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Opening of 140 Clarendon brings more affordable housing to Back Bay

By Dan Murphy

A new chapter for affordable housing in the Back Bay began last Thursday, March 7, with the grand opening of 140 Clarendon – a redevelopment project at the historic Young Women's Christian Association (YWCA) building at the intersection of Clarendon and Stuart streets.

The project – a partnership between Beacon Communities and the Mount Vernon Company – will create 210 affordable apartments, which include 111 supportive housing apartments designated for people exiting homelessness provided by The Pine Street Inn.

“Making sure residents have a safe, stable place to live is critical in our efforts to ensure Boston is a safe, strong, and resilient city for everyone,” said Mayor Michelle Wu during the official

ribbon-cutting event. “The 140 Clarendon community shows how public, private, and non-profit partners can work together to strengthen our neighborhoods to be a home for everyone.”

Sheila Dillon, the city's Chief of Housing, added: “The developers, working closely with the Back Bay community have come together to imagine and create a very special development, one that will serve Boston residents for decades to come,” said Chief of Housing Sheila Dillon. “The Mayor's Office of Housing was honored to invest in this affordable housing project, which will provide over 200 households with an affordable home, including 111 for individuals who were formerly homeless. In addition to the affordable homes, the development team was able to retain the existing theater, business-

(140 CLARENDON, Pg. 6)



MAYOR'S OFFICE PHOTO BY MIKE MEJIA.

Mayor Michelle Wu was on hand Thursday, March 7, for the grand opening of 140 Clarendon.

Callahan named new Regional Site Administrator at Historic New England

Special to Sun

Barbara Callahan has been named Historic New England's new Regional Site Administrator for the Metro Boston area.

Callahan now serves as Historic New England's liaison to Metro Boston communities and oversees all public activities involving nine Historic New England historic sites. As the Regional Site Administrator, she



COURTESY OF HISTORIC NEW ENGLAND
Barbara Callahan, Historic New England's new Regional Site Administrator for the Metro Boston area.

will play a key role in the redevelopment of Otis House, with the goal of reimagining the site for

(CALLAHAN Pg. 2)

Proposed Stanhope Hotel plans to add another floor while maintaining same height

By Dan Murphy

The project team behind the proposed Stanhope Hotel in the Back Bay intends to add an additional floor, taking it from 22 to 23 levels – an alteration they said would have no impact on the building's exterior envelope, including its height.

HN Gorin, the Boston family-owned real estate company which has owned the project site for around 40 years, together with Masterworks Development Co., LLC, which developed the

Club Quarters hotel group, had originally proposed the redevelopment of the building at 39 Stanhope St., formerly home to the Red Lantern restaurant, into a 22-story hotel, with 300 guest rooms. The BPDA board approved that project on July 13 of last year.

Per the proposed project change, the ceiling height for the building's fourth through 22nd floors would each be lowered to 10 feet, 6 inches from the previously proposed height of 11 feet to allow for the creation of the

23rd story, said Harry Wheeler, a principal with the Boston architectural firm, Group One Partners.

The additional floor would allow for the creation of a new employee breakroom, as well as additional restaurant storage space, said Wheeler during a joint Impact Advisory Group (IAG) and public meeting sponsored virtually by the Boston Planning & Development Agency on Monday, March 5, to review the recently filed Notice

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EDITORIAL

THE VERDICT IS IN: WE ARE EATING OURSELVES TO DEATH

Most Americans by now are aware that we are among the most overweight people on earth: 40 percent of us are obese and another 32 percent are overweight, which means that a total of 72 percent of Americans -- that's almost 3 of every 4 among us -- have an unhealthy body weight.

That's bad enough, but scientists say that if current trends continue, by 2030 that number will increase to 80%, so in a few more years, about 4 out of 5 Americans will range from overweight to obese.

Although the new weight loss drugs -- which originally were formulated to combat diabetes (Ozempic/Wegovy by Novo Nordisk and Mounjaro/Zepbound by Eli Lilly) and then were shown to have the "side effect" of bringing about substantial weight-loss in those who take the drugs -- hold the promise of solving our national excess weight problem, a host of hurdles stands in the way of helping every American who might benefit from them.

The high cost of those drugs (which presently are not covered by health insurance companies for weight loss), the potential for side-effects (they clearly are not for everyone), and the fact that they have to be taken for life, may leave many Americans who struggle with their weight on their own without the benefit of these medications.

But there may be another solution. A recent study has concluded that the true culprit for our obesity epidemic may lie in the kind of food we eat -- the so-called ultra-processed foods.

It is estimated that 70% of the food supply in the U.S. consists of ultra-processed foods. Two-thirds of the calories children consume in the US are ultra-processed, while about 60% of adult diets come from ultra-processed foods.

What constitutes an ultra-processed food is not always easy to figure out. There's a wide range of food items between fresh fruits and vegetables (which are not processed at all) and, say, Twinkies, which perhaps are emblematic of the ultimate ultra-processed "food." On the other hand, a shorthand way to think about ultra-processed foods is whether they are found in nature: Twinkies don't grow on trees.

According to the authors of a recent meta-analysis (they examined 45 studies involving almost 10 million human subjects), eating high intakes of ultra-processed foods substantially raises the risk of developing dozens of diseases and health conditions that are related to excess weight, with diabetes, heart disease, and cancer being chief among them.

That's because what goes into an ultra-processed food product is not real "food" at all. If you look at the ingredients on the label of a typical packaged-food product, they consist of chemically-manipulated ingredients such as modified starches, sugars, oils, fats, and protein isolates, with little if any whole food added,

But it is not just our physical health that is at risk from diets high in ultra-processed foods. Many of these fake foods, which are loaded with sugar, sodium, and are low in fiber and high in fat, also are thought to have negative effects upon our mental health, including anxiety, sleep disorders, and depression.

