campaign to reach as many citizens as possible with the positive message that suicide is preventable and enable those citizens to reach out for help for their loved ones and friends. You can download signs, brochures, flyers, and stickers to display. There is even a user guide to help you plan for the month-long campaign.

The Jason Foundation believes that education is the key to prevention. Our nation should be

familiar with the warning signs associated with suicide, suicide facts and statistics, and how to find help for those at risk. Suicide can be preventable. Together, we can save lives. You may even save your co-worker, friend, neighbor's child, a relative, or even your son or daughter. Are you up for the challenge?

CONSUMER NOTIFICATION SERVICE

Suffolk Register of Deeds Stephen J. Murphy announces a new Consumer Service available on Suffolkdeeds.com.

The Consumer Notification Service alerts a homeowner by email when a document is recorded at the Suffolk Registry of Deeds in their name or at their address.

Click on the link Consumer Notification Service appearing in the banner at the top of the Suffolkdeeds.com website to create an account and register up to 3 separate properties in Suffolk County (Boston, Chelsea, Revere and Winthrop) about which you want to be notified.

Our free notification service, like the paid subscription services you see advertised on TV and radio, does not prevent a document from being recorded. If a document is recorded in the name or address of a Consumer Notification Service account holder – an email will be sent to the account holder notifying them of the document's recording.

If you receive an email, please review the document at Suffolkdeeds.com by clicking on Document Search and searching your name and address. After you review the document, if you have any concerns or believe you are a victim of fraud, please call (617) 788-6221 and ask to speak with an Assistant Register of Deeds.

All victims of fraud should contact local law enforcement authorities.

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September service changes will allow MBTA crews to continue improvement

The MBTA announced service changes in September on the Red, Green, Orange, Kingston, Middleborough, Greenbush, Newburyport/Rockport, and Haverhill lines. The MBTA will continue working to improve service reliability across the system.

Service changes will take place on the Red Line Braintree Branch this month in order for MBTA crews to perform critical rail and tie replacement work. Accessible shuttle bus service will replace Red Line trains between North Quincy and Braintree Stations on the following dates:

- Beginning at approximately 8:45 PM through the end of service Tuesdays through Thursdays, September 5-7 and September 12-14, as well as Tuesday through Friday, September 19-22.

- All day from start to end of service during the weekend of September 23-24.

Accessible shuttle bus service will also replace Red Line trains between Quincy Center and Braintree Stations beginning at approximately 8:45 PM on Friday, September 8, and through the weekend until the end of service on Sunday, September 10.

Accessible shuttle bus service will also replace Red Line trains between Broadway and Ashmont Stations on the Ashmont Branch and between Broadway and North Quincy Stations on the Braintree Branch all day from start to end of service during the weekend of September 30-October 1. This service change allows MBTA crews to perform critical work on the Savin Hill Avenue and Dorchester Avenue bridges, to perform necessary tunnel inspections on the Ashmont Branch, and to accomplish station brightening work at JFK/UMass Station.

The Kingston, Middleborough, and Greenbush Commuter Rail lines, which run adjacent to the Red Line, will also experience service changes. Accessible shuttle bus service will replace trains between South Station and Braintree on the following dates:

- After 7:30 PM through the end of service Tuesdays through Thursdays on September 5-7 and September 12-14 as well as Tuesday through Friday September 19-22.

- All day from start to end of service during the weekends of September 9-10, September 23-24, and September 30-October 1.

- Accessible express shuttle bus service will also operate directly between South Station and Braintree Station.

- Passengers should note that bicycles are not allowed on shuttle buses, and regular Commuter Rail fares will be collected between Kingston, Middleborough, Greenbush, and Braintree Stations. Keolis Customer Service Agents, MBTA staff, and Transit Ambassadors will be on-site at impacted stations to support riders.

- The diversion schedule will be available online soon at mbta.com/CommuterRail.

Due to the continued demolition of the Government Center Garage by private developer HYM Construction, Orange and Green Line service changes will take place in the downtown Boston area all day for 25 days from September 18-October 12:

- Orange Line trains will bypass Haymarket Station. Orange Line riders should instead exit at North Station or State, less than a half-mile from Haymarket (or a four- to eight-minute walk), and travel to the Haymarket area.

- Green Line service will be suspended between North Station and Government Center Station. Riders are instead asked to walk above ground between these stations – Government Center, Haymarket, and North Station are each less than a half mile from each other (about a five- to 10-minute walk). The distance between Government Center to North Station is about three-quarters of a mile (about a 13-minute walk).

- Riders are also reminded that Orange Line / Green Line connections can also be made via the Winter Street Concourse, which connects Park Street and Downtown Crossing Stations.

- Accessibility vans will also be available for on-demand transportation – Orange and Green Line riders should ask MBTA personnel for information and assistance.

Accessible shuttle buses will replace Newburyport/Rockport Line trains between Swampscott and North Station during the weekend of September 9-10. This service change will allow for work on the future temporary platform at Lynn Station. There will be no service at Chelsea Station with passengers instead encouraged to utilize Silver Line 3 service. Passengers should note that bicycles are not allowed on shuttle buses. Regular train service will operate between Newburyport/Rockport and Swampscott with regular Commuter Rail fares collected. A dedicated diversion schedule will be in effect and is available on mbta.com.

As previously announced, accessible shuttle buses will replace Haverhill Line trains between Ballardvale and North Station for 58 days from September 9-November 5. This service change allows crews to perform Automatic Train Control (ATC) work. ATC is a federally mandated safety system that sends signals to trains about potentially unsafe conditions, automatically slowing and stopping a train if needed.

Shuttle buses will replace train service between Reading and Oak Grove where passengers can make an Orange Line subway connection. A shuttle bus will also provide service between Reading and Anderson/Woburn for connections to the Lowell Line and Haverhill Line. The shuttle service between Reading and Oak Grove will make stops in Wakefield, Greenwood, Melrose Highlands, Melrose Cedar Park, Wyoming Hill, and Oak Grove. Train service for passengers between Ballardvale and Haverhill will be re-routed along the Lowell Line after Ballardvale, making one additional stop at Anderson/Woburn station then running express to North Station. A dedicated diversion schedule will be in effect and will be available online soon.

Riders can find more information on service changes through in-station signage, in-station public announcements, and at mbta.com/alerts. Transit Ambassadors and MBTA staff will be available on-site during these service changes to offer information and assistance. Riders are encouraged to subscribe to T-Alerts or to follow the MBTA on Twitter @MBTA for up-to-date service information.

The MBTA previously announced service changes in August on the Red, Green, Orange, Silver, Kingston, Middleborough, Greenbush, and Lowell lines. More information is available here.

The MBTA apologizes for the inconvenience of these scheduled service changes and appreciates the understanding and patience of riders as this critical and necessary work to maintain, upgrade, and modernize the system takes place.

For more information, please visit mbta.com/alerts, or connect with the T on Twitter @MBTA and @MBTA_CR, Facebook / TheMBTA, Instagram @theMBTA, or TikTok @thembta.

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BEST MISSION HILL TOMATO CONTEST AT BRIGHAM CIRCLE FARMERS MARKET

Photos by Nancy Ahmadifar

The Best Mission Hill Tomato Contest, held August 24, at the Mission Hill Farmers Market in Brigham Circle.

