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BPDA seeking to overhaul Article 80 review process

THE

By Dan Murphy

After repeatedly hearing from community members, developers, and even its own staff over the years that Article 80 can be unnecessarily complicated and unpredictable, the Boston Planning & Development Agency is now seeking to overhaul and streamline its regulatory process for large-scale development projects.

Article 80 of the Boston Zoning Code, which the city adopted in 1996 and hasn't been updated since then, is triggered for new development projects that include at least 15 units of housing or are larger than 20,000 square feet.

The BPDA has partnered with two consulting firms to comprehensively update the process, which includes working to update community engagement practices, the Article 80 zoning code text, and its internal operations, and expects "to deliver this work over the next year" per the city's webpage on the initiative (see end of story for link).

"A successful development project and review process is one that advances citywide goals of affordability, resilience, and equity; aligns with the planning vision for the area; is transparent, clear, and easy to engage with; and embraces growth while creating a predictable process," according to the BPDA.

To this end, the BPDA is looking for feedback and ideas from a broad range of voices across the city's neighborhoods, including "target populations" of individuals who are aware of or not involved in the processes; community leaders and organizations which focus on engaging marginalized communities; and longtime partners, such as civic and neighborhood groups, Impact Advisory Group (IAG) members.

For more information, visit the BPDA's webpage on this initiative at https://www.bostonplans. org/projects/improving-development-review-process-article-80.

If you work for, or are a member of, a community organization, civic or neighborhood group, or are just a resident who wants to learn more about our community engagement efforts as part of the Article 80 modernization process, email article80modernization@boston. gov.





Special to the Sun

As holiday lights go on across the city next week, the Commonwealth Avenue Mall will have a special glow.

The Friends of the Public Garden is working with the community once again to produce Holiday Lights on the Mall. When Mayor Michelle Wu and Friends President Liz Vizza join with the Boston Parks Department to flip

the switch on Thursday, Nov. 30 at 8 p.m., the lights will stretch from Arlington Street to Kenmore Square.

Vizza shared, "This is our second year as stewards of this magical tradition, and we are absolutely thrilled to be able to bring the lights the entire length of this historic park and to our Back Bay and Kenmore neighbors."

The Nov. 30 celebration will immediately follow the lighting of the Boston Common holiday tree and will take place on the Arlington-Berkeley Street block of the Mall. Cocoa and cookies will be provided by The Newbury Boston, and all are welcome.

The Emerald Necklace Conservancy and the Charlesgate Alliance will once again bring their signature green lights to the Charlesgate Park block of the Mall.

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EDITORIAL

HAPPY THANKSGIVING

A Harris poll a few years ago revealed that Christmas is the favorite holiday of the year among all age groups of Americans, but we think that Thanksgiving, our uniquely American holiday, has much more to recommend it than Christmas. Thanksgiving has its roots with the Pilgrims, long before the concept of a United States had crossed anyone's mind. It always has been a secular celebration of peace and relaxation. It simply is a day to be grateful for what we have, however much that may be.

Thanksgiving is a day of no pressure. It is the ultimate family-centered holiday. It has no religious meaning, no national-celebration connotations, and no required gift-giving. It lacks the commercialism, solemnity, and political overtones of all of our other national observances. In a world where anxiety follows us 24/7, Thanksgiving provides a welcome respite from the commercialism that accompanies Christmas and most of our other holidays. There is no obligation to spend a lot of money (that many of us do not have in the first place) to buy the perfect gift in order to be the perfect spouse, or the perfect parent, or the perfect friend. Thanksgiving demands nothing more from each of us (other than for the person who is doing all the cooking!) beyond just showing up and enjoying the company of our family and friends and then having a great meal.

When we think of the Christmas vs. Thanksgiving debate, we think it's analogous to the late comedian George Carlin's skit about football vs. baseball (check it out on YouTube if you've never seen it). Football is the equivalent of war, while baseball is all about going home. Similarly, while Christmas epitomizes our hyper-capitalist, consumerist, and frenetic society, Thanksgiving is its antithesis.

Thanksgiving is a national celebration that serves to remind us how blessed we are at a time when circumstances are so cruel for so many others in a world in which there are more refugees than at any time since the end of World War II. Despite our own trials and tribulations, Thanksgiving reminds us how remarkably fortunate we are to live in this country. And in a day and age when so many of us are connected 24/7 to some instrument of communication, it truly is a relief to have a day when we can just shut it all off (other than perhaps watching a football game.)

We wish all of our readers a happy -- and restful -- Thanksgiving.

THE BOSTON SUN

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Guest Op-Ed

Bay Staters deserve opportunities to build a better financial future

By State Reps. Jeffrey Rosario Turco and Francisco E. Paulino

Whether you grew up in Revere, Winthrop, Lawrence, Brighton, or Boston, every community in the Commonwealth values kitchen-table issues; an honest day's work, safe streets, affordable homes, good schools, access to quality and affordable healthcare, and the ability to earn a good living and save for the future.

Just last month, we were able to pass a historic Tax Relief Bill which will make the Commonwealth more affordable, competitive and equitable by putting real dollars directly back into the pockets of hardworking Bay Staters. Whether it's by increasing the child and dependent tax credit for families or lowering the capital gains tax so folks see more of their money when they invest in their Robinhood or Fidelity accounts, this legislation will provide immediate relief and opportunities for working class people fighting hard every day to make a living.

There's more work to be done. It's no secret that for much of this country's history, the financial system has been largely closed off to most Americans. Teachers, plumbers, steamfitters, steelworkers, nurses, members of the military, and men and women in uniform simply have not always had the same opportunities to save and build wealth as the one percent.

Until recently, owning stocks was largely reserved for older, wealthy, and less diverse Americans, including those with the means to pay a financial professional to do it for them. Fortunately, recent innovations aimed at empowering a new age of investors tore down these barriers, reshaped our financial system, and paved the way for a massive influx of new investors into the stock market. These millions of new investors are younger, more diverse, and come from every community and every part of the country, including hundreds of thousands of people right here in Massachusetts.

Not only did this transformative shift expand access to the stock market for an entirely new generation of Americans, it has made finance and investing more approachable and relevant to millions of people who had previously avoided it because of its intimidating and exclusive nature. Today, technology has democratized investing with easy-to-use, low-cost mobile platforms like Robinhood that for the first time provide tools allowing ordinary Americans to save a little more, make a few extra dollars in income, and invest in great American companies they believe in, including companies that are based here in the Commonwealth. These new platforms have not only simplified the act of purchasing a stock. they've increased the overall relevance and interest in personal finance. Whether it's through podcasts, newsletters, or in-app education modules, these platforms are using technology to communicate with and educate investors, making financial literacy more accessible by breaking-down complex concepts such as compounding and dollar cost averaging, as well as the differences between a traditional and Roth IRA and the implications of a 'wash sale' or capital gains.