Moreover, given the addictive nature of these foods (the sugar rush to the brain and the lack of fiber that leaves you never feeling full), they create a feedback loop (no pun intended), so that the more we eat of these products, the more we want to eat.

Convenience is the driving force behind the ever-increasing use of ultra-processed foods by Americans. Frozen pizzas and dinners are a quick-and-easy meal solution for harried parents. Fast-food restaurants, with their triple-bacon cheeseburgers, chicken nuggets, fries, and super-size soft drinks, are everywhere.

By contrast, it should be noted that local restaurants typically do NOT serve the ultra-processed foods of the fast-food chains and that frozen meals prepared in-house in local grocery stores do not rely heavily on ultra-processed products.

For example, the list of ingredients for french fries at one famous national restaurant chain is this: Potatoes, Vegetable Oil (canola Oil, Corn Oil, Soybean Oil, Hydrogenated Soybean Oil, Natural Beef Flavor [wheat And Milk Derivatives]*), Dextrose, Sodium Acid Pyrophosphate (maintain Color), Salt. *natural Beef Flavor Contains Hydrolyzed Wheat And Hydrolyzed Milk As Starting Ingredients.

(Yuk! After reading that list of ingredients, who would want to put that in their body?)

On the other hand, if you order a baked potato with your dinner at a local restaurant, you get the whole potato and nothing but the potato.

We realize that eating fewer ultra-processed foods is easier said than done. On the other hand, some of the solutions to avoiding ultra-processed foods are quite straightforward: Buy real food and cook it at home; read and compare product labels and try to choose less processed alternatives (for example, swap flavored-yogurt for plain yogurt with added fruit); add fresh, frozen, or canned fruits, vegetables, beans, and legumes to your diet; avoid sugar-sweetened beverages that have no nutritional value and instead drink water; and, when eating out, go to local restaurants instead of fast-food chains.

If we can significantly reduce ultra-processed foods from our diets, we can go a long way to solving the national epidemic of obesity that literally is killing us.

Boston Athenaeum showcases 19th-century abolitionist impact

Special to the Sun

The Boston Athenaeum has launched its newest exhibition, 'Framing Freedom: The Harriet Hayden Albums.'

This innovative exhibition brings together rarely seen works and examines Black abolitionists' public identities, private lives, visual and material culture, and social activism through the perspective of a Black woman's photograph albums from the mid-1800s.

The narrative core of the exhibition centers on two photograph albums once owned by anti-slavery activist Harriet Bell Hayden. Together, the albums contain 87 cartes-de-visite. The 2½ x 3½-inch portrait photographs portray many of Boston's most prominent Black abolitionist figures -- including suffragist Virginia Hewlett Douglass, lawyer Robert Morris, educator Elizabeth N. "Lizzie" Smith, and Dr. John V. DeGrasse -- and include rare examples by makers like the Black landscape painter Edward Mitchell Bannister.

These albums document the personal world of Harriet Hayden --social, political, and religious networks of Black Bostonians and their white allies engaged in the abolitionist movement in Civil War-era Boston. While her husband, Lewis Hayden, is better known for his public activism, these works encourage us to recognize the

home-based activism and movement contributions of Harriet Hayden.

This special exhibition is co-curated by Makeda Best, PhD, Deputy Director of Curatorial Affairs at the Oakland Museum of California, a specialist in nineteenth-century photography, race, and gender, and Virginia Reynolds Badgett, PhD, former Assistant Curator at the Boston Athenaeum and scholar of American art and material culture.

The exhibition premieres on March 20, 2024.

"The Harriet Hayden Albums exhibition draws much-needed attention to Harriet Hayden's role in Boston's abolitionist movement, centering the Hayden home as a crucial site for the formation and execution of a societal crusade to which they devoted their lives," says Makeda Best. "By integrating Harriet's cartes-de-visite with objects from the nineteenth-century anti-slavery movement in Boston, the exhibition offers a new contextual lens through which one can view the significance of the Haydens' extensive social network and their historic home on Beacon Hill -- located blocks from the Boston Athenaeum -- to understand better their influence in the social justice movements of their day."

In 1844, Harriet Bell Hayden, her husband Lewis Hayden, and

(BOSTON ATHENAEUM Pg. 3)

CALLAHAN (from pg. 1)

enhanced visitor experience and use as well as serving as a gateway to the neighborhood and all that Historic New England has to offer.

"I am thrilled to continue centering contemporary audiences and underrepresented histories through this new role. That I also have the opportunity to participate in the plans for the redevelopment of the Otis House is my absolute pleasure," said Callahan in a press release.

Callahan directs programming, interpretation, and community engagement for Otis House in Boston, the Lyman

Estate in Waltham, and Browne House in Watertown, and supports two site managers who are responsible for five other historic house museums in the Metro Boston region.

Prior to joining Historic New England, Callahan worked at a number of area nonprofit organizations including Beacon Hill Village, Gibson House, Fitchburg Art Museum, and Nichols House. Callahan holds a M.A. in Museums Education from Tufts University, and a B.A. in Sociology, Anthropology from University of North Florida.

BOSTON ATHENAEUM (from pg. 2)

their son, Joseph, escaped slavery in Lexington, Ky. By 1849, they settled on the north slope of Boston's Beacon Hill neighborhood,

where Lewis opened a clothing store on Cambridge Street. It became the second largest establishment in Boston to be owned by a Black man. Their home at 66 Phillips St. served as a special place of

refuge during the height of activity on the Underground Railroad, helping hundreds of self-emancipated sojourners on their journey to freedom in the wake of the Fugitive Slave Act of 1850.