It's been a slow year for many tomatoes.

As a concerned Mission Hill tomato grower said, "For me, this year will just be a rehearsal for

next year's contest." Her tomatoes are her worst in years, she said. But they are coming.

Meanwhile, amazing tomatoes have been grown at the Oscar-Parker Garden and on a back porch on Darling Street.

Music was provided by Tokyo Tramps.



Best Mission Hill Tomato Contest Judge, Migna Colon, weighs a tomato while Mission Hill Resident, Mort Ahmadifar, and Mission Hill Health Movement Executive Director, look on. The winning tomato came in over 1 pound!



Who wasn't at the Mission Hill Farmers Market for the Best Mission Hill Tomato Contest? BoBo, the Big Blue Bird, and Jeff Ransom spoke with the crowd while the Tokyo Tramps played the blues.

Gazette Pet of the Week

by Sarah Carroll



'PATTON'

Patton is an energetic and affectionate lady who loves meeting new human friends and will greet them with hugs and kisses! She enjoys playdates with other dogs. She's a housebroken, loving, 3 year old pup.

"Gazette Pet of the Week" is sponsored by
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Satoru Nagakawa of the Tokyo Tramps evaluates the taste of one of two finalist in the best Mission Hill Tomato Contest, while Mission Hill Health Movement's Mary Ann Nelson looks on.

Advertise in the Mission Hill Gazette.
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TOMATO CONTEST



The Best Mission Hill Tomato Contest, held August 24, at the Mission Hill Farmers Market in Brigham Circle, awarded top honors to Robert Francey, right, for Best Full-Sized Tomato, and Lydia Pena, left for Best Cherry Tomatoes. The Mission Hill Health Movement sponsored the contest with a grant from the City of Boston GrowBoston Department.



A member of the public votes for the Best Tomato at the Best Mission Hill Tomato Contest.

Hayden announces Youth Advisory Council; encourages Suffolk County teens to apply

District Attorney Kevin Hayden announced the creation of the Suffolk County District Attorney's Youth Advisory Council, which will meet regularly throughout the school year to give Hayden's office insight into issues such as youth violence, gun possession, bullying, peer pressure, and substance abuse.

Applications for the council are available on the SCDAO website. Hayden is encouraging high school-aged teens throughout Suffolk County to apply.

The council will augment the office's other juvenile-focused initiatives, such as the Juvenile Alternative Resolution (JAR)

program, which provides diversion options to eligible juvenile offenders.

"We are always seeking to better understand the factors that lead some of our young people down dangerous paths. We want to ensure that our youth have the resources and support in our communities to be safe. A helpful tool in doing so is to hear directly from them. We've seen over the past few weeks some disturbing incidents involving violence committed by teens, including attacks on strangers

and on police, and other young people being harmed. Our hope is to hear directly from our young residents what they think might be contributing to these types of behaviors and experiences. Arraigning young people on criminal charges is, sadly, something we sometimes need to do, but never something we want to do," Hayden said.

Members of Hayden's community engagement team and juvenile unit will guide the council discussions and solicit participa-

Continued on page 19

Get Ready for Medicare Enrollment Season!

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Thursday	Sept. 7	Soul of Boston	6:00-8:00
Thursday	Sept. 14	Soul Amazing	5:30-8:00

Rain dates for each concert will be the following Wednesday after the scheduled date and same time.



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You have been given this notification as a cautionary reminder. Boston Police Officers are reminding you of the following:

- DO NOT** leave your vehicle unlocked.
- DO NOT** leave your keys in the ignition.
- DO NOT** leave your vehicle idling and unattended.

PLEASE REMOVE YOUR PERSONAL PROPERTY IN PLAIN VIEW!

this includes:

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- GPS devices
- Laptop computers
- Loose Change
- Bags/Luggage



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to benefit Kevin W. Fitzgerald Park



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\$15 Pre-registration or \$20 day-of

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Register at:

MISSIONHILLROADRACE.RACEWIRE.COM

BY MIDNIGHT, SEPTEMBER 22ND!

Race Day: Saturday, September 30th

Day-of registration at 8 am

Walkers: 9:00 am start • Runners: 9:30 am start
St. Alphonsus Gate at Kevin W. Fitzgerald Park

- LIGHT REFRESHMENTS • MISSION HILL ARTISTS COLLECTIVE • MUSIC •
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WHERE TO PICK UP YOUR MISSION HILL GAZETTE

Anas Esta	417 Brookline Ave.	Dunkin Donut	1633 Tremont St.
UPS	423 Brookline Ave.	Tremont House of pizza	1590 Tremont St.
Poke Works	433 Brookline Ave.	Subway Sandwiches	1578 Tremont St.
Penguin	735 Huntington Ave.	Punjab Mart.....	1576 Tremont St.
Laughing Monk.....	737 Huntington Ave.	Spinney Auto Insurance	1560 Tremont St.
7-Eleven Store	415 Center / Huntington Ave.	Longwood Buiding	1575 Tremont St.
Flynn House	835 Huntington Ave.	Post Office	1575 Tremont St.
Levinson Bldg	835 Huntington Ave.	Building	650 Huntington Ave.
Neville Building.....	835 Huntington Ave.	J Vue Building	75 Alphonsus St.
JP Office.....	7 Harris	Boston Debate League	1542 Tremont St.
Subway.....	Huntington Ave.	Church	1545 Tremont St.
Mamas Pizza	784 Huntington Ave.	Mikes Donut.....	1524 Tremont St.
Mass & Bringham Health Center	800 Huntington Ave.	Lillys Gourmet.....	1526 Tremont St.
Daras Wine	750 Huntington Ave.	Baba Me	1522 Tremont St.
Monte Crsto	754 Huntington Ave.	Grispy Dough Pizza	1514 Huntington Ave.
Flames.....	746 Huntington Ave.	Milk Weed Café.....	1508 Tremont St.
Solid Ground Cafe.....	742 Huntington Ave.	Chachos Pizza	1502Tremont St.
Ilmondo Pizza	738 Huntington Ave.	Library	1497 Tremont St.
Halal Indian Cuisine	766 Huntington Ave.	Needham Bank	1457 Tremont St.
ODB liquor	732 Huntington Ave.	Dunkin Donut	1631 Tremont St.
Chines	728 Huntington Ave.	Funtes Market	Park St.
The Mission Pub	724 Huntington Ave.	Building	30 Iroquoii St.
Stop & Shop	Tremont and Huntington	Building	195 Calumet St.
Walgreens	Tremont and Huntington	Building	256 Parker Hill Ave.
JP Lick's.....	Tremont and Huntington	Building	226 Parker Hill Ave.
Bank of America	Tremont and Huntington	Building	170 Parker Hill Ave.
Citizens Bank	Tremont and Huntington	Benjamin Health Center	120 Fisher Ave.
Dental Partner.....	1610 Huntington Ave.		

Fire officials emphasize safety for incoming college students

As thousands of young adults make their way to Massachusetts colleges and universities, fire service leaders are reminding students and parents to be sure their living spaces have working smoke alarms and carbon monoxide (CO) alarms, and that they know two ways out in an emergency.