We must encourage these platforms, who are uniquely positioned, with their reach and resources, to continue priori-

GUEST OP-ED

Why preventing Diabetes should be a priority at all ages

By Dr. Donna O'Shea

More than 96 million Americans, or 1 in 3 adults, live with a potentially life-altering condition – yet many of them are unaware they even have it.

That condition is prediabetes, which in up to 70% of cases develops into diabetes. Today, more than 37 million Americans already live with diabetes, which if left untreated can contribute to a host of health issues, including heart disease, vision loss, nerve damage and more. In Massachusetts, 7.7% of adults over age 18 have been diagnosed with diabetes.

While the risk of developing type 2 diabetes increases with age, taking steps to avoid or more effectively manage this condition should be a priority for people of all ages. For November's American Diabetes Month, here is important information to consider about this condition.

Types of diabetes: Diabetes alters the body's ability to create energy from the food you eat and can develop in three forms. Type 1 diabetes occurs when the body cannot produce insulin on its own, typically due to genetic factors. It accounts for approximately 5% of all diabetes cases, there is no known prevention and is typically diagnosed during childhood. Type 2 diabetes accounts for up to 95% of all cases and develops when the body can't use the insulin it produces, typically due to inactivity and poor nutrition. Finally, gestational diabetes may occur in pregnant women, often due to the hormones and weight gain associated with pregnancy.

Diabetes in children: While type 1 diabetes was historically

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tizing financial literacy with the understanding that developing a new generation of informed investors will lead them to a more sustainable financial future. We also need to promote sound policies that will help keep these new investors involved for the long-term while protecting them from fraud and abuse. Unfortunately, recent efforts by financial regulators are threatening to throw these new investors right back out of the markets. At both the state and federal levels, securities regulators are considering new rules that, while intended to protect investors, would strike at the very heart of the online model most prefer to use to invest today. These rules could even make it impossible for financial providers to use the very same innovative technologies that have brought millions into the stock market in the first place. And they are likely to disproportionately harm those underserved populations that for decades have been told they aren't smart enough or wealthy enough to invest.

We reject this narrative, as do many of our colleagues. We've personally spoken to our neighbors - construction workers in Lawrence, firefighters in Revere, cab drivers around Boston, and the staff here in the State House - many of whom tell us that they feel more empowered and equipped than ever before to make their own financial decisions. These are normal people who don't necessarily have the resources, the need, or the desire to completely turn the management of their finances over to expensive professionals. Instead, they've gravitated toward affordable and easy-to-use mobile platforms that allow them to take a more hands-on approach in managing their finances. These investors deserve strong, sensible regulations that protect them from fraud and abuse, but they also deserve the opportunity to participate fully in our financial system and achieve the American dream. We will continue to fight in the State House for policies that give our communities both.

Jeffrey Rosario Turco, Esq., is a State Representative, and represents the 19th Suffolk District and Francisco E. Paulino, is a State Representative, and represents the 16th Essex District.

Discussion on the Outer Brewster Island Diaries at Winthrop Historical meeting

Story & Photos by Marianne Salza

Four Lowell women set out on a 17-day excursion on Great Brewster Island in July 1891. They referred to themselves as the Scribe, the Aristocrat, the Acrobat, and the Autocrat; and documented their self-discoveries in a hand- written diary that was later discovered in a Cape Ann used bookstore.

"Women at the time did not go to college, or have opportunities to go off and study as they would like to," explained Carol Fithian, retired national park ranger, and coordinator of volunteers for the Friends of the Boston Harbor Islands, now called Boston Harbor Islands National and State Park. "These women had some money, but were still under restriction. Women would form groups and clubs. They'd read and study together."

Fithian is the co-author of "A Boston Harbor Islands Adventure: The Great Brewster Journal of 1891," by Stephanie Schorow and the Friends of the Boston Harbor Islands. Published in 2023, the book is a transcription of the ladies' diary, which chronicles their activities and observations, and includes poetry and photographs.

"They reflected on seeing the fog lift, looking across to Boston at the dome of the State House, and watching the waves hit the shore," Fithian expounded.



Carol Fithian, co-author of "A Boston Harbor Islands Adventure: The Great Brewster Journal of 1891"

"They would paint watercolors of these things to preserve their harbor experience."

Fithian presented the collaborative project during the Winthrop Improvement & Historical Association's (WIHA) Thanksgiving dinner meeting in the Deane Winthrop House barn on November 7.

"These women supported each other," Fithian emphasized. "We got to know them through this experience, and started to tell their story."

The ladies detailed their meals, and diagramed the cottage that they used as living quarters, with photographs of each room.

"It's interesting how they made it a home away from home," said Fithian. The Friends of the Boston Harbor Islands team comprised of fashion, photography, history, and handwriting experts. Fithian researched the women's backgrounds and provided historical information about Boston Harbor Islands. Eventually, the identities of these adventurers were determined.

The "voracious scribe" was discovered to be Helen Augusta Whittier, who ran a cotton mill in Lowell.

Fithian believes that Boston Harbor's unique, bustling environment offered the women freedom. Great Brewster Island was a safe place for the ladies to express themselves and record their experiences.

"If you read the book, discover through them what is possible out there," encouraged Fithian, with her soon-to-be retired seeing eye dog, Georgette, beside her.

Fithian is an Ipswich resident and mother of two children. She has been a guidance counselor and a literature teacher. For Halloween, Fithian appeared as a giraffe during a Department of Conservation and Recreation celebration on Georges Island. Fithian is presently studying French and fencing.



Colin Cash, Point Shirley resident, Tom Loring, 25-year volunteer for Friends of the Boston Harbor Islands, Carol Fithian, retired national park ranger and Friends of the Boston Harbor Islands volunteer, and Michael Herbert, WIHA President.

MBTA releases Capital Needs Assessment and Inventory

Special to the Sun

The MBTA released its Capital Needs Assessment and Inventory (CNAI), an MBTA-led analysis conducted every three-four years to inventory the MBTA's assets, understand the overall condition of the transit system, and identify assets that are not in a State of Good Repair in order to determine the level of investment needed to support the existing network.