In the early 1860s, Harriet received two cartes-de-visite photograph albums as gifts from fellow Boston anti-slavery activists Robert Morris and Dr. Samuel Birmingham. Harriet Hayden's carte-de-visite albums offer a unique window into a close-knit and well-organized Black activist community and present an

opportunity to re-evaluate conventional understandings of the domestic sphere and Boston's broader abolitionist presence.

"The legacy of Harriet Hayden deserves to be better known. The albums provide insight into an underrecognized history, revealing the interconnectedness of individuals' identities in a crucial moment in

American history," said John Buchtel, the Boston Athenaeum's Curator of Rare Books and Head of Special Collections. "The Boston Athenaeum's Harriet Hayden Albums exhibition tells a fuller story of our national and regional abolitionist history, and how Boston's past and present are linked."

Additional features of the exhibition connect Harriet Hayden's carte-de-visite albums to a societal and historic narrative arc that transports the viewer from the Beacon Hill neighborhood into both the public sphere and the Hayden home. Artifacts include photographs, prints, illustrated rare books, broadsides and ephemera, American paintings, decorative arts, and personal objects associated with key individuals and the exhibition's themes of race, gender, representation, and community.

The exhibition reflects several years of ongoing work to conserve, digitize, and research the Harriet Hayden albums and bring them to a broader understanding of the importance of social networks and

anti-slavery activism.

"I am deeply proud of the The Harriet Hayden Albums exhibition," said Leah Rosovsky, Stanford Calderwood Director at the Boston Athenaeum. "It builds on several past exhibitions that have explored how Boston's Black community is connected to politics and culture. Harriet Hayden's story, and the stories of all those in <https://mail.google.com/mail/u/0/#search/athenaeum+event> this exhibition, are important additions to a full understanding of Boston's rich history."

"Framing Freedom: The Harriet Hayden Albums" is generously supported by the Terra Foundation for American Art, Cabot Family Charitable Trust, Gladys Krieble Delmas Foundation, Mass Humanities, and Mass Cultural Council.

SEND US YOUR NEWS

The Sun encourages residents to submit engagement, wedding and birth announcements, news releases, business and education briefs, sports stories and photos for publication. Items should be e-mailed to deb@thebostonsun.com.

MUÑOZ NAMED TO NETWORK OF ARTS ADMINISTRATORS OF COLOR

Cultural industry worker Alfred Muñoz of the Back Bay was recently named a member of the 2024 learning cohort of the Network of Arts Administrators of Color in Boston (known as NAAC/Boston). Muñoz is director of marketing for the Boston Gay Men's Chorus.

'LIVE CLEAN & GREEN' ENVIRONMENTAL EVENT SET FOR APRIL 9 AT ELLIS EARLY LEARNING CENTER

The Ellis neighborhood is sponsoring a significant, environmental-focused event called 'Live Clean & Green' on Tuesday, April 9, from 6:30 to 8 p.m. at the Ellis Early Learning Center at 66 Berkeley St.

At this tradeshow-like event, guests will have the opportunity to interact directly with the city's experts for each of the areas about how one can reduce their environmental impact, including information on free food-waste programs, clean energy, and clean drinking water. The event is hosted by the Ellis South End Neighborhood Association and the city's program managers, and will also include an appearance by special guest, City Councilor Ed Flynn. Light refreshment will be served.

WLP'S ANNUAL FUNDRAISER AND NETWORKING LUNCHEON SET FOR MAY 10 AT MANDARIN ORIENTAL

Women's Lunch Place Executive Director Jennifer Hanlon Wigon and M. Lee Pelton, President and CEO of the Boston Foundation, will have a fireside chat at WLP's annual fundraiser and networking luncheon, eat LUNCH give on Friday, May 10, in the Oriental Ballroom at the Mandarin Oriental, Boston. The luncheon begins at 11:30 a.m. and concludes at 1:15 p.m.

Hanlon Wigon and Pelton will address the pressing issues of the housing crisis in Boston, including the shortage of affordable units and the critical need for safe, gender-specific housing for

News in Brief

women in the community. The event will be held in the Oriental Ballroom at the Mandarin Oriental, Boston.

This luncheon will include a delicious meal, an opportunity to network with Boston's best and brightest leaders, and an inside look at the context behind Women's Lunch Place's life-changing work from two experts in their fields. There will also be a raffle with local prizes.

All proceeds from the fundraising luncheon will be donated to Women's Lunch Place.

Tickets cost \$200 each and are available online at womenslunchplace.org/elg, along with sponsorships, program advertisements, and opportunities to support the raffle.

ANNUAL GARDENERS' GATHERING SET FOR MARCH 16 AT NU

The 48th annual Gardeners' Gathering takes place on Saturday, March 16, from 10 a.m. to 5 p.m. at Shillman Hall and The Egan Center at Northeastern University.

The event, which is free to attend and open to all, brings Boston-area growers of all kinds together for a day full of informative workshops, engaging exhibitors, networking, and

inspiration. In honor of the 50th anniversary of Mel King's Massachusetts Gardening and Farm Act, the Gathering will focus on celebrating our invaluable legacy gardeners, taking a look back on the incredible community growing work in Boston over the last half a century.

Be sure to pre-register for the event at <https://thetrustees.org/program/gardeners-gathering/>.

SOWA ARTISTS GUILD TO HOLD MARCH EVENTS

SoWa Artists Guild will hold its SoWa Sundays on March 17, 24, and 31, from 11 a.m. to 4 p.m. All events will be held at 450 Harrison Ave.

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

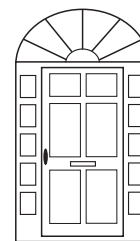
MUDDY RIVER CLEANUP SET FOR APRIL 20

The Emerald Necklace Conservancy will be holding its 16th annual Muddy River Cleanup on Saturday, April 20.

