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ANRC RESIDENTS AND STAFF CELEBRATE A SPECIAL PONTIFICAL BLESSING



His Holiness Aram I, Catholicos of Cilicia, with members of AWWA and ANRC.

The Armenian Nursing and Rehabilitation Center (ANRC) had the distinct honor of hosting His Holiness Aram I, Catholicos of Cilicia. During this most memorable visit, His Holiness shared a special blessing and toured the Jamaica Plain, dedicated to providing both short-term and long-term rehabilitative care for elders in the Armenian community.

His Holiness engaged warmly with residents and staff, bringing joy and laughter throughout his visit. Notably, ANRC was the only rehabilitation cen-

Continued on page 5



110-year old ANRC resident and Genocide survivor, Mary Vartanian and His Holiness.

JPA discusses need for improvements at the pond

SPECIAL TO THE GAZETTE

The Board of Directors of the Jamaica Pond Association (JPA) held its regular monthly meeting this past Monday, November 4, via Zoom. Chair Kay Mathew presided over the session that included fellow members Michael Reiskind, Rosemary Jones, Franklyn Salimbene, Jasmine Crafts, Tony Dreyfus, Kevin Moloney, Michael Frank, and Peter Elmuts.

Also on hand for the meeting

was Josh Ageloff from State Senator Mike Rush's office; Caroline Peters, the liaison to Jamaica Plain from Mayor Wu's office; and Bonnie Delaune, the Chief of Staff for District 6 City Councilor Ben Weber.

Peters noted that the Boston Park Rangers will be conducting its Nighttime Critters program on November 8 from 2:30-4:30, a Horse-of-Course program about

Continued on page 2

Despite expected election outcome, Boston voters back Harris for President

BY DAN MURPHY

In contrast to the expected outcome of the Presidential Election on Tuesday, Nov. 5, Boston voters resoundingly supported Vice President Kamala Harris over former President Donald Trump in the race.

According to the city's unofficial election results as of the morning of Wednesday, Nov. 6, more than 76.3 percent of Boston voters (187,419 ballots cast)

backed the ticket of Harris and her running mate, Minnesota Gov. Tim Walz, over the approximately 20.2 percent (49,654 ballots cast) of voters citywide who supported Trump and his running mate, Ohio U.S. Sen. JD Vance.

On Massachusetts Ballot Question 1, which would for the first time, give the state auditor

Continued on page 4



VETERANS DAY
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MassDOT announces third annual "Name A Snowplow" contest for Massachusetts' elementary schools

The Massachusetts Department of Transportation (MassDOT) is announcing the third annual "Name A Snowplow" contest for statewide elementary school students in Massachusetts. The contest seeks to solicit names for 12 MassDOT snowplows that will be in service for the upcoming 2024/2025 winter season. The purpose of the contest is to celebrate the snow and ice season and to help recognize the hard work and dedication shown by public works employees and contractors during the winter season. Winning selections will be announced by Monday, De-

ember 23.

"With the winter soon approaching, we are excited to announce that the third annual 'Name a Snowplow Contest' is now accepting submissions from elementary school students statewide," said Transportation Secretary and CEO Monica Tibbits-Nutt. "Each year, this is a fun opportunity for students to show off their creativity, and we look forward to seeing which names will end up on our snowplows this winter season."

"The Name a Snowplow contest has been a major success the last two years, with great sub-

missions from schools across the Commonwealth" said Highway Administrator Jonathan Gulliver. "This contest is a fun way for kids to learn about public works and for our snow and ice crews to connect with their communities. We are excited to receive creative names for our plows this year."

Applications for the Snowplow Naming Contest are due by 5:00 p.m. on Friday, December 6, and can be submitted by using an online portal:

<https://www.mass.gov/forms/name-a-snowplow-contest-submission>.

There is no limit to the num-

ber of applications that can be submitted per school. The contest winners will be invited to participate in a scheduled snowplow unveiling event.

A selection panel composed of MassDOT employees will choose two elementary school classroom winners that are located within each of the six Highway Division districts. The winning submissions will be evaluated based on two grade-level categories: 1) kindergarten through fourth grade; and 2) fifth grade through eighth grade.

During the second annual snowplow naming contest last

winter, the winning names were: Flower Plower, Edward Blizzardhands, Glacier Gobbler, Polar Pathmaker, Snow B Wan Kenobi, The Snolar Express, Sleetwood Mac, Snow Place Like Home, Snow-hemian Rhapsody, The Mayplower, Snow Monstah, Fast and Flurryous. These names, which were placed on the sides of plow trucks a year ago, remain on those vehicles.

For more information on the contest, please visit <https://www.mass.gov/name-a-snowplow-contest-2024-25>

JPNA

Continued from page 1

their horses on November 18 from 2-4, and a Walking Tour of the Pond on November 22 from 2-3.

DeLaune noted that there will be a coffee hour with Councilor Weber at Santia's Bakery at 3381 Washington St. at 9:00 AM this Friday.

Reiskind, the JPA's treasurer, reported that the board has a balance in its bank account of \$4576.82.

The meeting began with a presentation by Dennis O'Brien from the First Church on Centre St. regarding the fenced-in dog run that was installed in the historic churchyard cemetery in August, 2023.

O'Brien said that the dog run

"has played out the way we were hoping it would, namely, that it would be uneventful." He said there have been a couple of incidents where the gate has been left open, but those have been addressed. He also reported that an attempted reseeding in an area was not successful.