"Restoring reliability and ensuring safety are priorities as we rebuild MBTA infrastructure. Understanding and acknowledging the significant resources needed to bring our system to a State of Good Repair is just one step towards fixing our infrastructure to deliver more robust and frequent service. The MBTA is one of the oldest transit agencies in the country, and while there are a number of contributing factors, it's clear that years of underinvestment have added to the cost of bringing our system back to a state of good repair," said MBTA General Manager and CEO Phillip Eng. "Timely and appropriate actions are key to mitigating and avoiding more costly and potentially impactful efforts. Know that we are committed to aggressively addressing our immediate needs - like the recent 16-day outage on the Ashmont Branch to perform track work - as we strive to deliver a modernized system to serve future generations."

The MBTA is among the oldest and most complex transit agencies in the United States with some assets that date back more than 50 years. All MBTA assets facilities, vehicles, infrastructure, and more - have varying expected useful lives and all assets eventually require rehabilitation or replacement on a rolling basis. State of Good Repair (SGR) does not indicate the level of safety, but rather is representative of an asset operating at its optimal and expected level of performance. An asset "out of SGR" is more likely to require rehabilitation or replacement.

The CNAI is an exercise that helps the MBTA understand the magnitude of assets needs across the system at a single point in time. The SGR Index is calculated as part of the CNAI and aims to capture the baseline condition and estimated value for all assets that have been identified as out of SGR. While it does not reflect total project costs or the totality of capital investment that may be needed, both the CNAI and SGR Index help the MBTA develop strategies about where to allocate funding resources and make investments toward a modernized transportation network as part of the MBTA's rolling five-year Capital Investment Plan (CIP). In the MBTA's FY24-28 CIP process, State of Good Repair and Safety were the most important prioritization factors, making up half of a project's total weighted score.

The MBTA estimates the current overall SGR Index for assets in need of rehabilitation or replacement to be approximate-ly \$24.5 billion. This estimate includes:

• Facilities: \$6.4 billion (35% of assets)

• Rolling Stock: \$2.4 billion (55% of assets)

• Equipment: \$52 million (28% of assets)

• Structures: \$5.3 billion (22% of assets)

• Signals – CR: \$1.3 billion (80% of assets)

• Signals – Transit: \$753 million (53% of assets)

• Track – CR: \$1.2 billion (9% of assets)

• Track – Transit: \$2.0 billion (89% of assets)

• Power: \$5.1 billion (76% of assets)

This estimated figure is an increase of \$14.5 billion from the last CNAI performed in 2019 and is driven by a number of factors, including:

• a more robust, comprehensive, and data-driven inventory approach that significantly increases the total asset count from approximately 59,000 to nearly 83,700. For example, the MBTA's power asset count significantly increased from 4,959 in the 2019 to 14,514 in 2023 because the previous inventory did not include certain cables, overhead catenary, the South Boston power station, emergency generators, or high voltage yards. A more sophisticated inventory of these assets is now included in the 2023 CNAI;

• significant infrastructure and construction cost increases driven by inflation and supply chain challenges;

• the continued aging of the MBTA's assets faster than they are being replaced due to years of underinvestment; and

• the length of time for capital investments to show improvements and be reflected in the CNAI. Many capital projects underway now are in varying planning, design, and construction phases. The rehabilitation or replacement of those assets will be reflected in future iterations of the CNAI and SGR Index. Additionally, the cutoff for data to be included in this year's CNAI was in 2021 and some major investments since that time were not captured in this iteration of the CNAI.

The MBTA is already addressing many of the needs identified in the CNAI. For example, critical track work on the Red Line's Ashmont Branch and Mattapan Line was successfully completed over the course of a 16-day shuttle bus diversion in late October 2023 in which crews replaced nearly 5,000 feet of rail and 1,174 ties on the Ashmont Branch and nearly 4,700 feet of rail and 1,380 ties on the Mattapan Line, allowing for the removal of all speed restrictions in that area; 83 new bi-level Commuter Rail coach cars are currently underway to replace the existing fleet and increase system capacity; and Positive Train Control (PTC) implementation continues to advance on the Commuter Rail signal system.

Peer transit agencies across the country have launched similar exercises to identify and address their SGR needs.

Understanding the MBTA's SGR needs and the level of investment required to address them is a critical step toward improving the system. The MBTA is currently working to incorporate the findings of the CNAI into the capital project pipeline. The Asset Management and Capital Program Planning Departments are working together to institutionalize the use of condition, criticality, and risk scores to strengthen project development processes and capital investment decision-making. The Asset Management Department also continues to develop the asset inventory and build out additional data complexity to support ongoing analyses of the MBTA's capital needs. Ongoing and sustainable future capital funding sources will also be required to support safe and reliable service.

For more information, visit mbta.com or connect with the T on X (the site formerly known as Twitter) @MBTA and @MBTA_ CR, Facebook /TheMBTA, Instagram @theMBTA, Threads @ thembta, or TikTok @thembta.

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known as juvenile diabetes, that term is no longer truly applicable due to the surging prevalence of type 2 diabetes among children. One primary driver of this is the mounting rates of childhood obesity, which now affects 1 in 5 young people. It's important to note children are at a higher risk of type 2 diabetes if they have a family member with this condition, are overweight, don't get enough physical activity or have prediabetes. Type 2 diabetes in children can lead to an array of health issues in the short- and long-term, including depression, eating disorders, eye damage, heart disease and more. To help young people reduce the risk of developing type 2 diabetes, make

activity a priority throughout the day. Whenever possible, go for a 15-minute walk after meals, as doing so can help the body move sugar from the blood into the muscle cells to help avoid blood sugar spikes.

Diabetes in adults: The number of adults with diabetes has more than doubled during the last two decades. Living with prediabetes, being overweight, not getting enough physical exercise and being over age 45 all put people at greater risk of developing type 2 diabetes. For working-age adults with this condition, it's critical to consistently track blood sugar levels, ideally with a continuous glucose monitor. In fact, a growing number of health plans are starting to cover this type of technology, which uses a sensor, often worn on the abdomen, to continuously read glucose levels and transmit the data to a smartphone. Another important strategy for adults and children is to get a routine comprehensive eye exam, which can help diagnose diabetic retinopathy and help individuals recognize the need to better control their blood glucose levels. Diabetic retinopathy may occur in people with diabetes and causes damage to the blood vessels in the retina, leading to blindness in some cases.