(NEWS BRIEFS Pg. 8)

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HILL HOUSE HOLDS ANNUAL WINE DINNER FUNDRAISING EVENT

Derek Kouyoumjian photos

Hill House held their annual Wine Dinner fundraising event at 1928 on Mt Vernon Street in Beacon Hill. The event was an evening of food and drink to celebrate and support the community center.



Sarah James and Lauren Goff.



Hill House Executive Director Lauren Hoops-Schmieg, Development and Community Outreach Director Katy Keches, and Events Coordinator Molly Ross.



Massachusetts State Rep Jay Livingstone with Bart Simon and Bill Moran. See pages 7 and 8 for more photos.



Marta Daneshvar, Diane Golabek, Lilli Homer, and Chelsea O'Brien.



Maria Casella, Heidi Dooley, Jackie Bullis, Rebecca Shingleton, and Lynne Plavner.



Marta Daneshvar and Maren Cattonar.



Heather Boyd and Kim Holt.



Walter and Sarah Donovan.



Jenny Lashway and Ingrid Boyd.



1928 provided an ambiance perfect for the Hill House Wine Dinner.

HILL HOUSE HOLDS ANNUAL WINE DINNER FUNDRAISING EVENT



Team Strong Place: Brett and Sarah Mitchell with Chris Devor and Will White celebrate “the best street ever.”



Heather Boyd and Kim Holt.



Ted Goff (center) with Kate and Aaron Sawchuk.



Nicholas Keches, Charlie Szeniawsk, Kyle Casella, and Geoff Homer.



COURTESY OF THE BOSTON PLANNING & DEVELOPMENT AGENCY

A rendering of the proposed Stanhope Hotel.

STANHOPE HOTEL (from pg. 1)

of Project Change application for this project.

The project would also entail the “reshuffling” of some electrical equipment within the building, added Wheeler.

The proposed alteration comes in response to code changes for both energy and plumbing enacted in last few months said

Wheeler, as well as new changes to building code coming in June.

“There should be no perceptible differences from the exterior,” said Don Wiest, the applicant’s attorney. “The goal of the design team was to make it essentially invisible from the outside.”

Meg Mainzer-Cohen, president and executive director of

the Back Bay Association, lauded the project team for “making it happen within the approved envelope.”

The BPDA’s public comment period for the proposed change to the Stanhope Hotel project closed on March 12.

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The Irish Experience in Boston

Story & Photos by Marianne Salza

Historian, Chris Daley, presented "The Irish Experience in Boston" at the Charlestown Branch of the Boston Public Library on March 7. Daley's interest in the topic began when he started examining his genealogy. The recently retired teacher was shocked by what he had learned about Irish struggles and achievements.

“Boston is the perfect place to talk about the Irish because they

came in droves,” began Daley. “The Irish came to these shores as servants, prisoners, and as half-dead refugees. They endured ethnic and religious persecution and bigotry. They endured wretched poverty, and back-breaking menial labor; but in the end, they overcame, they surmounted, and they prevailed.”

Daley explained that many Irish arrived in America as indentured servants. Ideally, English landlords would provide funds for passage to America. In

exchange, the Irish would sign themselves over to bondage for five to seven years, during which time, they would learn a trade, and move on their ways; however, that was rarely the case.

In the 1650s, over 100,000 Irish children were taken from their Catholic parents and sold as indentured servants to the West Indies, Virginia, and New England, where they were assigned to Puritan masters..

“They arrived to Boston not willingly; probably in chains.”

described Daley. “A lot of times, as soon as they were placed, they ran away. Often, the Irish and Africans would help each other and run away in tandem, and hide. The Irish could blend into the population as long as he didn’t start speaking Gaelic. A lot of times, too, they’d be stopped, brought back, and mistreated.”

As punishment, the Irish would be restrained in stocks or pillories to be publically humiliated. Townspeople would taunt the captured, throwing offal

from their farms and garbage at offenders.

“If you continued to disobey, you’d be whipped and dragged through the town so everybody could take a whack at you,” Daley depicted. “Much of this punishment happened in Boston at the old Town House. It was a place for commerce and meetings. Eventually it burned down and was replaced [by the old State House].”

(IRISH EXPERIENCE Pg. 7)

140 CLARENDON (*from pg. 1*)

es and a local school. A model development for us all.”

The building's two existing commercial tenants - the Lyric Stage Theatre and the Snowden School, respectively - will remain on site due to the efforts of the project team.

Kenzie Bok, Boston Housing Authority Administrator, as well as the former District 8 city councilor, said, “140 Clarendon Street is living proof that Boston can be a city for all of our residents, regardless of income, when we come together to make it so. We are so proud to support this thriving affordable housing community in the heart of Back Bay and look forward to supporting more such projects in all our neighborhoods.”

Lyndia Downie, president and executive director of Pine Street Inn. "Pine Street Inn is thrilled

to be part of the 140 Clarendon community. The support services provided by Pine Street are key to ensuring that vulnerable individuals have the resources they need to successfully settle into their new apartments and the larger community. 140 Clarendon embodies the mission of Pine Street to end homelessness by making the safety and stability of permanent housing a reality for 111 tenants.”

The Mayor's Office of Housing supported the project with \$3,689,955 of Community Development Block Grant-Cares Act funds and \$2,600,000 of Coronavirus Relief funds for a total of \$6,289,955. The Boston Housing Authority is providing Project-Based Vouchers (PBV) to all the apartments in the new development; the vouchers represent a \$6.3 million annual

subsidy from the Department of Housing and Urban Development, and will ensure that residents can remain in the apartments regardless of their income.

In addition to support from the city, the project received state and federal low income tax credits from the state's Executive Office of Housing and Livable Communities (EOHLC), and Federal Historic Tax Credits. Financing for the project includes funding from the Mayor's Office of Housing, the Massachusetts EOHLC, MassHousing, Capital Magnet Fund, Bank of America, and state and federal tax credits.