“In the weeks and months ahead, many young people will be living away from home here for the first time,” said State Fire Marshal Jon M. Davine. “We’re particularly concerned about off-campus housing because that’s where the data shows the greatest loss of life, but fire safety is vitally important whether you live in a dorm, apartment, single-family home, multifamily dwelling, sorority, or fraternity. Everyone should have working smoke and CO alarms on every level of their residence and know two ways out in an emergency.” Hyannis Fire Chief Peter J. Burke, Jr, who serves as president of the Fire Chiefs Association of Massachusetts, echoed that message.

“If your rental doesn’t have smoke and carbon monoxide alarms, insist on them,” said Chief Burke. “Landlords are required to provide them, but don’t spend a single night unprotected in the meantime. For the price of a pizza, you can go to a hardware store and pick up smoke and CO alarms that could save your life. Choose photoelectric smoke alarms with sealed, long-life batteries, and test them once a month to be sure you’re protected. And if you hear that alarm, leave everything and get out right away. Waiting to evacuate or stopping to retrieve personal items increases your chances of being trapped.”

State Fire Marshal Davine said 2,608 fires occurred in student dormitories, fraternities, and sororities in Massachusetts between 2018 and 2022, causing six civilian injuries, 11 fire service injuries, and more than \$3 million in damages. He also noted that fire safety precautions should remain in place all through the year. Windows, doors, and stairways should always be clear of boxes, furniture, bicycles, and anything else that might hinder an escape. Fire doors should never be blocked or chocked open. And smoke and carbon monoxide alarms must remain operational all year long, as required by law.

“Never, ever disable a smoke alarm,” said Chief Burke. “Modern fires burn and spread faster than they did in past decades, and we have less time than ever before to escape a fire at home. Smoke alarms give you the warning you need to get out, stay out, and call 9-1-1.”

Working alarms, clear exit routes, and practicing a plan for using them are crucial for when a fire breaks out, but students can also take steps to prevent them from starting in the first place:

Smoking: There is no safe way to smoke, but if you must smoke then do it responsibly. Don’t flick them on the ground, where they can smolder and ignite debris, or grind them out on porches or steps. Use a heavy ashtray on a sturdy surface and put it out, all the way, every time.

Electrical: Always plug appliances such as air conditioners and space heaters into wall sockets that can handle the current, not power strips or extension cords. Don’t overload outlets with multiple devices.

Heating: Turn space heaters off when leaving the room or going to sleep. Never leave a space heater unattended.

Cooking: Stand by your pan! Don’t leave pots and pans unattended on a lit stovetop, and keep flammable items away from burners. In the event of a grease fire, smother the flames with a lid and then turn off the heat. Cook only when you’re alert, not when you’re drowsy or impaired.

Candles: Never leave candles burning unattended. Extinguish them before leaving the room. Even better, switch to battery-powered candles.

Lithium-Ion Batteries: Use the charging equipment provided by the manufacturer and disconnect it when the device is charged. Charge phones, laptops, e-cigarettes, e-bike batteries, and other devices on a hard and stable surface – never a bed, couch, or pillow. If you notice an unusual odor, change in color, change in shape, leaking, or odd noises, stop using the device right away. If you can do so safely, move it away from anything that can burn and call your local fire department.

For more fire safety tips for both on and off campus, visit www.mass.gov/dfs.

City celebrates Latinx Heritage Month with Fiesta in the Plaza

The City of Boston announced the celebration of Latino Heritage Month with Fiesta en la Plaza, a diverse program of cultural activities that will take place over four weekends in the renovated City Hall Plaza.

The program brings together Latin American artists residing in Boston who will delight the audience with musical presentations, comparsas, dance classes, poetry readings, documentaries, and an artists' panel about Afro-Latin art and culture. The series of events is produced by Ágora Cultural Architects, a company founded and directed by Latin American women, with the support of the Office of Arts and Culture of the Mayor's Office.

"Our Latin American communities are an integral part of Boston's vibrant cultural presence, and we honor their contributions during Latinx Heritage Month and beyond. We are excited to announce Fiesta en la Plaza, where Boston residents can celebrate and learn about the diversity of Latin American culture through a variety of pro-

gramming all month long", said Mayor Michelle Wu.

Elsa Mosquera-Sterenber, Ágora's Principal, explained that Fiesta en la Plaza "invites us to meet friends and families to celebrate everything that unites us. With Fiesta en la Plaza, we evoke that traditional community meeting space that our parents and grandparents had in their towns of origin." Therefore, the Mayor's Office of Arts and Culture chose the City Hall Plaza to hold the events.

The opening during the Inauguration Day on September 16 will feature a comparsa by the marvelous Puerto Rican theater group Agua, Sol y Sereno, famous for being the creators of the "cabezudos" who co-starred in the opening of the 2023 Grammy Awards with Bad Bunny. The artistic parade will include Jorge Arce, Verónica Robles and his mariachi, Claudio Ragazzi's Jazz Tango, and Eguie Castrillo and his orchestra.

During the following weekends, the public will enjoy the cuatrística Fabiola Méndez and

her trio, the presentation of Latin American films by CineFest Latino Boston, music by Clave and Blues, salsa classes, and a conversation between Afro-Latin artists. The month-long celebration will conclude with the presentation of the Venezuelan harpist Eduardo Betancourt.

You can find detailed programming information at culturalagora.com/fiesta-en-la-plaza and Ágora's Social Media.

Full Schedule of Events: WELCOME FIESTA SEPT. 16, 12 - 7 p.m.

Jorge Arce - Agua, Sol y Sereno - Eguie Castrillo

Verónica Robles - Claudio Ragazzi

CUATRO & POETRY SEPT. 22, 7 - 9 p.m.

Poetry reading by Yara Liceaga

Performance by Fabiola Méndez Trio

SALSA NIGHT

SEPT. 23, 6 - 8:30 p.m.

Salsa Class by El Bonche in Boston

Performance by Clave & Blues

CINEFEST LATINX BOSTON

OCT. 5, 3 - 8 p.m.

CineFest Latino Extended day
Short films: "De Todo un Poco" (Puerto Rico, US, Panama, Mexico)

Bailaora (Documentary, US/Venezuela)

Ariel (Narrative, Canada/Argentina)

CLOSING FIESTA OCT. 14, 2 - 7 p.m.

Afro Latinx Artists Panel moderated by Newman Fellow Cristela Guerra & Concert by harpist Eduardo Betancourt

The Mayor's Office of Arts and Culture in the City of Boston enhances the quality of life, the economy, and the design of the City through the arts. The role of the arts in all aspects of life in

Boston is reinforced via equitable access to arts and culture in every community, its public institutions, and public places. Key areas of work include support to the cultural sector through grants and programs, as well as the production and permitting of art in public places. Learn more about the office at boston.gov/arts.

boston.gov/arts

Ágora Cultural Architects is a cultural undertaking founded and led by women with the aim of aiding in the development and visibility of Latino arts and culture. Its objective is to create, empower and promote the sustainability of the movers and shakers of Latin American culture in the United States and Puerto Rico. Ágora does this by providing solutions and optimizing tools so that creators and organizations can reach their objectives. They support organizations to develop audiences, produce events, create audiovisual and literary projects, identify funds, and support professional development. Ágora's knowledge about the creative and cultural ecosystem of Puerto Rico is supported by the five years that its leader and cofounder, Elsa Mosquera Sterenberg, spent as director of the Villa Victoria Center for the Arts in Boston, MA, during which she led artistic seasons with Puerto Rican representation across a spectrum of various genres.