He said the 40 or so members of the dog-owners group who are in charge of the dog run are known as the Churchyard Hounds, whose members pay an annual \$25 fee to the church that goes toward the upkeep of the burial ground.

O'Brien also noted that the group has chipped in financially for other projects such as tree maintenance. He said he has applied to the Mass. Historical Commission (MHC) for a renewal of the permit to operate the dog run. The cemetery is listed

as a state historical site, thereby bringing it within the purview of the MHC.

O'Brien also briefly discussed the work that the church has been doing on its clock tower and roof, noting that the work on the roof has been completed and that the work on the clock tower, for which the church will be applying for another grant from the city's Community Preservation Act funds, probably will not take place until the fall of 2025.

Dreyfus's presentation of the report of the Parks, Parkways, and Open Spaces Committee opened with Sarah Freeman speaking of the need to keep the pressure on city department officials to ensure that the stone walls at Prince St. and Kelley Circle are repaired, rather than being allowed to deteriorate further.

Dreyfus then spoke of two other issues. The first pertained to Jamaica Pond and the need to encourage Liza Meyer, the new commissioner of the Boston Parks Dept., to consider paying more attention to the specific issues at the pond, including the bandstand, the boathouse, drainage, pathways, green space, and water quality.

"The problem we're looking at now is to try to figure out a strategy to get Boston Parks to want to take action at the pond," Dreyfus said. He said possible avenues include enlisting other Jamaica Plain groups, city councillors, Mayor Wu and her advisors, members of the state legislature, and the Charles River Watershed Association to bring pressure to bear on city officials to address the issues at the pond. Dan Moon, who noted that a

running group of between 100-220 persons runs every Saturday morning around the pond is a natural constituency for such efforts, emphasized that the work that is required to be done at the pond needs to be placed in the city's capital budget so that the work can start in the coming year.

Salimbene suggested that it is important to gain the support of the four at-large members of the City Council. DeLaune noted that Councilor Weber has been looking into gaining more support in the city's capital budget both for the Jamaica Pond area and for repairs to the damaged stone walls along Prince St. and at Kelley Circle.

Another issue raised by Dreyfus was the work being done by the Charles River Watershed and Emerald Necklace Conservancy regarding the Muddy River. Dreyfus suggested that the JPA should become involved with the ongoing clean-up efforts of the Muddy River, which flows from Jamaica Pond through Wards Pond, Willow Pond, and Leverett Pond, eventually connecting with the Charles River at the Charlesgate area,

He suggested that a representative from the Charles River Watershed should come to a meeting of the JPA to make a presentation about the Muddy River's watershed, which encompasses Wards, Willow, and Leverett ponds. The members indicated their assent to that idea and Dreyfus said he will make the arrangements.

Dreyfus also spoke about the work being done by the city's Water and Sewer Dept. at Daisy Field, which has two softball

diamonds, which has been leaching sediment into nearby Leverett Pond for many years during heavy rains.

Frank also noted that there also is work being done at the opposite end of the field at the parking lot, which is close to Willow Pond, that appears to involve the installation of a French drain.

Reiskind presented reports about the most recent meeting of the Jamaica Plain Neighborhood Council (JPNC) and the Jamaica Plain Business and Professional Association (JPBPA). He said that the JPNC did not discuss anything of particular relevance to the Jamaica Pond area at its last meeting, although he noted that it was mentioned that the state budget did not include funding for further design work on the proposed Arborway Garage project.

Reiskind noted that the state law that will allow additional liquor licenses in the city was signed by Gov. Healy in September. He said the law will provide for 15 new liquor licenses in the Jamaica Plain zip code of 02130, with five licenses to be awarded each year for the next three years.

As for the most recent meeting of the JPBPA on October 16, he said the group met with the new owner of the Galway House, who promised there will be no changes to the establishment's operation. He noted that the Halloween trick-or-treat events were enjoyed by dogs (at the annual costume parade the week before), children, and adults.

The next meeting of the association is set for Monday, December 2.

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Wu and Immigrant Advancement announce opening of fourth round of “Weaving Well-Being” grants at inaugural immigrant advancement forum

SPECIAL TO THE GAZETTE

Mayor Michelle Wu and the Mayor’s Office for Immigrant Advancement (MOIA) announced the opening of the fourth round of Weaving Well-Being grants. This was announced at MOIA’s first-ever Immigrant Advancement Forum: Our Future Now, held on October 26. This forum is a new annual, family-friendly convening launched to enhance Boston and the region’s capacity to welcome, support, and uplift immigrant and refugee residents across neighborhoods. Local immigrant-serving nonprofits are encouraged to apply to the current round of Weaving Well-Being grants with \$200,000 in funding available for the 2025-2026 program cycle. Applications are open until 4:00 p.m. on Thursday, January 16, 2025.

MOIA’s Weaving Well-Being initiative cultivates a stronger network of immigrant-led and-serving organizations seeking to promote Boston immigrant residents, destigmatize mental health in immigrant communities through non-clinical, culturally, and linguistically sensitive interventions, and shift power to communities.

“Immigrant communities often face barriers in accessing mental health services,” said Mayor Michelle Wu. “Our community nonprofit partners are providing vital support networks and building systems of care through innovative ways to help people heal. I’m thrilled that the City can support their efforts and look forward to their ongoing work to ensure Boston is a home for all.”