Beacon Communities purchased the 140 Clarendon building, which was constructed between 1927 and 1929 and served as the YWCA's headquarters for nearly 100 years, in 2021.



140 Clarendon.

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Evacuation Day Commemoration honors historic day; underscores current restoration of site

Special to the Sun

The National Parks of Boston and South Boston Citizens' Association will host the annual Evacuation Day Commemoration on Friday, March 15 at 10 a.m. The event is free and open to the public.

While the ceremony is traditionally held on the grounds of the Dorchester Heights Monument, due to current restoration work, the program will take place at the Edgerley Family South Boston Boys & Girls Club at 230 West Sixth Street in South Boston. Confirmed speakers

include Congressman Stephen F. Lynch, Boston Mayor Michelle Wu, National Parks of Boston Superintendent Michael Creasey, and state and city elected officials.

The Excel High School JROTC Color Guard will lead a procession to the western edge of

Thomas Park for a wreath laying following the speaking program.

The commemoration will feature a ceremonial presentation of arms by the Lexington Minutemen and Henry Knox Color Guard. The Boston University Band will provide music.

Superintendent Creasey will

share a brief overview of the current restoration project. The National Parks of Boston began the more than \$30 million restoration of Dorchester Heights Monument on September 15. Funded by the Great American

(EVACUATION DAY Pg. 8)

IRISH EXPERIENCE (from pg. 6)

When rumors stirred that a Jesuit priest was holding mass in the woods and in basements, the Anti-Catholic Law of 1647 was issued by the General Court of the Massachusetts Bay Colony to prohibit the practice of Catholicism. The penalty for repeat offenders was death.

The Irish began to emerge and celebrated their first service in 1788, in a building that was abandoned by the Huguenots near the corner of School and Washington Streets, Boston. It was the first Catholic mass in all of New England.

"The first Irish migration to America was in the 1820s; and it began as a trickle. It was because, back in Ireland, which was controlled by England, laws were passed by Parliament, stripping away the rights of Irish Catholics," said Daley. "As an Irish Catholic, you couldn't run for office, practice your own religion, or work for the government. If you had land, you couldn't farm it, fish on it, use it to cut timber, or even sell the grass. The one thing you could do was sell it to an Englishman. That's what a lot of people did. They got out and they came to America."

The population of Irish in Boston was about 2,000 in 1820; and by 1830, it had increased to an estimated 7,000, with Boston's total population at 61,392.

An early conflict arose in 1834 at the Ursuline Convent on Mount Saint Benedict, located in what was then Charlestown, and is now Somerville. The Ursuline Convent was a private school with Puritan students, such as Rebecca Reed, who, according to the nuns, was deeply involved in her studies. Reed had shown interest in converting to Catholicism, and even became a novice. A few months after Reed had abruptly left the convent, a manuscript was released detailing accusations that students were chained and being brainwashed by nuns.

"Even though this was an unpublished manuscript, it made the rounds, and people in

Charlestown started clucking. People were upset," described Daley. "All the stories floating around were not true, but gossip continued to build."

On August 24, 1834, a mob formed and began looting the convent, throwing pianos out the windows, and setting it ablaze. One man stole the host from the tabernacle, and by the end of the night, was waving it around a barroom.

A massive migration of Irish to America occurred during the Potato Famine, which began in 1845, when a fungus diseased the vital crop. At the time, the Irish were tenant farmers working on expansive, English farms. They grew corn and beans for export; but were not allowed to eat them. Whatever they could fit in their cottages was what they were able to keep.

"The only thing that you could plant in the little space, and survive on was the potato. It grew deep, and you could live for a whole year on the potato. When the blight happened, it ruined the potato crop for several years, and they were bereaved of their sustenance," exclaimed Daley. "The Great Hunger could have totally been obverted."

Soup kitchens and work houses were set in place; but when the conservative government took office, they adopted a laissez faire attitude, and blamed the Irish for the problem. While thousands were dying, Parliament passed a law deeming the landlords responsible for those suffering. Too weak to work, landlords evicted them, and many lived in the woods and roadside, struggling to find food. British newspaper artists depicted Irish families scrounging around the dirt, searching for morsels, and eating shoe leather and bark.

Often, landlords would pay for their tenants' journey to America, South America, or Canada.

"The ships they were jammed aboard were aptly named, 'coffin ships.' They were wretched, leaky, wooden, sail ships," Daley

described. "Many of these people were sick already with typhoid, dysentery, and cholera. They had heard the streets were paved of gold and that there was opportunity in paradise; but what they found was quite unlike what they thought."

Those who had families in America were dropped off in Philadelphia, New York, and Boston slums. In 1846, 80,000 Irish arrived in Boston and were placed in already crowded neighborhoods along the waterfront, North End, and East Boston.

"The conditions were horrendous," exposed Daley. "They were stuffed into sheds, barns, stables, basements – wherever they could shove people in the most unsanitary conditions available. In some instances, one sink might serve a whole tenement building. These people came here diseased already, and they continued to die once they got here."

Daley discovered that the paternal side of his family migrated to America in the 1850s. His great, great, great grandfather, Michael Daly, traveled to Saint John, New Brunswick, Canada, and walked to Bangor, Maine. By the end of his life, Michael Daly owned a lumber yard. Two of his sons were bare-fisted boxers. Family lore believes that an "e" was added to "Daly" to make the surname sound more American.

What was available for the Irish to work was limited. Women could serve as maids or washer women, scrubbing the floors of the Brahmins on Beacon Hill. Men had more options, such as waiters, grocers, sweatshop factory workers, ditch diggers, and longshoremen or stevedores, carrying cargo on their backs to load onto ships.