CITY PAWS

Tasty treats

By Penny & Ed Cherubino

Most dogs will work for rewards. We pay them with treats and praise. Both are important. Did you know some researchers and behaviorists recommend finding three levels of treats to tempt your dog?

Behaviourist Cathy Madson, MA, FDM, CBCC-KA, CPDT-KA, writing for www.preventivevet.com, rates treats as high, medium, and low value to dogs. She explained that the correct value treat can make a big difference in your training sessions' success.

Madison recommends using high-value treats when training a new behavior, when there are distractions, and when working on counter-conditioning. Use your medium-value goodies for everyday rewards, to maintain a learned behavior, and as a part of enrichment activities. Low-value treats are a C grade in training. The dog did what you wanted but could have done better. She also recommends lower value "When you're working on fading out the use of treats for a specific be-

havior."

How to Test Treat Value

You can do an at-home test to determine what rewards work best for each animal. You do this by letting the dog choose between two tidbits. (All training treats should be small, even for large dogs.)

Put a different treat in each hand or under a cup. Present those options and give the reward that the dog sniffed, licked, or pawed at the most. Test the winner against other treats until you have a win, place, and show option.

Popular with Dogs

Some foods that dogs treasure the most are not necessarily popular with people—dogs like stinky treats. We resorted to highly odoriferous dried mussels for our second Westie, Maggie Mae, who turned her little black nose up at most foods.

Other high-value dog treats are bits of cheese, dried liver, hot dog pieces, small pieces of

meat, and peanut butter. It's easy to have treats ready to grab at home, but when you are out and about, you'll need to store treats in a pocket or pouch. Think about testing options that will work in both situations.

Check the Ingredients

When considering choices, check the ingredients. For example, suppose you use peanut butter in a Kong when working on separation anxiety. In that case, you have to be sure it doesn't contain Xylitol which is toxic to dogs and requires immediate veterinary care if ingested.

You also have to think about allergies. We only buy oat-based treats for Westies since some of them have an allergy to other grains. We choose commercial treats where all the ingredients are real foods, not chemicals and additives.

Single Ingredient Treats

Those of us in the Boston area have had a great source of single-ingredient dog treats



Eyes on the prize! Find the treats that will capture your dog's attention despite distractions. (Photo by Sofii Potanina)

for many years from Polkadog Bakery. Today, in addition to eight shops in the Greater Boston area, they have a kitchen that makes Polkadog-branded treats on the Boston Fish Pier. These are available by mail order.

Your taste test might include dried cod skins, salmon chips, chicken strips, pork liver jerky, or dried silverside fish. With many distinct flavor options, you can avoid treat burnout when, in time, a high-value treat slips into medium-value territory.

You may have single-ingredient

treats in your kitchen. Our first Westie Sassy would cry for raw rutabaga. Weight control was always an issue with her, so we used crunchy carrots as a reward. Check the online lists of human foods that are safe for dogs and see if any of these fit into one or more of the treat levels as you get your taste tests underway.

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

What's Happening on Main Streets

BY COURTNEY WRIGHT
SPECIAL TO THE GAZETTE

It has been a busy summer in the neighborhood! Despite the not so seasonal weather, restaurants made the most of their outdoor patios and look forward to a less rainy (fingers crossed) fall to enjoy outdoor dining around Mission Hill. The Mission Hill Arts Festival had another very successful summer of programming in the Yard of the Tobin Community Center. Thank you to the Mission Hill Artists Collaborative and MHArtsFest for bringing a summer of music, arts and conversation to the neighborhood- can't wait for next years!

As students make their way back to the area, I wanted to take a minute to thank some local groups who have worked with MH Main Streets over the past couple of months. At the end of July, a group of 13 students from the Harvard Medical School Office for Community Centered Medical Education, spent the day with Main Streets, learning about the neighborhood, the work of Main Streets and other local organizations that keep the neighborhood vibrant. As a deliverable, they are creating a guide to local businesses and restaurants that we will be able to share on our app and social me-

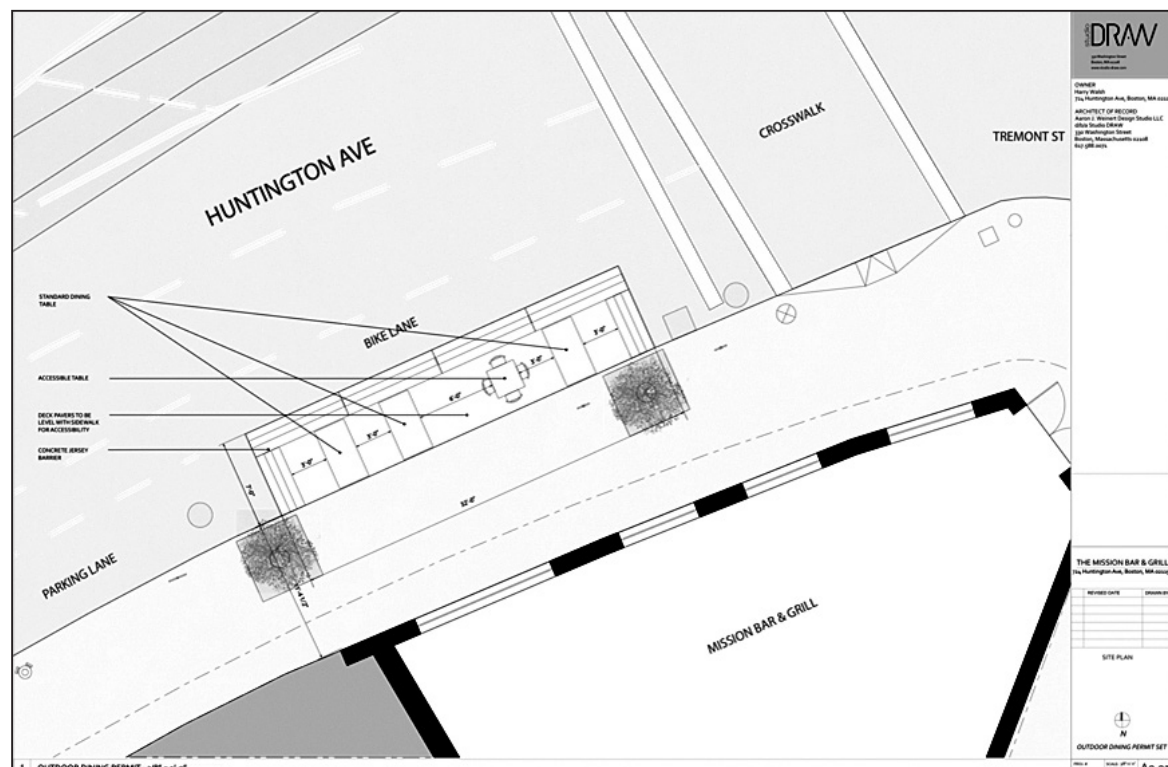


Sean Hurley photos

Samuel Sawyer-Stanley and his CAD drawing (right).

dia. The hope is that this guide will serve to show visitors to the area, whether it be students or Longwood patients and their families what the local business community has to offer.