MOIA formally launched the Weaving Well-Being initiative in 2022, providing \$70,000 in mini-grants to seven nonprofits that year. Since then, the program has grown significantly, with 18 partners in 2023, 21 partners in 2024, and \$400,000 in grants to date. The complete list of 2024 participating community partners is available on the Weaving Well-Being website. These awarded grants were funded by the City of Boston’s FY24 operating budget and are being used through January 2025.

“Chinese Progressive Association is grateful for the partnership with the Mayor’s Office for Immigrant Advancement,” said Baolian Kuang, CPA’s Community Organizer who leads resident-focused programs. “With this grant, residents had the opportunity to connect with and support each other, develop in-depth friendships, and collectively learn about the history and context of our neighborhood and beyond! Residents also get to participate, engage in community processes, and visit other neighborhoods in the languages they are most comfortable in.”

“We are thrilled with the recent funding from the City of Boston and other partners in recognition of the stressors that immigrants face and Casserly House’s connective role,” said Donna Stiglmeier, Director of Casserly House.

“Sociedad Latina is excited to be partnering with the Mayor’s Office for Immigrant Advancement to offer greater opportunities for Latine youth to foster positive physical and mental health by exploring outdoor adventure, movement activities, and mindfulness,” said Alex Ol-

iver-Dávila, Executive Director of Sociedad Latina.

Hundreds of participants attended the inaugural Immigrant Advancement forum, which included Weaving Well-Being workshops hosted by community-based organizations. Attendees also got to participate in various speaking sessions and featured remarks from Mayor Michelle Wu, members of the Boston City Council, and community leaders. Weaving Well-Being workshops were led by the Brazilian Worker Center (Aromatherapy), Mutual Aid Eastie (Therapeutic Crafts), and EHR Boston Communities (Yoga). Speaking sessions included Activating Immigrant Voting Power: Your Voice, Your Vote; Unlocking Education: College Access for Undocumented Youth; Weaving Well-being: Building a Movement for Immigrant Community-Driven Wellness; The Power of Your Story: Public Narrative for Immigrant Leaders; and Cooperative Solutions for Community Needs: Empowering Boston’s Immigrant Communities

“The theme of this inaugural forum is ‘Our Future Now’. This

is not just a catchy phrase; it’s an imperative—a call to action for every immigrant, every child of immigrants, and every ally,” said Monique Tú Nguyen, Executive Director of the Mayor’s Office for Immigrant Advancement. “The immigrant community is not just a part of this city’s and nation’s

future—it is its future—and that future is now.”

To complement the Weaving Well-Being programming efforts, MOIA also partnered with the Leah Zallman Center for Immigrant Health Research to learn how community-embedded



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Election

Continued from page 1

the power to audit the state Legislature, more than 74.3 percent (168,625 ballots cast) of Boston voters supported the proposed measure while around 25.7 percent (58,290 ballots cast) opposed it.

According to the Associated Press, Ballot Question 1 was supported by 71.5 percent (2,092,548 ballots cast) of voters statewide while 28.5 percent (834,026 ballots cast) of the Commonwealth's voters opposed it.

Ballot Question 2, which would eliminate the MCAS exam as a standard graduation requirement for the state's high school students, was supported by more than 56.1 percent (132,760 ballots cast) of Boston voters while nearly 43.9 percent (103,812 ballots cast) of voters citywide opposed it, according to the city's unofficial election results.

According to the AP, 58.9 percent (1,788,506 ballots cast)

of the Commonwealth's voters backed Ballot Question 2 while 41.1 percent (1,247,263 ballots cast) of voters statewide opposed it.

Ballot Question 3, which would allow drivers working for rideshare companies, like Uber and Lyft, to unionize, was supported by more than 65.4 percent (148,414 ballots cast) of Boston voters while nearly 34.6 percent (78,385 ballots cast) of voters citywide opposed it, according to the city's unofficial election results.

According to the AP, Ballot Question 3 was supported by 54.1 percent (1,585,726 ballots cast) of the Commonwealth's voters while 45.9 percent (1,346,031 ballots cast) of voters statewide opposed it.

Ballot Question 4, which would have decriminalized the use of certain natural psychedelic substances for people older than 21 and allowed them to grow these substances at home for personal use, was supported by more than 52.5 percent (122,978 ballots cast) of Boston voters while nearly 47.5 percent

(111,163 ballots cast) of voters citywide opposed the proposed measure, according to the city's unofficial election results.

According to the AP, Ballot Question 4 was opposed by 56.9 percent (1,703,794 ballots cast) of the Commonwealth's voters, with 43.1 percent (1,291,968 ballots cast) of voters statewide supporting it.

Ballot Question 5, which would have raised the minimum wage for tipped employees incrementally over a period of five years from \$6.75 an hour to the state's regular minimum wage of \$15 an hour by 2029, was opposed by more than 50.6 percent (117,043 ballots cast) of Boston voters while nearly 49.4 percent (114,078 ballots cast) of voters citywide opposed it, according to the city's unofficial election results.

According to the AP, Ballot Question 5 was opposed by 64 percent (1,938,409 ballots cast) of the Commonwealth's voters while 36 percent (1,090,498 ballots cast) of voters statewide opposed the proposed measure.