Diabetes in older adults: Nearly 30% of adults 65 and older live with diabetes, which increas-

es the risk for certain cancers and cognitive impairment, such as Alzheimer's disease. Not only that, older adults with diabetes are more likely to develop certain vision issues, such as glaucoma and cataracts, and the condition may contribute to hearing loss by causing nerve damage in the inner ear. Staying active and eating a balanced diet is crucial, including a focus on consuming healthy proteins (chicken, fish or turkey), non-starchy fibrous vegetables (broccoli, green beans or carrots) and a moderate amount of carbohydrates (brown rice, sweet potato or whole-grain breads or pasta). Interval eating may also be a strategy to consider, including waiting at least

an hour after waking up to eat breakfast and avoiding food within three hours of sleep.

For many people, type 2 diabetes is largely preventable with lifestyle modifications, such as a nutritious diet, consistent exercise and maintaining a healthy weight. Understanding your risk factors and staying on top of your health – starting during childhood and as you age – may help you prevent or better manage type 2 diabetes.

Dr. Donna O'Shea is the Chief Medical Officer of Population Health for UnitedHealthcare.

News in Brief

artist-in-residence will host the

Mass Ave Coalition Wreath

Preparation and Celebration on

Friday, Dec 1, at 6 p.m. at 607

Columbus Ave. Lights and bows

will be provided to volunteers to

dress wreaths for 84 light posts

on Massachusetts Avenue. Bring

your sweet tooth and your favor-

ite cookies to share and swap

WINTER CLOTHING **DRIVE UNDERWAY IN** THE FENWAY

The Boston Public Health Commission, in partnership with the Fenway Community Center, is holding a Winter Clothing drive.

The drop-off location is the Fenway Community Center at 1282 Boylston St. (enter off Jersey Street), and drop-off times includes on Mondays and Tuesdays through Dec. 19 from noon to 4 p.m.; on Thursdays from Nov. 30 to Dec. 21 from noon to 7 p.m.; and on Saturdays, including Nov. 18 and from Dec. 2-16 from 10 a.m. to noon.

Please bring your new or clean, gently worn clothing and shoes, and new warn winter clothing is particularly appreciated. New undergarments and socks will also be accepted.

For more information, email hello@fenwaycommunitycenter. org or visit www.fenwaycommunitycenter.org.

SOWA ARTISTS **GUILD'S NOVEMBER** EVENTS CONTINUE

SoWa Artists Guild will open on Black Friday, Nov. 24, from 10 a.m. to 9 p.m., and on Small Business Saturday, Nov. 25, from 10 a.m. to 10 p.m.

Also, SoWa Artists Guild will hold its Sunday, Nov. 26, from 10 a.m. to 7 p.m.

All events will be held at 450 Harrison Ave.

http://sowaartists. Visit com, http://facebook.com/ SoWaArtistsGuild, or https:// www.instagram.com/ sowaartistsguild/ for more information.

STORY TIME WITH LIBRARIAN MARGARET **COMING TO USES**

Story Time with Librarian Margaret will take place on Thursdays, Nov. 30; and Dec. 7,

14, 21, and 28 at 10:30 a.m. at United South End Settlements, located at 48 Rutland St.

The program, which is presented in partnership with USES, welcomes babies to preschoolers and their caregivers to join in for stories, songs, dance, art, and play time (with *arts and crafts to follow for ages 2 years old and up) and is designed to draw children to love books, and to encourage interactive play with each other.

For more information, visit www.bpl.org.

GIBSON HOUSE MUSEUM'S REPEAL DAY CELEBRATION **RETURNS FRIDAY, DEC. 1**

Gibson House Museum at 137 Beacon St. will host its Etiquetteer's 12th annual Repeal Day

Celebration on Friday, Dec. 1, from 6 to 8 p.m.

Eagerly awaited by cognoscenti who love historic preservation, Victoriana, cocktail culture, and Perfect Propriety, and proudly sponsored by Rhode Island Spirits, Etiquetteer Robert B. Dimmick's Repeal Day Celebration returns for a 12th vear to the museum. Any time Kirsten "Miss Kitty" Amann is behind the speakeasy bar is a special event, but 2023 is also the 90th anniversary of prohibition's repeal, so count on an extra-special evening of celebrating.

Admission is \$90 per guest, with all proceeds benefiting the preservation of the Gibson House Museum. Period attire is encouraged. Register at https:// www.thegibsonhouse.org/events.

MASS AVE **COALITION WREATH** PREPARATION, **CELEBRATION. AND** HANGING

Juan Perez, neighborhood

American



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cookies. CSN extends its thanks to Northeastern University for sponsoring the wreath program, as well as to Bob Barney for organizing the program, along with the many volunteers who help get it done. The next day, Saturday, Dec. 2, at 10 a.m. the coalition and volunteers will begin hanging wreaths on Mass Ave light posts. Outdoor teams are needed to assist in the effort, and interested parties can contact Barney via email at robert.l.barney@ gmail.com. Three or four ladder crews will be needed to hang the wreaths will be needed, along with crews comprising one ladder climber and two assistants to carry wreaths to each light pole. In all, 12 volunteers would be needed for four teams. The coalition also now has

one ladder and is looking to add two or three more. (Contact Barney via email if you can help.)

SOUTH END WINTER **POP-UP EVENT SET** FOR DEC. 5 AT SOUTH **END LIBRARY PARK**

A South End Winter Pop-up Event takes place on Tuesday, Dec. 5, from 10 a.m. to 2 p.m. at South End Library Park at 685 Tremont St. Before the year wraps up, visit this library card and free book-giveaway event.

Visit southend@bpl.Org for more information.

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FENWAY'S ANNUAL TREE LIGHTING SET FOR DEC. 6

The Fenway Civic Association, in partnership with Samuels & Associates and the Mayor's Office of Neighborhood Services, will sponsor the Fenway's Annual Tree Lighting on Wednesday, Dec. 6, at 6 p.m. outside the Kelleher Rose Garden in the Back Bay Fens (across from 77 Park Drive).

Join families for a special pre-lighting event at the Fenway Community Center, with arts and crafts activities, as well as a chance to snap photos with Red Sox mascots Wally the Green

Monster, and Tessie. Gather to celebrate outside the Kelleher Rose garden, and enjoy cocoa, cider, refreshments, and music by the Boston Children's Chorus.

Enjoy an illuminated walk with Grooversity to The Station at 6:45 p.m., with free, fresh waffles, installations by Jewish Arts Collaborative and a tree farm and a free community skate at The Rink @ 401 Park from 7 to 9 p.m.