In addition to HMS, a chance meeting between a Wentworth Institute of Technology student, Sam Sawyer-Stanley and myself, led to a mutually beneficial project to support a few local restaurant owners. With the rush to get outdoor dining patio plans approved under a new list of confusing city requirements, Sam was able to assist Harry Walsh, owner of the Mission Bar and Grill and the Puddingstone Tavern, with CAD drawings that met the city's standard for out-



door patios. Sam eagerly took on the task with his background in architecture and a passion for community development and was able to work with his employer Studio DRAW to refine his drawings and eventually obtain an architect stamp on the plans. Samuel's contribution serves as an inspiration to other students and residents of Mission Hill. It highlights the potential for individuals to make a meaningful impact on our community through

time and talent. By volunteering their skills, they can contribute to the overall betterment of the neighborhood. Mission Hill Main Streets encourages more students and residents to follow Samuel's example and participate in community initiatives. By leveraging their unique abilities, they can help create a vibrant and thriving Mission Hill that benefits everyone.

We are looking forward to a busy fall ahead here in Mission

Hill! On September 14th from 5-7 p.m. at Milkweek Café, come meet internationally acclaimed artist Itsuo Kiritani. The annual Mission Hill Road Race will be on Saturday, September 30th (see ad for more information). Needham Bank will be hosting an Oktoberfest themed open house on October 3rd to formally welcome the MH Community to check out their branch and meet their staff. More details to come.

Lyric Stage Boston presents Assassins production

A highly anticipated production of Stephen Sondheim's Assassins opens Lyric Stage Boston's 2023/24 season with an astonishing cast of Boston area artists performing this electrifying theatrical gem with Direction by Courtney O'Connor, Music Direction by Dan Rodriguez, and Choreography by Ilyse Robbins.

With the American dream out of reach, nine of the most notorious figures in our nation's history ignite a chain of monumental nightmares. The white picket fence is set on fire in Stephen Sondheim and John Weidman's tragically funny and unnerving musical which peers inside the shattered minds of presidential assassins (both successful and

failed) from John Wilkes Booth to John Hinckley, Jr. This gallery of historical misfits jolts us into their blurry points of view with unapologetic humor, fiery anthems, carefree tunes, and unbridled energy that boldly blurs the lines between ambition and madness.

Director Courtney O'Connor says, "Stephen Sondheim's dark masterpiece speaks perhaps even more to audiences today than when it was written over 30 years ago. In a divided country where people are screaming to be heard, it is a prescient reminder that the past can also be a roadmap of the future. I look forward to working with the brilliant Dan Rodriguez and this incredibly

talented company of artists to share this deeply complex and complicated American story."

Performances begin Friday, September 15, and run through Sunday, October 15.

Founded in 1974 and in residence at 140 Clarendon Street since 1991, Lyric Stage Company is Boston's longest-serving resident theater company. Its mission is to produce and present live theater in Greater Boston with an intimate approach that promotes inclusivity and connection. The Lyric Stage leads an effort to integrate live theater and theater education into the lives of all residents of greater Boston.

OBITUARIES

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STUDENT WELCOME GUIDE

A student's guide to Mission Hill

The following is some basic information for students moving into the Mission Hill area.

General Boston

Get renter's insurance. It might seem like an unnecessary expense until you have a break-in, or your upstairs neighbor's toilet overflows while they're out of town.

The City of Boston has many services for renters. Learn about and use them at cityofboston.gov/rentalhousing.

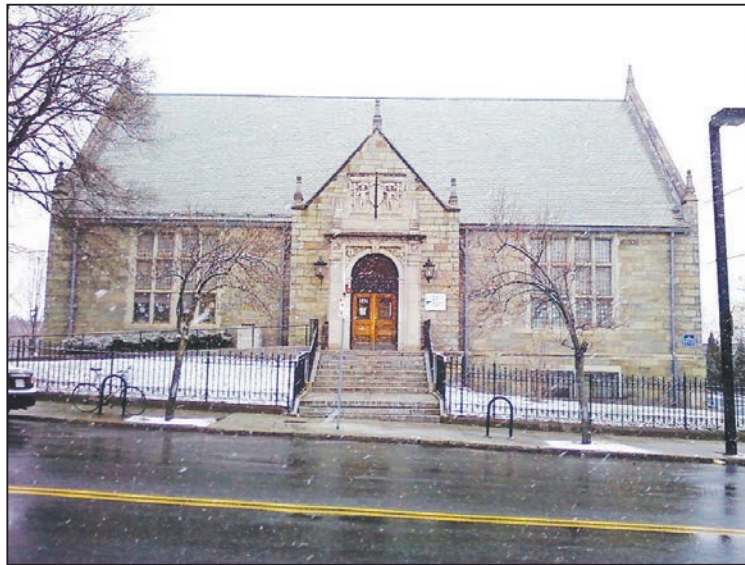
The City has a 24/7 hotline for questions or concerns at the phone number, 311, or the Twitter handle, @BOS311. There is also smartphone app called BOS: 311.

Introduce yourself to your neighbors, give them your contact information and get theirs. It's just as easy and more pleasant to call them than the police.

If you have a dog, clean up after it. It's courteous and a City ordinance.

Shovel sidewalks abutting your residence in the winter. It is your responsibility, not the City's, to do so.

Be considerate when throwing



The Parker Hill Library Branch at 1497 Tremont St.

Gazette File Photo

parties: let your neighbors know about them and remember, many of them must wake up early, even on Saturdays.

Keep your property tidy.

Mission Hill-specific

Trash and recycling pick-ups are on Tuesdays and Fridays.

The local public library is the Parker Hill Branch Library, at 1497 Tremont St. The number is 617-427-3820.

The Tobin Community Center,

at 1481 Tremont St., has gym facilities and classes, depending on age. It also has youth, family, and senior programs. Reach it at tobincommunitycenter.org and 617-635-5216.

Patronize local businesses. They love you.

Get involved in the neighborhood: join cleanups; go to community meetings; voice your opinions. You're part of the community.



Mission Hill is named for Mission Church at 1545 Tremont St.

Gazette File Photo

Mission Hill place names

Welcome to the neighborhood! You just moved to Mission Hill—but did you know you're actually on Parker Hill? You've probably already noticed the spires of Mission Church—which technically isn't called that, either. And why's the post office called Roxbury Crossing?

Understanding the lingo of Mission Hill can seem like "Mission: Impossible." Here's a cheat sheet to help you out.

Back of the Hill: A subneighborhood of Mission Hill on the slope between Fisher Avenue and Heath Street. There is no Front of the Hill.

Brigham Circle: The intersection of Huntington Avenue with Tremont and Francis Street (plus Calumet Street for good measure). It is not a rotary or circle, though the City painted a huge circle on the asphalt as a decorative pedestrian crossing marker.

Longwood Medical Area: Aka, the Longwood Medical and Academic Area. "LMA" for

short. The enormous complex of hospitals and colleges roughly bordered by Huntington Avenue, Francis Street, the Riverway and the Fenway. Named for Longwood Avenue, which runs through its heart.