Healey-Driscoll Administration announces grant opportunities for fire safety education

The Healey-Driscoll Administration announced that applications are being accepted for \$2 million in grants to support fire and life safety education for children and older adults, the people most vulnerable in the event of a fire at home.

The Student Awareness of Fire Education (SAFE) and Senior SAFE grant programs are administered by the Executive Office of Public Safety & Security and the Department of Fire Services. They send local firefighters to schools, community groups, senior centers, councils on aging, and other venues to teach age-appropriate safety lessons to children under 18 and adults 65 and older.

"The SAFE and Senior SAFE grants are a smart investment in fire protection, fire prevention, and fire safety for the most vulnerable members of our communities," said State Fire Marshal Jon M. Davine. "I want to thank Governor Healey, the Executive Office of Public Safety, and the Legislature for supporting these programs, and I encourage every fire department to apply."

The SAFE grant program has contributed to the steepest

decline in child fire deaths in Massachusetts history. In 1994, there were more than two dozen child fire fatalities; the SAFE grants were launched the following year and child fire deaths never again reached even half that number. Massachusetts recently went more than two and a half years without losing a child to fire.

The Senior SAFE grants were created in 2014 to provide education, smoke and carbon monoxide alarm installation, and other services to reduce fire-related fatalities among older adults, who now represent the age group most likely to die in a fire.

Fire departments of every city, town, fire district, and eligible state authority can apply to share in funding for SAFE grants, Senior SAFE grants, or both. Departments must meet certain requirements, including mandatory fire data reporting, to be considered. The Notice of Funding Opportunity, grant application, and eligibility requirements are available on the Department of Fire Services' website. Applications must be submitted by 5:00 pm on December 10.

Celebrate the holidays on Boston's historic Freedom Trail

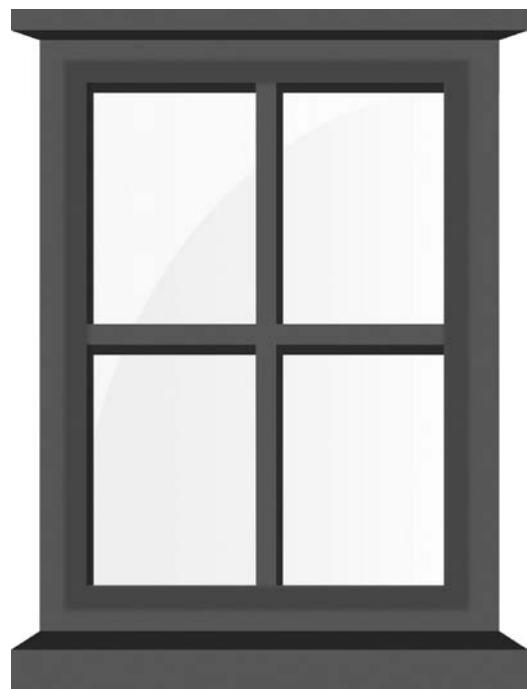
The Freedom Trail® Foundation invites revelers to celebrate this holiday season on the annual Historic Holiday Strolls. The festive atmosphere of the city, set against the unique backdrop of Boston's historic sites and centuries of history, makes these merry 60-minute tours a perfect way to celebrate the holidays. Walk the Freedom Trail and discover how Boston's holiday traditions evolved on the Strolls offered select Fridays and Saturdays at 3:30 p.m. from November 22 through December 28.

Led by 19th-century Dickensian costumed guides departing from the Visitor Information Center on Boston Common, the Strolls are complete with a tour of holiday lights and Christmas trees along the Freedom Trail while learning about 19th-centu-

ry holiday traditions. Following the Stroll, guests receive discounts off museum store purchases at Freedom Trail sites, including the Old South Meeting House, Old State House, Paul Revere House, and Old North Church's Heritage and Gift Shops (valid with any Historic Holiday Stroll receipt from November through December).

"The Foundation's official Holiday Strolls are a great way to create excitement for and usher in the season each year," said Suzanne Segura Taylor, Freedom Trail Foundation Executive Director. "Strolls' participants will be given a glimpse into the unique holiday traditions practiced throughout history, while experiencing Boston's historic

Continued on page 5



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ANRC

Continued from page 1

ter on his busy itinerary, which spans from Antelias, Lebanon, to various locations in the United States. This marks his first visit to the Boston area since 2015. One poignant moment was shared with 110-year-old resident, Mary Vartanian, a survivor of the Armenian Genocide. Mary presented His Holiness with a beautifully crocheted keepsake, inscribed in Armenian with the heartfelt message, “Do not forget April 24th,” commemorating the tragic events of 1915. Mary, originally from the village of Antep, moved to Lebanon and later the U.S. with her beloved husband, a talented violinist and composer, and their six children.

In a touching conclusion to the visit, His Holiness joined the residents for a short mass, during which the group sang the beloved Armenian folk song “Gili-gia.” The lyrics resonate with longing and hope, celebrating the beauty and rich traditions of the Armenian people

When doors of hope are opened wide,

And dreary winter flees away,
Our beauteous Armenia

Beams forth in glad and smiling day;

When swallows to their nests return

And trees put on their leaves so bright

I yearn for my Cilicia,
The land where first I saw the light.