For information, visit https:// www.eventbrite.com/.../fenway-tree-lighting-2023.

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The Independent Newspaper

Metropolitan Beaches Comm. holds first meeting in-person since shutdown

Special to the Sun

For the first time since the COVID-19 shutdown, the Metropolitan Beaches Commission gathered on Beacon Hill on October 31 for an in-person hearing on the state of the region's beaches. This was also the first opportunity for the Commission to hear from recently appointed DCR Commissioner Brian Arrigo on his priorities and vision for the agency. The Metropolitan Beaches Commission is managed by Save the Harbor/Save the Bay and is responsible for making recommendations on the maintenance, improvement and accessibility of the region's public beaches from Nahant to Nantasket.

Over 100 people attended the hearing in person or over Teams as DCR Commissioner Brian Arrigo testified to the agency's efforts to address recommendations from the MBC's Breaking Barriers report, including steps towards equity and diversity-focused hiring practices and improvements to ADA-accessibility. Commissioner Arrigo also committed to adding more multilingual signage to the region's beaches before the 2024 beach season.

"We are really proud of all the work that has brought us to this point today," said Commission Co-Chair Senator Brendan Crighton. "Our collective work to break down with a particular focus on racial equity and language equity has identified concrete action steps to help address very complex long-standing issues that impact our beaches and communities."

"DCR's public beaches belong

Metropolitan Beaches Commissioners Robinson, Representative Jessica Gian Representative Joan Meschino, Assista to everyone, and all of our residents should be able to safely access and enjoy them," said DCR Commissioner Brian Arrigo. "We are committed to working with the Commission and Save the Harbor/Save the Bay to ensure our metropolitan region's public beaches are welcoming places for everyone regardless of race, ability, language or income."

The MBC and Commissioner Arrigo also discussed potential for improving the flagging protocols on our region's beaches to communicate to the public more clearly on the infrequent days when water quality may be potentially unsafe for swimming, usually following a heavy rainfall. While Massachusetts continues to boast some of the country's cleanest urban beaches, stormwater runoff can impact that quality. Director of Green Infrastructure for the City of Boston Kate England addressed the increased impacts of stormwater due to climate change and the potential to mitigate those

impacts through strategic green infrastructure improvements, teeing up the Commission's next efforts to address climate resiliency and sea level rise along our coast.

"The beaches are absolutely a critical open space and natural resource for the Commonwealth and need ongoing improvements." said Co-Chair Rep. Adrian Madaro. "We have had great success working in partnership with DCR to upgrade our public beaches and are looking forward to continuing our collaboration so all families can enjoy them no matter what part of the world they come from."

The Commission also heard testimony from members of the public who spoke to the success of the Better Beaches Program, which brough over 200 free public and diverse cultural events to the beaches this past summer, and also addressed community specific concerns about water quality in Lynn and Dorchester that the Commission will continue to try and address.

"It's terrific to have a Commissioner that shares our goals and values when it comes to making our spectacular urban beaches accessible to everyone," said Save the Harbor Executive Director Chris Mancini. "We're looking forward to supporting and collaborating with our partners at DCR to continue breaking barriers for people of color, people with disabilities and those who don't speak English as a first language. And to see if we can't do something about rising seas while we're at it."

Next steps for the MBC are to keep partnering with DCR to address the infrastructure and equity priorities discussed at the hearing, and to host a series of community charrettes in beachfront neighborhoods on strategies for dealing with rising seas and other effects of climate change.

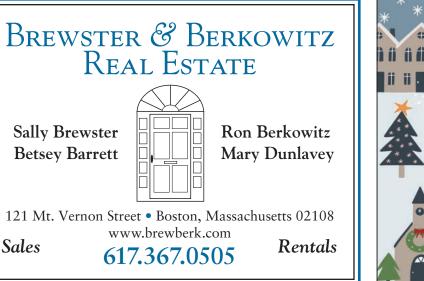
For more information and to connect with the MBC, visit www.savetheharbor.org/mbc.

Events

Saturday, December 2nd

Maker Pop-up Cider, Cocoa + Gift Wrapping Services 1365 Washington Street + 671 Tremont Street

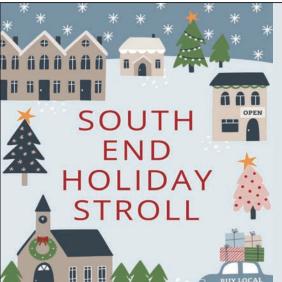
Cathedral Tours, Organ Music, Petting Zoo + Santa Claus Cathedral of the Holy Cross

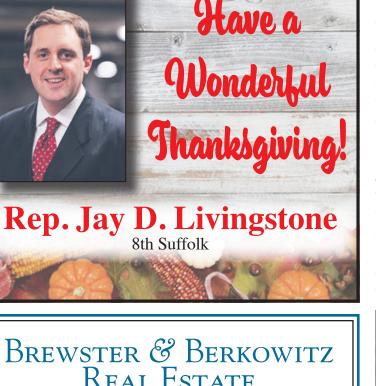




Metropolitan Beaches Commissioners left to right: Representative Tackey Chan, Kerin O'Toole, Mercy Robinson, Representative Jessica Giannino, Senator Brendan Crighton, Representative Adrian Madaro, Representative Joan Meschino, Assistant Deputy Commissioner Susan Hamilton.







BEACON HILL VILLAGE VISITS THE ICON MUSEUM AND STUDY CENTER



Courtesy Photos Beacon Hill Village members with members from the Back Bay and the South End are shown recently visiting the Russian Icon Museum in Clinton, Massachusetts.





BOOK CLUB SET TO MEET DEC. 12 AT FOMU

The Scoop: Book Club -the South End Branch of the Boston Public Library's new book club – will meet on Dec. 12 from 2 to 3 p.m. at FoMu Ice Cream at 655 Tremont St. (Purchases are encouraged but not required.)

November's book is "The Night Watchman" by Louise Erdrich, and December's book will be "Five Tuesdays in Winter" by Lily King. Pick up a copy of November's book every Thursday in October at United South End Settlements or for December's book, every Thursday morning in November at USES, or send an email to schedule a pickup appointment. The eBook is also available on Hoopla Digital (with no waitlist).

To register, email southend@ bpl.org.

GIBSON HOUSE MUSEUM'S ANNUAL OPEN HOUSE SET FOR SUNDAY, DEC. 17

Gibson House Museum at 137 Beacon St. will offer its annual Holiday Open House on Sunday, Dec. 17, from 1 to 4 p.m.