"You could literally say the city was built on the back of Irish labor. You can thank the Irish for the progression of Boston," said Daley. "A lot of these men worked themselves to death. A lot of them died before they were 50. One thing notable politicians in Boston had in common was



Historian, Chris Daley, presenting, "The Irish Experience in Boston," on March 7 at the Charlestown Branch Library.

their fathers died early and they had to take over and be the man of the house."

James Michael Curley was one of those prominent Irish, Catholic politicians. At a young age, his father, a ditch digger, died from a brain aneurysm while lifting a bolder. His mother was a scrubber woman washing floors on her hands and knees. He left school in 8th grade to work as a druggist clerk.

Curley served as a councilman, mayor of Boston four times between 1914-1955, governor once, and a congressman twice.

One of the first executive orders he made when he took office was to provide scrubber women with mops.

"He had a gift of oratory. He had a booming voice. Every time he ran for office, his constituents knew he was willing to stick his neck out for his people; and it got him elected over and over again. But he was crooked as they say is long, and had a violent streak," added Daley. "They call him the first, modern politician. I think the title that he cherished the most was 'the mayor of the poor.'"

Celebrate Easter with First Church Boston

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Learn more: firstchurchboston.org/easter



News in Brief

Continued from Page 3

The Cleanup is a part of the Annual Earth Day Charles River Cleanup, which takes place throughout the Charles River Watershed, and it builds on a national effort as part of American Rivers' National River Cleanup.

Visit <https://www.emerald-necklace.org/volunteer/muddy-river-cleanup-2024/> to register and for more information on the Emerald Necklace Conservancy's 16th annual Muddy River Cleanup.

CHARLES RIVER CLEANUP SET TO RETURN APRIL 19-20

Join the Esplanade Association for the 25th annual Charles River Cleanup - one of the largest Earth Day cleanups in the nation - on Friday, April 19, and Saturday, April 20.

Registration is now open for individual and corporate/large

groups; sign up for one or both days online at <https://esplanade.org/cleanup/>.

FENWAY CDC ANNUAL MEETING SET FOR APRIL 25 AT SIMMONS UNIVERSITY

Fenway CDC's 51st annual meeting will take place on Thursday, April 25, from 5:45 to 8 p.m. at the Linda K Paresky Conference Center at Simmons University 300 The Fenway.

At this time, Fenway CDC will recognize its accomplishments, as well as bestow its annual Community Service awards. Steven Farrell, the group's new executive director, will also discuss his vision for the future.

R.S.V.P. to <https://www.eventbrite.com/event/fenway-cdc-51st-annual-meeting-tickets-847110800207?aff=erelexpmlt>

Harvard Travellers Club to host record-breaking Transatlantic Oarsman Bryan Fuller on April 9

Special to the Sun

The Harvard Travellers Club will feature Bryan Fuller, holder of the American record for the fastest transatlantic crossing by oar, achieved in 2012. Fuller is owner and founder of Power Rowing Studio in Brookline, a company he started after giving in to his passion for rowing and making it his full-time job. Interestingly, Fuller came to rowing relatively late, after a career in the military as a counterintelligence agent. Suffering from PTSD as he exited the service, Fuller managed to gain admission to the MBA program at Boston University's Questrom School of Business and began a new career in auditing and accounting. But then he found rowing. After experiencing a rowing machine in 2011 he became obsessed with the sport, joining Community Rowing and raising \$10,000 for veterans with his first record-breaking transatlantic crossing in 2012.

Fuller is planning another transatlantic expedition for June 2024, when he and three others will try to raise \$50,000 for veterans and attempt to cover the 3,500 miles in 50 days or less. In Bryan's presentation at the Harvard Club, he will describe the challenges faced by his first crossing and discuss "lessons learned" that will help make this second, more northerly (and thus more dangerous) crossing safe and successful.

This April 9 presentation will mark the 913th consecutive meeting of the Harvard Travellers Club since its founding in 1902. The Club traces its roots to Harvard's eminent geographer, Professor William Morris Davis who, in association with Copley Amory, Archibald Cary

Coolidge, Roland B. Dixon, and Hames J. Kidder, invited Harvard colleagues to meet in an effort to promote and discuss "intelligent travel and exploration". The Club continues to accept new applicants.

While the Golden Age of geographical exploration during which the Club was founded has long since passed, the spirit behind the founding of the Club remains intact. Today, members continue to commit themselves to intelligent travel and continue to be curious about other landscapes, cultures and scientific discoveries. Definitely unchanged is members' enjoyment in learning of one another's travels.

In 1913 the club began to meet at the Harvard Club on Commonwealth Avenue - a tradition which continues to this day. The Club currently meets eight times a year for cocktails, dinner, and a lecture. Among the speakers this season have been Behzad Larry, who spoke to the Club about snow leopard conservation in Ladakh, India; Polly Letofsky, who circled the world on foot; and Dylan Wickrama who rode

his motorcycle around the world including a stint atop a raft for part of the way. We also heard from two of our members about excavations in Ethiopia and dog-sledding on Baffin Island in the Canadian Arctic.

"Our members join together to share stories of distant places, rugged climbs, boating expeditions, foreign cultures and traditions", says Council member and North Shore resident Peter Creighton. "Member presence and participation propels this club forward and I love learning about other members' adventures".

To that end the Club welcomes potential new members and interested parties to attend the dinner in April to meet the membership committee. Membership in the Harvard Travellers Club is open to persons who have a background or interest in world travel.

Visit <http://www.harvardtravellersclub.org> for more information, and contact jenniferle-noxcraig@gmail.com if you are interested in attending the dinner and Bryan Fuller's lecture.



COURTESY PHOTO

Transatlantic Oarsman Bryan Fuller.