After blessing the meal prepared by the residents and staff, His Holiness posed for photographs before departing in a stately caravan of black SUVs, leaving behind a community uplifted by his presence and mes-

sage of hope

Armenian Nursing and Rehabilitation Center

Armenian Nursing and Rehabilitation Center is a not-for-profit nursing and rehabilitation center that has been serving elders locally and internationally for over 100 years, owned by AWWA and managed by Legacy Lifecare. Drawing on its ABOUT AWWA ABOUT ANRC rich history, generosity of spirit, and the work ethic of the Armenian community, ANRC provides short-term rehab and long-term care. ANRC is dedicated to ensuring the good health and well-being of all Armenian elders and others in the surrounding area.

About Armenian Women’s Welfare Association

Armenian Women’s Welfare Association (AWWA) is a not-for-profit organization established in 1915 dedicated to serving elders and their families both locally and internationally. AWWA is the proud owner of the Armenian Nursing and Rehabilitation Center (ANRC), an 83-bed, not-for-profit, skilled nursing center providing both short-term rehabilitation and long-term care for elderly patients in Jamaica Plain, Massachusetts, just outside of Boston. In 2004, AWWA expanded its mission to Nagorno Karabakh to become a proud supporter of Hanganak Elder Program and Clinic which provided medical care, food, and social support to elders in that region and continues to do so for those elders displaced in Armenia today. AWWA believes that honoring elders is at the very foundation of both family and community. Drawing on the rich history, generosity, and work ethic of the Armenian community, AWWA aims to ensure the health and well-being of elders and their caregivers.

Freedom Trail

Continued from page 4

sites and iconic Freedom Trail.” Tickets are \$20 for adults and \$10 for children for public tours. The Strolls may also be scheduled as private group tours pending availability. The Freedom Trail Foundation continues to offer daily public Official Free-

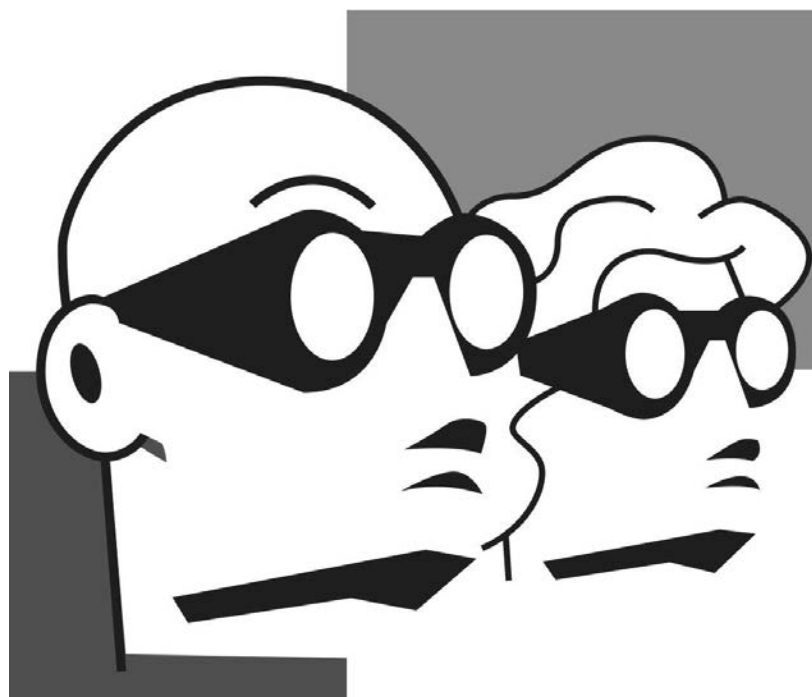
dom Trail Tours® throughout November and December and during the winter months. All Freedom Trail tours are available as private family or group tours by reservation. For more information and to purchase tickets for the Historic Holiday Strolls and Freedom Trail Tours, please visit TheFreedomTrail.org and for group tour reservations, please call 617-357-8300 press “0.”

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Congratulations to Randace Rauscher of the Executive Office of Veterans Services for being awarded the Visionary Award by Secretary Santiago for her dedication to the Veteran Community.

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Top environmental leader calls for reform at Massport

SPECIAL TO THE GAZETTE

In a letter to the state's top environmental leaders earlier this month, AIR, Inc. (Airport Impact Relief, Incorporated) a local community airport environmental activist group, claimed that Massport, the agency which runs Logan Airport, is not doing enough to reduce the airport's environmental impacts. The group says that state lawmakers created Massport in the 1950's to run the airport and promote the economy, but that today Logan has grown to become a mega-airport which causes pollution and traffic impacts. They want the state and Massport to do much more to address these impacts.

In a recently concluded review of Logan's operations, the state's top ranking environmental official Secretary Rebeca Tepper, head of the Executive Office of Energy and Environmental Affairs (EEA) agreed. Now, she is directing Massport to step up its efforts to reduce Logan's impacts.

Pointing to rising passenger levels and pollution at Logan, the Secretary issued a strong directive to Massport to improve its environmental performance.

Calling for improved reporting, community engagement, transparency, and performance, Tepper turned up the pressure on Massport, asking the Authority to address the health, air quality, and community impacts of Logan's operations.

The Secretary also ordered Massport to plan additional pollution reduction strategies to address the growth of environmental impacts if passenger or flights outpace forecasts. This idea answers community requests for Massport to stop using inaccurate planning forecasts.