Come see the Gibson House decorated in all its finery, and experience 19th-century Christmas. Light seasonal refreshments will be served, and select rooms will be open for viewing. The event is free to attend, and no reservation is necessary.

BPL SEEKING FEEDBACK ON SOUTH END BRANCH DESIGN

The Boston Public Library needs your input on the South End Branch Library design process.

What would you like to see in a new building? Provide your

PLEASE RECYCLE

THIS NEWSPAPER

branch improvement feedback by visiting bpl.org/south-endproject/ or email the Boston Public Library's Director of Neighborhood Services Priscilla Foley at pfoley@bpl.org.

News in Brief

YOUNG FRIENDS WINTER PARTY SET FOR FRIDAY, DEC. 8 AT 8 PARK ST.

The Young Friends of the Public Garden will hold its Young Friends Winter Party on Friday, Dec. 8, from 6:30 to 9 p.m.at 8 Park St., fifth floor.

Enjoy drinks and light hors d'oeuvres overlooking the holiday lights in the #threeparks. Gather with friends, meet new ones, and spread festive cheer at this annual celebration benefiting our continued care and maintenance of the Boston Common, Public Garden, and Commonwealth Avenue Mall.

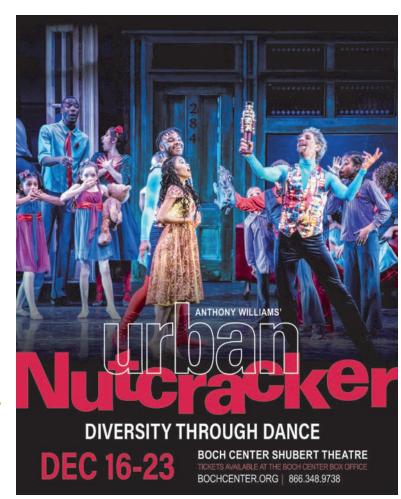
It's holiday time, so come dressed to dazzle; no sneakers,

jeans, or athletic attire will be permitted inside the venue.

Ticket cost \$95 each and include two drink tickets and passed hors d'oeuvres. VIP tickets include four drink tickets, passed hors d'oeuvres, and two raffle tickets.

Continued from Page 5

Visit https://friendsofthepublicgarden.org/2023/11/07/winter-party/ to purchase tickets and for more information on the event.



PAGE 8

THE ADVENT SCHOOL FALL BENEFIT

The Advent School held its Fall Benefit 2023, "Dancing through the Decades," on November 3 at Boston Public Market. Guests dressed as flappers, hip hoppers, and go-go dancers enjoyed the various food stations and bar while participating in a silent auction. The Fuller & Friends Band provided musical entertainment, and Laurel Greenfield offered a live painting demonstration.



Parents Aimee and Steven Nezhad, Nicole Werther, Fred Copper, and Airley Fish.



Sam Jonas, third-grade teacher, and Riley Williams.



Adam Bottis, Amy Hayde, and Jaz Nettrour, 1st grade teacher.



Director of Development Washawn Jones and her husband, Julias Jones.



Parents Lisa Salerno, Deidre Collins, and Emilie Fitch.



Cassie Pagnam, 6th grade teacher, Carlyn Simons, fifth-grade teacher, Taegan X. Williams, 5th grade teacher, and Chloe Kimberlin, 6th grade teacher.



Parents Derek Brine, Ashish Shrestha, and Jon Lee,





Head of School Nicole DuFauchard greeting parents during The Advent School Fall Benefit at Boston Public Market on November 3.

Molly McDermott, first-grade teacher, and Anthony Bacigalupo.

EBNHC launches new behavioral health urgent care service

Special to the Sun

East Boston Neighborhood Health Center (EBNHC), the largest community-based primary care health system in Massachusetts, gathered with city, state and community leaders last week, to officially announce the opening of its new Behavioral Health Urgent Care Service (BHUCS). Part of the EBNHC's integrated behavioral health program, the BHUCS provides same-day and urgent mental health services for children, adolescents, and adults, in East Boston and surrounding communities, transforming how community members -- predominantly low-income immigrants -- can access the high-quality behavioral health services they need and deserve.

"Timely access to high-qual-

ity behavioral health services is a common challenge across the Commonwealth, especially for vulnerable families. I'm proud to say that EBNHC's Behavioral Health Urgent Care Service addresses this growing need head on," said EBNHC President and CEO, Greg Wilmot. "Our industry must offer innovative ways to close long-standing gaps in care. This expansion of our behavioral



From left to right: EBNHC's Chief Behavioral Health Officer Michael Mancusi, LICSW; Behavioral Health Medical Director Dr. Laura Petrillo; and Behavioral Health Urgent Care Administrative Director Nicholas Smietniansky pose with members of the BHUCS care team inside the new site at East Boston Neighborhood Health Center.



Leaders gathered on November 9th at the Taylor Building at 10 Gove Street to celebrate the opening of the new BHUCS site. Featured from left to right: EBNHC Chief Medical Officer Dr. Jackie Fantes, EBNHC CEO and President Greg Wilmot, Boston EMS Medical Director Dr. Sophia Dyer, MD, FACEP, FAEMS Chief of Department of Boston EMS James Hooley, State Rep. Adrian Madaro.

health program is a monumental step in the right direction as we strive to achieve health equity for our patients and neighbors."

The new service is innovative and different from other behavioral health urgent care options across the state as it is co-located with the state's only community-based satellite emergency facility, operated by EBNHC. Additionally, the service is fully integrated within the health center and EBNHC's larger behavioral health and recovery services program. This unparalleled care

(EBNHC Pg. 10)

FRESH & LOCAL Favorite kitchen tools

By Penny & Ed Cherubino

Some items we'll write about today may differ from what you think of as kitchen tools. However, if you watched Penny cook and looked at the equipment that is given counter space in our tiny kitchen, you might decide to add one or more of these to your holiday gift list for yourself or a favorite cook.

Voice Activated Assistant

Amazon's Alexa, Google Assistant, and Apple's Siri are examples of currently available voice-activated assistants. We use ours for a shopping list. When we see an item running low, we add it to our list. If it's not an urgent need, we might add the word "backup!" Penny checks this list every day before her morning walk.

When she's in the kitchen, Penny has her assistant play food podcasts. Create a cooking playlist if you prefer music to information. Ed opts for news when it's his kitchen time.