Mission Church: The Catholic church at 1545 Tremont St. for which Mission Hill is named. It is officially called the Basilica of Our Lady of Perpetual Help. Its nickname comes from its 1870s beginnings as a small mission by the Redemptorists Catholic order. The official name comes an icon that believers say heals sickness and is surrounded by discarded crutches of the healed. A basilica is a high-ranking Catholic church.

Mission Hill: "The Hill" for short. The neighborhood bordered by Huntington, Ruggles Street, Columbus Avenue/Tremont Street, Heath Street and S. Huntington Avenue; and also the residential area roughly bordered by Huntington, Francis

WELCOME BACK STUDENTS

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STUDENT WELCOME GUIDE

Must-have items for your high schooler's back-to-school shopping list

(StatePoint) Setting your high schooler up for a successful school year all starts with having the right educational tools and personal supplies. Here are the must-have items to add to your cart this back-to-school shopping season:

A Tablet or eReader

If you remember your own high school years as being defined by lugging heavy textbooks around campus all day and then home with you each night, consider sending your teen back to school with an e-reader or tablet. This slim, back-saving technology makes it possible for students to access the educational content of all their many courses in one place. What's more, some studies suggest electronic devices facilitate learning better than physical textbooks. Look for op-

tions that offer annotation and note-taking capabilities, as well as a full-color display, so that textbook diagrams and images can be fully understood.

A Graphing Calculator

In high school STEM classes such as trigonometry, calculus and physics, students need to go beyond simply arriving at the correct answer. They must also understand the theory and foundation behind the mathematical principles they are studying. That's where a highly-functional graphing calculator can come into play. Designed for high school students and beyond, Casio's affordable fx-9750GIII graphing calculator builds on the cutting-edge capabilities of its predecessors, offering a more seamless learning experience, an enhanced natural display and an

improved keypad for fractions, standard-to-decimal conversion and scientific notation. Expanded menu options include Exam Mode, to comply with major standardized test-taking rules, as well as a Python Add-In, giving students the ability to create, save, edit and run Python files, as well as import and export these files with streamlined computer connectivity.

Personal Items

Send your teenager to school with some basic personal supplies that they can leave in their locker. Having access to these items between classes will help them feel their best throughout the day and eliminate distractions, so they can better concentrate on learning. A stick of deodorant is especially useful for students enrolled in physical



PHOTO SOURCE: (C) JACKF / ISTOCK VIA GETTY IMAGES PLUS

education or who are involved in sports. Also include a bottle of hand sanitizer to help fight infections, particularly as cold and flu season draws near, feminine hygiene products, dental floss and tissues. An extra layer is also always helpful in both cooler weather and during the warmer months when the air condition-

ing may be running at full force.

In high school, the coursework becomes much more challenging and the social terrain much more complex. However, with the latest tech tools and a stash of personal supplies, your teenager can navigate both arenas with less stress.

How to help keep your child safe and healthy this school year

(StatePoint) As students return to classrooms, doctors say that it's important to ensure that children are up-to-date with routine childhood vaccinations.

"The evidence around vaccinations is abundantly clear; they're safe, effective and will help protect you, your loved ones and your community from preventable diseases. If you have questions about vaccines, their

safety, or effectiveness, please speak to your physician. We are here for you, eager to answer your questions, and ensure your family is protected," says Jesse M. Ehrenfeld, M.D., M.P.H., president of the American Medical Association (AMA).

In an effort to promote a safer, healthier school year for everyone, the AMA is sharing these vaccine facts and insights:

- Vaccines are safe, effective and save lives. Routine childhood immunization is highly effective at preventing disease over a lifetime, reducing the incidence of all targeted diseases, including measles, mumps, rubella, polio and chickenpox. For the U.S. population in 2019, vaccines prevented more than 24 million cases of disease.

- The benefits of vaccines can be quantified. According to the Centers for Disease Control and Prevention (CDC), vaccination of children born between 1994 and 2021 will prevent 472 million illnesses, almost 30 million

hospitalizations and more than 1 million deaths, saving nearly \$2.2 trillion in total societal costs, including \$479 billion in direct costs.

- Vaccination rates have fallen. Even before the rise in vaccine misinformation and disinformation associated with the COVID-19 pandemic, vaccine hesitancy was increasing, elevating the risk of community outbreaks, which put under-and unvaccinated children at risk for serious illnesses, like measles. According to a mid-January 2023 report from the CDC, vaccination coverage decreased in most

states for all vaccines among kindergarteners for the 2021-22 school year when compared with the previous school year, which was already below pre-pandemic levels.

- Speak to your child's physician. With increased misinformation around vaccinations, it is critical that you seek out reliable, evidence-based sources for information. These sources may begin with websites like getvaccineanswers.org, but they should also include your child's physician.

Physicians can also answer questions on the new monoclonal antibody therapy, nirsevimab, available for infants and children under the age of 19 months, for the prevention of RSV disease.

- Don't let cost be a barrier.

Continued on page 17



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Boston Centers for Youth & Families to host additional lifeguard hiring events

Boston Centers for Youth & Families (BCYF) is hosting two additional free lifeguard hiring events on Monday, September 11 from 3:00 to 7:00 p.m. and Saturday, September 16 from 9:00 to 11:00 a.m. at the BCYF Mason Pool in Roxbury. Any Boston residents with valid lifeguard certification who are interested in working as a lifeguard at a BCYF pool are invited to attend one of the events.

The lifeguard hiring events will combine all the necessary steps to become a lifeguard for a City of Boston pool in one location. These include a swim evaluation, skill evaluation, interview, and paperwork processing. Full-time and part-time positions are available as well as Head Lifeguard positions.

BCYF lifeguard positions start at \$22/hour and all lifeguards, even those who work part-time hours, are eligible for all the ben-

efits available to City of Boston employees, including generous health, dental and retirement benefits as well as paid vacation. With pools located in almost every neighborhood of Boston, working at a BCYF pool is a great way to serve your community.

Interested candidates must be at least 18 years old and should bring the following: at least two references, contact information we can follow up on, a state ID or license, and American Red Cross Lifeguard Certification. Proof of Boston residency will be required later in the application process. We recommend signing up at this link: bit.ly/BCYFLifeguardHiringEvent. However walk-ins are welcome. If you are interested and can't stop by, more information about lifeguarding at BCYF as well as the link to apply can be found at Boston.gov/BCYF-Aquatics.

BCYF Mason Pool is located

at 159 Norfolk Ave in Roxbury. Parking is available next to the pool or on nearby streets or it's a short walk up Proctor Street from any of the buses that serve Massachusetts Avenue.

The City of Boston is working across departments to renovate several city-owned pools following years of disinvestment. Over the last 3 months, the City has reopened the BCYF Paris Street Pool in East Boston and the BCYF Hennigan Pool in Jamaica Plain. The BCYF Paris Street Pool reopening was the result of a \$10.2 million investment. More pools will be reopened in the coming months and this hiring event is seeking lifeguards to help staff them and other BCYF pools.

Lifeguard recruitment and pool renovations are part of Mayor Wu's Swim Safe initiative, a commitment to support Boston residents' safety around water.