Secretary Tepper gave Massport an extensive list of actions to take within the coming year to improve their future environmental performance:

1 Identify additional pollution cutting measures for neighborhoods near the Airport

2 Develop metrics to measure pollution and report levels in real-time

3 Identify additional strategies to address increased pollution if passenger and operations grow more than their forecasts predict

4 Participate in a working group which her office will create to:

- Identify ways to reduce Logan's public health impacts
- Develop air quality monitoring and pollution reduction programs
- Form partnerships to distribute air filters
- Create an idling reduction plan
- Simplify and improve the pollution reporting process

The Secretary also made help-

ful suggestions about how she would like to see Massport enhance public transparency and tracking of its environmental programming in their next report by presenting all of their pollution reduction programs in a single table which updates the program's status and estimates their effectiveness. Air, Inc. believes this proposed system would make it easier to compare Massport's success at reducing negative environmental impacts with their stated goals. They say this system could also be used to trigger additional requirements if impacts aren't brought down.

"Our technical experts believe this sort of system is totally feasible and we are eager to work with the Secretary's staff to help Massport implement the full slate of the Secretary's requirements," said Chris Marchi, AIR, Inc.'s longtime vice president.

Marchi adds, "If these changes are implemented, opportunities for significant environmental improvements will be unlocked."

Sonja Tengblad, an East Boston resident and mother who leads the local chapter of Mothers Out Front, a group which has been leading the call for air quality improvements in and around East Boston since 2017, says there's a lot of work to do, but she's also eager to get started. She and other volunteers with AIR, Inc. and a coalition of local environmental and community services groups calling itself the Logan Community Clean Air Coalition have been researching air quality testing and filtration programs since 2017. "Our coalition which includes Mothers Out Front, Neighborhood of Affordable Housing (NOAH), the East Boston Community Soup Kitchen, and many other community-serving not-for-profits, has been working on airport air quality solutions for years," said Tengblad. "We've monitored air quality in homes and classrooms and tested the effectiveness of air purifiers at removing pollutants. Our work shows that an air quality improvement campaign could protect us from exposure to emissions which cause low birth weight, childhood asthma, learning disabilities, COPD, heart disease, cancer and many

more public health problems. Asthma costs the average family in the US over \$3,000 annually. On top of the economic costs, a 2022 Boston College study shows a decrease of 3 IQ points amongst Boston students due to air pollution. We know from decades of research done around Logan that the impacts are far worse the closer you are to the source."

Tengblad continues, "We are literally stifling every aspect of our children's future. We see patterns of health impacts amongst residents who have grown up around Logan Airport. To think that our kids might face the same - or worse - should give anyone pause. But Governor Healey has made climate and environmental justice a big part of her agenda, and elevating local perspectives and ideas as Secretary Tepper has proposed in state planning processes is the right thing to do. Honestly, it's about time that Massport starts helping out. This is definitely a big step in the right direction."

Although activists are encouraged that Secretary Tepper has acknowledged and embraced their suggestions, Gail Miller, the president of AIR, Inc. urges continued caution. "We're closer to our goals today. But we're still miles away." Miller says that the Secretary's requirement for Massport to work collaboratively with community stakeholders holds incredible promise, but it flies in the face of what Massport has actually done over recent decades. Miller continues, "I wholeheartedly embrace the Secretary's mandate that a Logan working group be created so that the serious issues be addressed such as mitigating air and noise impacts which are tremendous burdens on the communities close to the airport. We need to look at the health costs, not only the perceived economic benefits of the airport."

When asked about the history of Logan's treatment of adjoining neighborhoods, Miller said, "Back in the day, Massport had a horrible reputation. They just smashed their way through the community in the 1960's and 1970's, taking hundreds of homes and businesses by eminent domain, leveling three

harbor islands and two urban parks including East Boston's Wood Island Park, an 83 acre Olmsted Park which anchored the northern side of Boston's Emerald Necklace. They also destroyed 2,000 acres of Boston Harbor to build the airport. Later administrations, mostly in the 1980's, tried to make amends by conducting sound insulation programs, building parks, and starting programs like Logan Express to cut traffic. And they got a global reputation for environmental leadership due to all that. But in the 1990's state politics shifted and a movement to curtail regulation and shrink government took root. Massport abandoned their commitments and reverted to their old ways. They stopped listening to community perspectives, stopped pushing the envelope and began to avoid accountability. So today we're still far from where we need to be."

John Walkey, Director of Waterfront and Climate Justice Initiatives at GreenRoots, a not-for-profit and long time leader in environmental justice and member of the Logan Community Clean Air Coalition agrees. "It's been a long road to get to the point where we are today, with the Secretary of EEA requiring Massport to finally enter into a true collaboration with surrounding community stakeholders. This is exactly what we have always wanted. Now we need to get it done and Massport needs to act in good faith, which is something we haven't really seen from them for a long time. But they have new leadership over there. The Governor and Massport Board appointed Rich Davey as the new Massport CEO just a few months ago. So we'll need to give him a chance to turn things around."

It remains to be seen whether community groups and Massport can make progress. But with Massport's most recent environmental filing reporting that passenger and operational levels at Logan are slated to rise significantly over the next ten years, the state's environmental brass are pushing them together to try, and activists say we can't afford to fail.



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JP HOSTS HALLOWEEN DOG PARADE

PHOTOS BY DEREK KOUYOUMJIAN



Allison Stevens and Peanut decided to be a jar of Fluff, and the horror movie Child's Play.