If your assistant has a screen like an Echo Show or tablet, you can have it display a recipe. You can ask for help converting measurements, finding substitutions for ingredients, or adding timers or reminders for the foods you're cooking.

Blue Tape and a Sharpie

Other people call it "Blue Painter's Tape," but since we use it to keep track of food, we call it "Cook's Tape." If we open a carton of stock or a jar of roasted peppers, the date is added with a strip of blue tape before we pop the item into the fridge. When we freeze meals or ingredients, they wear a blue tape label.

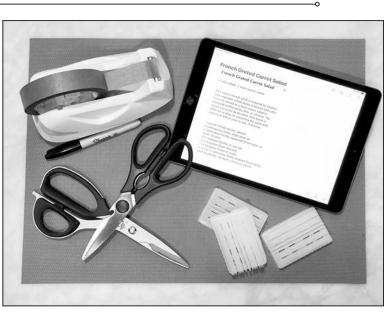
We also use it to tape a plastic bag over the switches on a food processor or meat grinder when using them. It's easy to operate the controls (even with messy hands) through a thin bag, and it keeps food out of the electronic connections and makes the appliance much easier to clean. A piece of blue tape on the refrigerator door means there is something in there that should go out with the trash. On a bowl of tomatoes, it indicates which side to use first.

Scissors and Magnets

We have two pairs of kitchen scissors. One is a heavy-duty option for cutting through bones for a task like spatchcocking a chicken. The other is a sturdy but lightweight pair used so often that they reside in the dishrack. We use these to snip herbs or scallions or cut leftovers to top a salad without using a cutting board.

In addition to a magnetic knife rack to keep our knives safe and sharp, we use stick-on magnets to keep a can opener, box cutter, and tiny dustpan and brush handy on the side of the refrigerator.

Magnetic frames keep prints of Wendy MacNaughton chart illustrations from the book Salt, Fat, Acid, Heat on the front of



You may think of these items as something other than kitchen tools, but we use them daily!

our freezer for quick reference.

Surgeon's Brushes

Years ago, we discovered surgeon's brushes and soon found many uses for them in the kitchen. We use them to clean our hands and nails before and after food prep. We buy ours from Lee Valley, where they are called "The World's Kindest Nail Brush" and cost about \$15 a dozen.

These gentle alternatives to rough scrub brushes also serve

for cleaning mushrooms and root vegetables and even for gently removing stains on aprons or dish towels.

You may already have some of these items and use them as we do. If not, consider a few stocking stuffers or a useful upgrade to your kitchen tools.

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



Featured from left to right: EBNHC Chief Medical Officer Dr. Jackie Fantes, EBNHC Board of Directors Chair Rita Sorrento, Behavioral Health Medical Director Dr. Laura Petrillo, State Rep. Adrian Madaro, Chief of Department of Boston EMS James Hooley, EBNHC CEO and President Greg Wilmot, EBNHC Chief Operating Officer Dr. Ryan Boxill, PhD, MBA, and EBNHC Chief Behavioral Health Officer Michael Mancusi, LICSW.

EBNHC (from pg. 9)

model allows patients in the community to be connected to a wide range of care services, seamlessly and immediately moving from the BHUCS to emergency medical care, primary care, additional behavioral health care, and other health and wellness programs available through the Center.

Addressing health equity gaps, like disparities in access to behavioral health care for Black and Latinx communities, has long been a focus for EBNHC which was recently recognized by the Department of Health and Human Service's Health Resources & Services Administration (HRSA) as a 2023 National Quality Leader and one of the nation's leading health centers in reducing health disparities.

To help put patients at ease, the new BHUCS suite features state-of-the-art behavioral health care design. A calming space, intentionally constructed to be safe and aesthetically pleasing for those struggling with a mental health or substance use



EBNHC Chief Operating Officer Dr. Ryan Boxill, PhD, MBA, addresses the crowd alongside EBNHC Chief Behavioral Health Afficere Michael BARDOCSi, Browies access to immediate crisis evaluation, next-step planning, and support for all patients ages six and above. The BHUCS currently welcomes walk-ins five days a week and will move to seven-day

a week access in early 2024.

"We are in the midst of a behavioral health crisis that requires new ideas, more resources, and a strong investment to meet this demand," said EBNHC Executive Vice President and COO,

LEGAL NOTICE

Notice of Self Storage Sale

Please take notice Prime

Southampton St., Boston,

MA 02118 intends to hold

goods stored by the follow-

ing tenants at the storage

facility. The sale will occur

as an online auction via

www.storagetreasures.

com on 12/13/2023 at

12:00PM. Unless stated

an auction to sell the

Storage - Boston South

End located at 100

Ryan Boxill, PhD, MBA. "Since our soft-opening last month, we've already seen great demand for this service that will be especially vital for low-income and non-English speaking patients. Our highly trained, diverse, multi-disciplinary behavioral health team members are eager to welcome many first-time patients and are equipped to offer care in their native language."

Thanks to earmarked state funding advocated for by Massachusetts State Rep. Adrian Madaro, EBNHC has hired more than 20 diverse new staff, experienced in providing behavioral health care to adults, adolescents, and youth.

"Behavioral health care providers are still seeing the effects of the COVID-19 pandemic, which, for many children was a two-year hiatus from achieving key developmental, academic and social milestones," said Michael Mancusi, MSW, LICSW, EBNHC Vice President and Chief Behavioral Health Officer. "This has had a deleterious effect on the mental health of our young people, and we realized a better model was needed to address community behavioral health — one with an immediately accessible entry point and a range of care to match our patients' needs. That is why we created the BHUCS -- to provide an urgent response to an urgent health care crisis."

Patients can now access the following services at the BHUCS, Monday-Friday, 9:30 a.m. -6:00 p.m. (weekend hours will be available in 2024):

• Same-day clinical triage, crisis evaluation, next step planning and support

• On-site medical evaluation and necessary laboratory tests

• Psychopharmacology evaluation and medication prescription

· Crisis response and stabilization

• Care navigation and care coordination

• Enrollment in EBNHC primary care, based on availability

EBNHC has also expanded mind/body offerings for patients. such as reiki, trauma-informed yoga, community peace circles and other community interventions to meet interest in non-traditional, indigenous, and culturally relevant healing methods.