LOCAL STUDENT EARNS ACADEMIC HONORS

LOCAL STUDENTS RECEIVE BACHELOR'S DEGREES FROM UMASS AMHERST

Approximately 5,500 students received bachelor's degrees in over 100 majors at the University of Massachusetts Amherst's

Undergraduate Commencement on May 26, 2023 at the McGuirk Alumni Stadium.

Below is a list of students from your area who earned a degree.

BOSTON

Mandy L Deng

Michael Stephen Kokernak

Minting Zeng

Names

Continued from page 15

and the Riverway. Some people still use "Mission Hill" to refer only to the residential area on the actual hill.

Parker Hill: The actual hill on which most of the neighborhood sits.

Roxbury Crossing: The intersection of Columbus and Tremont. It is the name of an Orange Line MBTA station and the local branch post office for

the 02120 ZIP code. Sometimes used as a name for a subneighborhood or even the entire neighborhood. But ZIP code names are not meant to reflect actual neighborhood names or boundaries. Large portions of Mission Hill have other ZIP codes.

Roxbury: The neighborhood on the other side of Columbus. Mission Hill was historically a subneighborhood of Roxbury, but has emerged as its own neighborhood over the past 20 years. Many people consider it part of Roxbury.

Safe and Healthy

Continued from page 16

Programs like Vaccines for Children (VFC) are federally funded to provide no-cost vaccinations to children whose families otherwise could not afford them. Parents can learn more by contacting their state or local health

department.

"Make an annual well-child visit and immunizations a part of your household's back-to-school routine," says Dr. Ehrenfeld. "Doing so will protect you and your family from a number of preventable illnesses. It's something I do for my own children, and I urge you to do so, too."



PHOTO SOURCE: STATEPOINT

American Medical Association President Jesse M. Ehrenfeld, M.D., and his son Ethan.



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EDITORIAL

Enjoy a great -- and safe -- Labor Day weekend

With the weatherman predicting a superb Labor Day weekend (as we're writing this), we hope that all of our readers will have a chance to make the most of the final weekend of the summer season.

Although the Summer of '23 overall has been a bit on the rainy side (which was great for our gardens and lawns), it nonetheless had plenty of perfect days that we hope created memories that will last a lifetime for our friends, families, and ourselves. The coming Labor Day weekend promises to give us one final opportunity to enjoy the outdoors in whatever way we choose.

However, as always, we urge our readers to do so safely, not only for ourselves, but also for our family members, friends, and loved ones, whether we are on land or on the water.

Just a few weeks ago we wrote about the spate of tragic accidents that befell the Boston area --- and sure enough, tragedies have continued in the weeks since.

None of us wants to be a tragic statistic, and that means making sure that both we ourselves and those around us do not overindulge in alcohol. Yes, accidents do happen, even under the best of circumstances, but generally speaking, no one ever gets hurt by being sober. It's when two beers become four or more that the chances for a tragedy increase exponentially.

We wish all of our readers a happy -- and safe -- Labor Day weekend.

School's back -- drive with caution

With schools going back in session this week and next after the summer vacation, morning rush-hour commuters need to readjust our driving habits to ensure that we take into account the thousands of children who will be filling our streets during our morning commute.

We'll admit that school buses, school crossing guards, etc. are a pain in the neck, especially if we're running a bit late on our way to work.

But that is no excuse for ANY sort of driving behavior that does not take into account the safety of the children in our communities.

Every morning commuter needs to be a patient and defensive driver, especially in the first few weeks of school, when youthful exuberance typically results in kids dashing out into the street to greet friends for the start of the new school year.

Each of us is responsible not only for our own safety, but also for the safety of others when we are behind the wheel of a motor vehicle -- and that is doubly true when school is back in session.

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. Please include address and telephone number for verification purposes. Anonymous letters will not be published. More information: 617-524-7662

LETTERS

Flynn organizes trainings on ethics, civility, professionalism

To the Editor,

During his term in leadership at the Council over the last twenty months, Boston City Council President Ed Flynn has organized a series of training sessions with colleagues and staff aimed at encouraging civility and professionalism, as well as abiding by state ethics laws and other regulations.

Most recently, Council President Flynn hosted a Massachusetts State Ethics Training for over two hours on Tuesday, August 8 which covered conflict of interest law, gift restrictions, code of conduct and related ethics issues. On Thursday, August 10, Council President Flynn held a three hour Working Session regarding an Anti-Bullying Policy for City Councilors, Council staff, and Council Central Staff that he previously introduced in May. The Council has also held seven trainings related to the Open Meeting Law and the Public Records Law, along with annual compliance and Massachusetts Commission Against Discrimination (MCAD) training. He has held multiple working sessions with the City Clerk and colleagues to review the Boston City Council Rules adopted by the body.

In addition, Council President

Flynn is working closely with Boston City Council Central Staff on researching a Code of Ethics policy to be introduced later this year, along with recommendations around best practices on time off for Council staff. Council President Flynn continues to also engage in discussions with the State Legislative Leaders Foundation on potentially hosting a Civility Training later this year.

Moreover, Council President Flynn has focused on several administrative issues that have arisen this term, including implementation of an updated Executive Garage policy. During these challenging times for the management of meetings in municipal government, with anti-vaccine and other protestors, Council President Flynn has also worked in conjunction with City of Boston Property Management on upgraded security infrastructure at the Council, such as installation of panic buttons, putting a stanchion at reception, and requiring key card access at the Piemonte offices side.

Council President Flynn assumed leadership of the body during a particularly difficult time in our city and country; navigating the Omicron variant and subsequent transition back to in-person work and Council

meetings, a new budget process, a contentious redistricting process that was ultimately sent back by a federal judge, as well as a number of ethical and legal lapses from several Council colleagues. Council President Flynn has spoken at length on several occasions, on both the Council floor as well as via memos to colleagues, on the critical need for civility, professionalism and decorum, and to be available in City Hall to address quality of life and constituent service issues from neighbors.

"My goal as Council President, and for the remainder of my term, will be to continue to work on ensuring that the City Council is focused on conducting the people's business, and that we have a professional working environment for all," said Council President Flynn. "While working closely with our dedicated Central Staff, I continue to focus on implementing policies to address the need for civility and respect, and to promote a culture that is inclusive and attracts talent to public service at City Hall, where everyone feels welcome in the workplace without fear of any bullying or harassment."

Ed Flynn
Boston City Council
President

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

Mission Hill GAZETTE

Circulation 7,000

Published 12 times a year in Mission Hill by Independent Newspaper Group

Patricia DeOliveira
Advertising Manager

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Founder/Publisher Emerita 1993-2011

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617-524-2626

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State health officials announce first two human cases of West Nile virus in Massachusetts

The Massachusetts Department of Public Health (DPH) announced the first two human cases of West Nile virus (WNV) in state residents this year. One individual is a female in her 70s who was exposed to the virus in another part of the country. The second individual is a male in his 40s who was exposed in Middlesex County, an area already known to be at moderate risk.

The risk of human infection with WNV is moderate in the Greater Boston area (Middlesex, Norfolk, and Suffolk counties), and in parts of Berkshire, Bristol, Hampden, Hampshire, Plymouth, and Worcester counties. There are no additional risk level changes indicated at this time.