Bob Breznak, Juniper, and Ashley Paquin present Alice in Wonderland.



Spectators line up Centre Street to enjoy the spectacle.



Savannah wants to give that Taco Bell Dog arun for his money with her own taco truck. Hopefully she won't eat too much into her own profits.

It was a glorious day for a Dog Parade, and Centre South Main Streets had that ready for Jamaica Plain. Resident dogs and their families marched down Centre Street delighting fans young and old. Afterwards the many costumes were featured and celebrated with a fashion show at the Loring Greenough House.



A real pet was not necessary to enjoy the fun.



Micaela Nee with her canine friend Lucy who just so happens to be a big fan of the Polka Dot Bakery.



The Krieger Family with their Irish Wolf Hound Chicken chose a costume theme to remind motorists not to Storrow when driving tall vehicles.



Callie is Big Bird, Dexter is a Pumpkin Dog, and Dobbie is Cookie Monster.



Charlotte, Chloe, and Peanut.

SEE MORE PARADE PHOTOS ON PAGES 8 AND 9

JP HOSTS HALLOWEEN DOG PARADE

PHOTOS BY DEREK KOUYOUMJIAN



Nellie relaxes after the costume competition by mingling with some of her fans.



Embracing a theme of strong ladies sees Tiffany Phelan as Rosie The Riveter with Poppy as Justice Ruth Bader Ginsburg.



Kelsey Nagle, Erica and Janet Cain with Isabela Jim and Lenny, bananas in pajamas.



Kristine Atiyeh and Brandon Holley with Costa and Pesto party homage to the US Gymnasts Team from the 2024 Olympics.



Sesame Street fans Kate Hanlon and Mary Grance Menner are costumed as Bert And Ernie with Callie as Big Bird.



Reading to follow that "Yellow Brick Road" are Elizabeth and Naren with their kids Tuls(scarecrow) and Nila as well as furry friends Toast, Clove, Chai, and Sesame.

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Max marches with his human Jason Surprise to celebrate the next festive holiday of Fall, Thanksgiving.

JP HOSTS HALLOWEEN DOG PARADE

PHOTOS BY DEREK KOUYOUMJIAN



Sunny is Zero from Nightmare Before Christmas and David Sama is Jack Skellington.



Yare and Sofie are the rivalry of the Boston Celtics and LA Lakers with their human Ellana Stinson as their brave referee. Their adventures continue at @yare_and_sofie.



RJ with Ralph may not be quite ready to climb that mountain but they're ready to match down Centre Street.



Another Wizard Of Oz team as Danny Shapiro and Irina Rojan march with Monte and Archie.



Stacey Simpson readies her bandits Stevie and Kermit.



Winning 2nd Place was Jonathan and Juli Coraor Fried with Nellie as Peanut Butter and Jelly on Puppernickel.



The Dog Parade marches down Centre Street.

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BOSTON VETERANS PARADE

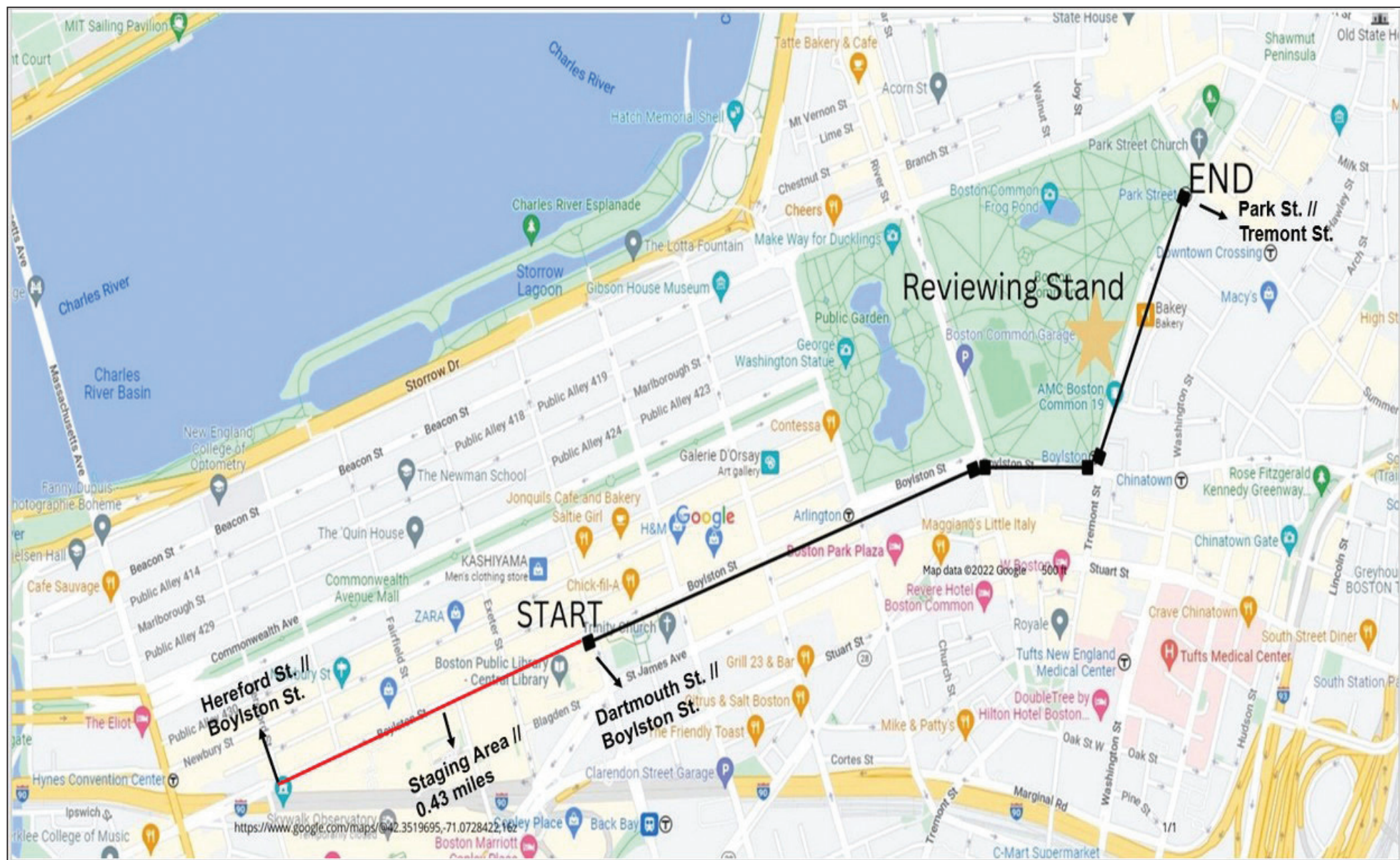
Boston is honoring the service and sacrifices of all who have served and those who continue to serve. The parade starts at 12-