EVACUATION DAY (from pg. 7)

Outdoors Act (GAOA), rehabilitation work will be complete by March 17, 2026, Evacuation Day, during the nation's 250th birthday year. The Monument and its surrounding area remain closed to the public during the restoration.

The GAOA funds are being used to restore the iconic 1902 Dorchester Heights Monument tower and surrounding area known as Thomas Park. The

rehabilitation work includes structural upgrades, masonry restoration, and improvement of the monument's foundation, superstructure, exterior enclosure, roof, interior stairs, HVAC, plumbing, and electrical systems. The grounds, lighting, and signage will be vastly improved for visitors' experience.

In early March 1776, General George Washington ordered the construction of fortifications

at Dorchester Heights. Two weeks later, these actions led to the evacuation of British forces from Boston. For over a century, Bostonians in the South Boston community have commemorated March 17 as "Evacuation Day" at Dorchester Heights.

More information on the Dorchester Heights Monument restoration and photos are available online.

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THIS NEWSPAPER

FRESH & LOCAL

March Holiday breads and pastries

By Penny & Ed Cherubino

March is a delicious month for those who indulge in the abundance of treats that celebrate the change of season and specific holidays. We're talking about Irish soda bread for Saint Patrick's Day, Zeppoles for Saint Joseph's Day, and pies for Pi Day. The Spring Equinox, Easter, Purim, Ramadan, and Holi celebrations all have associated bread or pastry. We have lovely local sources for many holiday pastries and breads.

Irish Soda Bread

A few years ago, we discovered Flour Bakery made soda bread as whole loaves on special order and individual scones in the pastry case in March. We order one loaf to devour around the 17th and another to freeze for future treats. This year, we plan to try the Clear Flour bakery version, which will be available through the end of the month.

Year-round, you can pick up a delicious loaf at Greenhills Bakery in Adams Village. This bakery also supplies Irish brown bread without the raisins and caraway seeds. Plus, they carry a selection of Irish grocery items for your Saint Patrick's Day celebration.

Zeppole

For a Zeppole tasting around the 19th, you can visit the North End and pick your favorite from Modern Pastry, Bovas, or Mike's. Other cities and towns in the area have many great Italian bakeries that make their version of this seasonal treat.

Spring Equinox and Easter

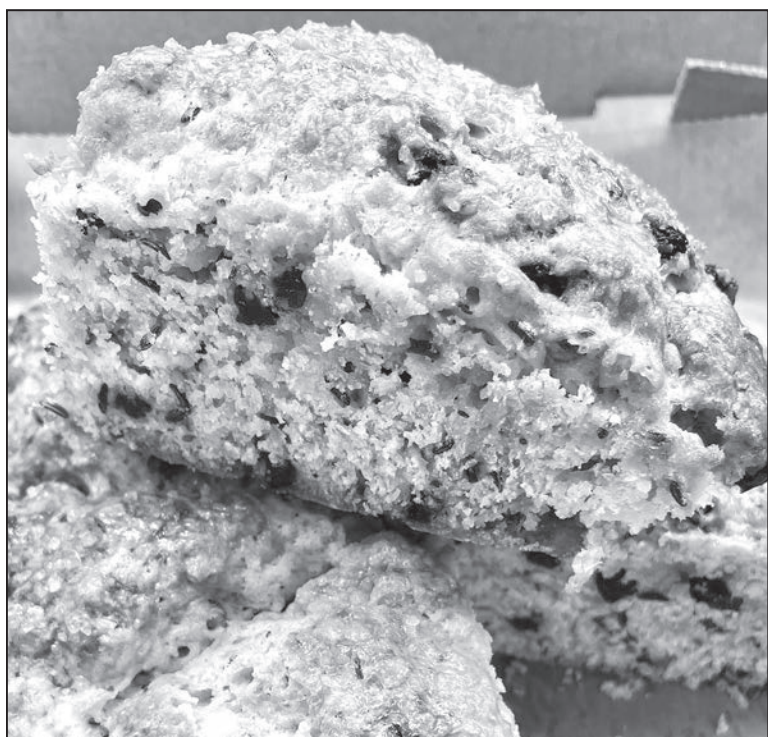
This year, the Spring Equinox is on the 20th, and Easter is on the 31st. One of the most famous easter pastries, the Hot Cross Bun, originated in pagan Spring Equinox celebrations.

The British website Chefin's article "The Pagan Origins Of Easter" explains, "These were taken from the Saxons, who would bake fresh bread in honour of the goddess Eostre. The fresh buns would be marked with a cross. At the time, the cross represented the four quarters of the moon, four seasons, and wheel of life."

Many local bakeries make hot cross buns in March. It's a great reason to visit your favorite bakery and try this item, especially if it is only on their seasonal menu. We'll be picking one up at Clear Flour.

If you visit the North End for Zeppole, you could select some

(FRESH & LOCAL Pg. 10)



Irish soda bread is one of many holiday treats available around Boston in March.

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CITY PAWS

The Name Game

By Penny & Ed Cherubino

Would you like an excellent conversation starter for the people you meet on dog walks? Asking the dog's name seems to come naturally. For a great conversation, ask how they came to choose that name. We often find a fascinating tale behind a dog's name.

One of the rescued Westies we placed in a local home came with the name Rad. His new family (we soon learned they were truly fun and funny people) renamed him Swiffer. Why not? His sometimes long and shaggy coat did a great job of dusting their hardwood floors.

A friend's Ragdoll cat was called Max, but his full name

was Maximilien De Whisker, a take on Maximilien de Winter, hero of Daphne du Maurier's book "Rebecca." One Back Bay couple adopted a mixed breed dog and named him Del. They explain it's short for Delano because he now had a "New Deal."