"This is the first time that West Nile virus infection has been identified in Massachusetts residents this year," said Public Health Commissioner Robert Goldstein, MD, PhD. "August and September are the months when most people are exposed to West Nile virus in Massachusetts. Populations of mosquitoes that can carry and spread this virus are fairly large this year and we have seen recent increases in the number of WNV-positive mosquito samples from multiple parts of the Commonwealth."

In 2022, there were eight human cases of WNV infection identified in Massachusetts. WNV is usually transmitted to humans through the bite of an infected mosquito. While WNV can infect people of all ages, people over the age of 50 are at higher risk for severe disease. Most people infected with WNV will have no symptoms. When present, WNV symptoms tend to include fever and flu-like illness. In rare cases, more severe illness can occur.

"We are coming to the unofficial end of summer but mosqui-

toes with West Nile virus will persist for several more months," said Dr. Catherine M. Brown, State Epidemiologist. "To avoid mosquito bites, use a repellent with an EPA-registered ingredient, wear clothing to reduce exposed skin, drain standing water and repair window screens. We also encourage everyone to regularly visit DPH's mosquito-borne diseases web pages to stay informed on when and where WNV activity is occurring."

People have an important role to play in protecting themselves and their loved ones from illnesses caused by mosquitoes.

Avoid Mosquito Bites

Apply Insect Repellent when Outdoors. Use a repellent with an EPA-registered ingredient (DEET (N,N-diethyl-m-toluamide), permethrin, picaridin (KBR 3023), oil of lemon eucalyptus [p-Menthane-3,8-diol (PMD)] or IR3535) according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30 percent or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age.

Be Aware of Peak Mosquito Hours. The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities that occur during evening or early morning in areas of high risk.

Clothing Can Help Reduce Mosquito Bites. Wearing long-sleeves, long pants, and socks when outdoors will help keep mosquitoes away from your skin.

Mosquito-Proof Your Home

Drain Standing Water. Mosquitoes lay their eggs in stand-

ing water. Limit the number of places around your home for mosquitoes to breed by draining or discarding items that hold water. Check rain gutters and drains. Empty unused flowerpots and wading pools and change the water in birdbaths frequently.

Install or Repair Screens. Keep mosquitoes outside by having tightly fitting screens on all windows and doors.

Protect Your Animals

Animal owners should reduce potential mosquito breeding sites on their property by eliminating standing water from containers such as buckets, tires, and wading pools – especially after heavy rains. Water troughs provide excellent mosquito breeding habitats and should be flushed out at least once a week during the summer months to reduce mosquitoes near paddock areas. Horse owners should keep horses in indoor stalls at night to reduce their risk of exposure to mosquitoes. Owners should also speak with their veterinarian about mosquito repellents approved for use in animals and vaccinations to prevent WNV and EEE. If an animal is suspected of having WNV or EEE, owners are required to report to the Department of Agricultural Resources, Division of Animal Health by calling 617-626-1795, and to the Department of Public Health by calling 617-983-6800.

More information, including all WNV and EEE positive results, can be found on the Arbovirus Surveillance Information web page at Mosquito-borne Diseases | Mass.gov, which is updated daily, or by calling the DPH Division of Epidemiology at 617-983-6800.

Youth Council

Continued from page 11

tion and input from members on the array of issues facing teens throughout the county. Recent societal events have presented teens with particular challenges, Hayden said.

"The COVID pandemic has had a unique impact on today's young people. Put simply, teenagers in Boston and Suffolk County—and across America—have had their lives impacted in ways unlike any other time in our history, and our goal is to learn directly from them the pressures they face on a daily basis. The

Youth Advisory Council will not only provide our youth with an opportunity to voice concerns, but can empower them to take on a greater initiative. We're hoping their insight will help us develop approaches that keep teens away from behavior that can short-circuit their futures," Hayden said.

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Mission Hill Main Streets has an opening on its Board of Directors for a Mission Hill resident board member. This is a volunteer role. The board meets on the first Tuesday of the month from 6:00-7:00pm, via Zoom. If you are interested, please contact missionhillmainstreetsboston@gmail.com or call 617.232.0182 for more details.

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FRESH AND LOCAL

Eat more cucumbers!

BY PENNY & ED CHERUBINO

Have you ever thought of packing mini cucumbers for snacks when hiking or going to the beach? Why? Because cucumbers are around 95% water and great for hydration. Put them in the cooler if you have one along. Cold, crisp, crunchy cukes are refreshing.

Cucumber Choices

We no longer buy waxy, common cucumbers with many large seeds, which add a slightly bitter taste. To enjoy these cukes, peel them and scrape out the seeds with a spoon before slicing. Like many people who have contributed to the growing popularity of the newer varieties on offer over the past few years, we now buy those more often.

Other Types of Cucumbers

Individually shrink-wrapped to prevent moisture loss, English cucumbers have thinner skin, don't need to be peeled, are sweeter, have fewer smaller

seeds, and are called burpless. Bumpy Kirby cucumbers are perfect for pickling, resulting in a crunchier end product.

You may have enjoyed lemon cucumbers from farmers' markets during the summer. Those are an heirloom variety that dates back to the 16th Century. They are traditionally popular with Indian cooks who use them in dals and chutneys.

Most of the time, we buy tiny Persian cucumbers. The Persian variety is extra sweet because growers pick them before the bitter seeds fully develop. Its miniature form slices into bite-size pieces or small spears that absorb flavors quickly and are perfect for quick pickle recipes.

Cucumber Trivia

According to the University of Missouri, "Native to India, cucumber is another of our most ancient vegetables. Cave excavations have revealed that cucumber has been grown as a food source for over 3000 years."

There are close to 100 cucumber varieties. Cukes are part of

the gourd family. While we treat them as vegetables, cucumbers are a fruit, like their salad companions, tomatoes.

Yogurt and cucumbers make a great, quick sauce or dip. Think of Indian raita and Greek tzatziki. The most popular raitas are a mixture of yogurt, cucumber, and mint. Sometimes raita is a cooling counterpoint, but occasionally we add chili to make it a zesty addition to a milder dish.

We usually eat cucumbers cold, but you can cook them. We love a spicy pork lettuce wrap recipe that "Wok Guru" Grace Young created for Weight Watchers. You stir-fry ground pork, ginger, and red bell peppers and add a mixture of hoisin, sriracha, and soy sauce. Finally, add diced cucumber and sliced scallions, toss, and serve in a crisp lettuce leaf.

A mini cuke has only ten calories, making them an asset for weight control. WebMD notes that in addition to hydration, cucumbers help you stay regular and avoid constipation, contain vitamins K and A, and antiox-



One of our favorite stirfry dishes adds cucumbers to spicy pork in a recipe that cookbook author Grace Young created for Weight Watchers.

idants. They present little risk besides the pesticides and wax some growers use on them if you don't buy organic ones.

Over the years, cucumber slices have also been used on the skin to treat minor burns and reduce eye area redness and puffiness.

Buying and Storing

When you buy cucumbers, choose those that are firm and have even and brightly colored skin. Yellowing is a sign that the cucumber is starting to overma-

ture unless it is a yellow variety.

We've recently stopped storing our cucumbers in the crisper after reading that they are very susceptible to the ethylene given off by other produce. We find they last longer wrapped on a refrigerator shelf. Some food writers suggest you store cucumbers on the counter like their pals, tomatoes.

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



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