LEGAL NOTICES

otherwise the description of the contents are household goods and furnishings. Vera Imasuen unit #2040; John McGill unit #3017; Johnny Torres unit #3093; Melissa Daddario unit #3107; Larry Banks unit #3111; Junior Mota unit #3118; Bob Paret unit #3209; Alexander Garcia unit #3250; Shannell Tindall unit #3323; Lisa Henry unit #4190; Dennis Arthur Harleston unit Notice of Self Storage Sale #4306: Jose Ortiz unit

#4307; Keon Hinson unit Please take notice Prime #4311; Sarai Berrios unit Storage - Boston Traveler #4316. All property is St. located at 33 Traveler being stored at the above St., Boston, MA 02118 self-storage facility. This intends to hold an auction sale may be withdrawn at to sell the goods stored by the following tenants any time without notice. at the storage facility. Certain terms and conditions apply. See manager for details. 11/21/23, 11/30/23 BS

The sale will occur as an online auction via www. storagetreasures.com on 12/13/2023 at 12:00PM. Unless stated otherwise **LEGAL NOTICE**

the description of the contents are household goods and furnishinas. Barbara

Whitlock unit #248: Jackie Jaeger unit #419; Willie Barrett unit #532; Talton Payne unit #652. All prop erty is being stored at the above self-storage facility. This sale may be withdrawn at any time without notice. Certain terms and conditions apply. See manager for details. 11/21/23, 11/30/23







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Real Estate Transfers

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855 Boylston St

BUYER 1 BACK BAY

236 Beacon Street 5b LLC Wang, Mark Y 855 Boylston Inc 855 Boylston Inc Bray, Collin Cox, Cynthia B 855 Boylston Inc 323 Comm Avenue LLC Bali, Vishrut Jennifer L Hornor T

BEACON HILL

Bennett Ft 20 Meadowbrook Road Nt 73 Cobblestone Road LLC Bonugli, Kareem 49 Revere St LLC Mercer, Ronald W **Gimme Shelter Rt** Hoover, Matthew Hovath, Max

BAY VILLAGE/SOUTH END/KENMORE

Ceceli, Arhan **Bpp Invs Property LLC** Loi, Christopher Kalantzakos, Nicholas 22b Clarendon LLC Herman, Gerald N Hammudeh, Tarek Pedevillano, Paul Scott, Phillip P Fan Yang T David J Arsenault RET Ajar Springfield LLC Lebron Prop Holdings LLC

WATERFRONT/DOWNTOWN

imi And Lili LLC Gomez-Casero, Javier R Hasselgren, Per-Olof J Camara, Joshua Moors End T **Ross And Goodman RET** Victor L Calloway RET Belvedere 5e Rt Gateway Longwood Inc Gateway Longwood Inc Qiu, Lipina **Gibson Serena Est** Gateway Longwood Inc Boyko RET **Boyko RET** Boyko RET Boyko RET Boyko RET Boyko RET Boyko RET **Boyko RET Boyko RET** Boyko RET

SELLER 1

Phillips Jr, Earl W Kevin P J Mcginty T

Leathers, David G Haseotes, Vasilios Mark R Briggs RET Rockett, Linda K **49 Revere Street Nt** Farahvash, Benyamin Hoover, Matthew R Dellarocca, Kimberly Bookwalter, William

Lian, Chunmei

Ongoren, Ferat

903 Beacon LLC

Ckg Columbus LLC

Ckg Columbus LLC

C&p Rt

Urrea, Jose O

Al-Shair, Talal

Levey, Daniel L

Sicilian, Joseph

Rohrer, Bonnie

Melrose, Craig

Pavone Re Holdings LLC

Dodd, Gina

Fpg Lagrange Owner One L Boston 1927 Owner LLC Rosenzweig, Michael Matlab Investments Corp **30 Concord Mainsail LLC**

> 2 Avery St #23C 109-119 Beach St #3C 80 Broad St #1002 57 Fulton St #7 70 Lincoln St #L516 300 Pier 4 Blvd #4A

\$775,000 \$1,400,000 100 Belvidere St #5E \$99,500,000 857-863 Boylston St \$99,500,000 220 Commonwealth Ave #1&2 \$2,000,000 135 Marlborouah St #3 \$900,000 \$99,500,000 323 Commonwealth Ave #1 \$5,500,000 323 Commonwealth Ave #10 \$5,500,000 323 Commonwealth Ave #2 \$5,500,000 323 Commonwealth Ave #3 \$5,500,000 323 Commonwealth Ave #4 \$5,500,000 \$5,500,000 323 Commonwealth Ave #5 \$5,500,000 323 Commonwealth Ave #6 323 Commonwealth Ave #7 \$5,500,000 323 Commonwealth Ave #8 \$5,500,000 323 Commonwealth Ave #9 \$5,500,000 349 Commonwealth Ave #1B \$940,000 \$2,108,000 \$500,000

70 Brimmer St #120 70 Brimmer St #212 73 Mount Vernon St #4PH 80 Mount Vernon St #12 49 Revere St #5 191 Saint Botolph St #2 32 Traveler St #506 32 Traveler St #710 8 W Hill Pl #3

17 Gloucester St #6

55 Lagrange St #1002 50 Park Plz #50 110 Stuart St #231 400 Stuart St #16L 400 Stuart St #22B 505 Tremont St #414 903 Beacon St #3 234 Causeway St #1205 566 Columbus Ave #102 566 Columbus Ave #611 30 Concord Sq #2 11 E Springfield St 3421 Washington St

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\$925,000 \$319,000,000 \$625,000 \$865,000 \$2,300,000 \$4,000,000 \$1,694,000 \$1,325,000 \$1,675,000 \$3,250,000 \$2,750,000

\$3,325,000 \$777,000 \$1,170,000 \$820,000 \$725,000 \$2,347,500

\$2,710,000

\$660,000

THIS WEEK'S ANSWER

Attention to Detail



The roofline and plaque in the last clue are on "The Fenmore" at 1109 Boylston Street. It was designed by architect Harry Tilden and built in 1914. Boston Archives and Records Management published an article noting that "... by 1920, urban women in the professions were instead attracted to a newer option known as the apartment hotel." The Fenmore was one of those.

You'll find the next clue in the South End.

Do you have a favorite building or detail you would like featured? Send an email to Penny@BostonZest.com with your suggestion.

THIS WEEK'S CLUE



PROPERTY SPOTLIGHT!

134 BEACON STREET, RESIDENCE 101

3 Bedrooms | 3 Full Bathrooms | 2,815 Square Feet *Listed At \$5,650,000*



400 STUART STREET, RESIDENCE 17K

ONE BEDROOM | ONE FULL BATHROOM | 850 SQUARE FEET LISTED AT \$1,300,000





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