We knew a dog named Kepler, after the German mathematician, astronomer, and astrologer Johannes Kepler. That's a very Bostonian approach to naming a dog. Of course, naming a dog after someone or something related to sports is also very Boston.

Tips for Name Selection

The Seeing Eye is a nonprofit organization whose mission is

to breed, train, and place guide dogs for the blind, and they name about 500 puppies a year. Since these dogs must respond to that name for the rest of their lives, they must choose well. They offer the following tips for the rest of us.

First, count the syllables in the name. They try to stick to names with one or two syllables because shorter names are faster when communicating with the dog. Avoid names that sound like a command and might confuse the animal. Here are their examples, "Mo' can sound like 'No' and 'Kit' sounds like 'Sit.'" Finally, avoid names with embarrassing or negative connotations. You may find yourself shouting the name in public one day.

We'd add that you should skip names that sound like those of other pets or family. And remind you that, in the dog show world, each animal has a full registered name and a shorter call name. Moreover, most dogs answer to nickname variations of their official one.

Popular Names

Each year, groups like the American Kennel Club, dog walking services, and pet insur-



Poppy's full name is "Duchess Poppy Whitehead." "Duchess Poppy" comes from an E.F. Benson book character and our love for the pop of Champagne corks!

ance companies publish lists of the most popular dog names—The Wildest website reported on these listings last November.

They wrote that the top ten male dog names for 2024 were Charlie, Max, Cooper, Milo, Buddy, Teddy, Rocky, Bear, Leo, and Duke. The female dog list included Luna, Bella, Daisy, Lucy, Lily, Lola, Zoe, Sadie, Stella, and Bailey.

People Names

Would you be insulted if someone named their dog after you? Penny is always happy to meet a dog who shares her name.

We've heard of family feuds from using a name someone felt was their exclusive proper-

ty. That doesn't seem to happen with dogs. No one cares if there are three dogs named Fenway in the neighborhood. Dog people just add the breed when talking about them.

One final tip: take your time christening a new pet. Kitty or puppy work fine until you get to know one another. The perfect name may come to you, or you may notice that certain sounds or words get a response from your new family member. The dog or cat may give you a clue to their favorite name.

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

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GAZETTE

FRESH & LOCAL (from pg. 11)

excellent Italian Easter pastries and bread. You'll see Pane di Pasqua, Easter bread with colorfully dyed eggs as decoration. You might also want a beautifully decorated Sicilian Cassata cake or the more straightforward and not too sweet Ricotta pie.

Other Excuses to Indulge!

Ramadan begins on the 11th, and a special bread called Ramazan Pides is baked in the Turkish Islamic community. We have yet to find a source but will reach out to Turkish cafes and bakeries that offer Halal food to see if we can find one.

On Pi Day, the 14th, you can pick up a great pie or slice from Petsi Pies in Somerville or one of the Tatte locations in the area. Don't forget that pies and diners go together, so check out the pie selection at your favorite diner or bakery.

Purim begins on the 23rd

and is known for Hamantashen pastries, which will be available at Clear Flour bakery until the 24th.

Holi, a colorful Hindu celebration of Spring, abounds with sweets and pastries. Check the dessert menus at your favorite Indian restaurant to see if they offer Holi treats for the 21st.

March is when we enjoy learn-

ing more about other cultures by eating the foods they use to celebrate their versions of welcoming spring. Indulge since acceptance and education about others can begin with their food.

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

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Attention to Detail

PHOTOS AND TEXT BY PENNY CHERUBINO

THIS WEEK'S ANSWER



The lovely stained glass window in the last clue is on Garrison Hall at 8 Garrison Street. It was built in 1910 as an apartment hotel for 60 families. Today, this building is a condominium community with 87 units.

You'll find the next clue in the Symphony Area.
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



City Council President Louijeune named 2024 People's Champion of Democracy

Special to the Sun

Common Cause Massachusetts board and staff announce the selection of Boston City Council President Ruthzee Louijeune as this year's People's Champion of Democracy.

The People's Champion of Democracy award is given to a standout leader working to strengthen and defend democracy throughout their professional, political and personal lives. Common Cause Massachusetts regularly celebrates the influential leadership of exceptional individuals who champion the values of protecting the power of everyday people against special interests and defending democracy at the national, statewide, and/or local level. This year, Common Cause Massachusetts is proud to announce that Boston City Council President Ruthzee Louijeune is named their 2024 People's Champion of Democracy.

"It's an honor to accept the People's Champion of Democracy award from Common Cause Massachusetts which has been a reliable partner in the work at all



City Council President and 2024 People's Champion of Democracy, Ruthzee Louijeune.

levels," says Boston City Council President Ruthzee Louijeune. "I've had the ability to contribute meaningfully as an attorney, as an advocate, and now as City Council President to ensure that our democracy is working for everyone. At a time when democratic institutions are under attack, I am more committed to the work than ever."

"The Common Cause Massachusetts state advisory board unanimously selected Council President Louijeune as our People's Champion of Democracy for many deserving reasons

including, but not limited to, her leadership as an attorney defending voting rights and defending against gerrymandering before the United States Supreme Court, advocating for a more inclusive local democracy, and leading Boston through a tumultuous redistricting process last year," says Patrick Roath, Chair of Common Cause Massachusetts State Advisory Board.

City Council President Ruthzee Louijeune will be awarded the People's Champion of Democracy Award on Monday March 18th @ 6pm at Common Cause Massachusetts' fundraiser, "Long Live Democracy" which will be held at the Long Live Roxbury brewery located at 152 Hampden St in Boston. The event is open to the public and tickets to the event can be purchased here.

Past recipients of Common Cause Massachusetts awards include the Boston Globe Spotlight Team, Governor Michael Dukakis, Senator Ed Markey, Attorney General Maura Healey, and most recently Margaret Sullivan of Columbia University.

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