3pm on Saturday, November 9. The Parade will begin at Boston Public Library located on Boylston Street and marching to

the corner of Park and Tremont St and end at 1 City Hall Plaza. This is a new and exciting parade designed to honor the service and

sacrifice of veterans and their families, as well as a thank you to all who continue to serve. We are seeking veteran, military,

and civic organizations as well as musical groups to headline this all-star salute to service. See parade route below.



Please write...

The Gazette welcomes letters to the editor. Word limit: 500. Deadline: Friday at 5 p.m. one week before publication. Letters may be emailed to letters@JamaicaPlainGazette.com. Please include address and telephone number for verification purposes. Anonymous letters will not be published. More information: 617-524-7662

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Over \$4.5 million in Complete Streets Funding Program awards announced

SPECIAL TO THE GAZETTE

The Healey-Driscoll Administration is awarding over \$4.5 million to 11 communities as part of the Fiscal Year 2025 Round 1 of grants for the Complete Streets Funding Program.

These grant awards will be used by recipient municipalities to fund local multimodal infrastructure projects that improve travel for pedestrians, public transit users, bicyclists and people using other forms of transportation.

A Complete Street enables safe, convenient, and comfortable travel for users of all ages and abilities regardless of their mode of transportation. Administered by the Massachusetts

Department of Transportation (MassDOT), the Complete Streets Funding Program aims to teach communities about Complete Streets and encourage the integration of Complete Streets into regular local planning practices. Of the 11 projects selected, 8 will benefit Environmental Justice communities.

“We are excited to announce over \$4.5 million for 11 cities and towns as part of the first round of funding of the Fiscal Year 2025 Complete Streets Funding Program,” said Transportation Secretary and CEO Monica Tibbits-Nutt. “These grant awards will assist municipalities with the implementation of Complete Streets projects, which will greatly improve safety, connectivity,

and access for all roadway users. We look forward to working together with local leaders as they begin planning and implementing their projects.”

“Our Complete Streets program has been a valuable funding source for our cities and towns, with hundreds of projects receiving grants in the past eight years,” said Highway Administrator Jonathan Gulliver. “We’re ready to support our municipal partners as they make these key improvements to roadway safety and multimodal access.”

The MassDOT Complete Streets Funding Program was launched in 2016 and provides technical assistance and construction funding to eligible municipalities to plan and implement Com-

plete Streets. Prior to this round, the Complete Streets Funding Program has awarded 278 construction project grants across the Commonwealth, totaling over \$100 million.

This round of funding provides funding to the following communities:

- Concord received \$500,000 to widen and pave an existing stone dust sidewalk on Magnolia Street, the construction of a new sidewalk on Walden Street to Brister’s Hill Road and construct a pedestrian/bike path from Walden Street to the Alcott Elementary School. The project will also include ADA compliant ramps, crosswalks, and signage.

- Everett received \$500,000 to reconstruct a 12-foot-wide side-

walk on the western and eastern sides of Broadway between Maple Avenue and Timothy Avenue. The project will also include ADA-compliant curb ramps and high-visibility crosswalks. In addition, the project will reconstruct a new bus stop at the Lexington Street intersection and include new five-foot-wide bike lanes on both sides of Broadway, the installation of a bus-only lane, and new bike racks.

- Medfield received \$500,000 for the construction of new five-foot-wide sidewalks on Dale Street, Adams Street, and Winter Street. The project will also include new pedestrian ramps, detectable warning panels, cross-

Continued on page 13

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Awards

Continued from page 12

walks, and new signage to help improve pedestrian accessibility, mobility, and safety.

• Melrose received \$450,803 for the construction of new five-foot-wide asphalt sidewalks on one side of Swains Pond Avenue from the intersection with Penney/Dexter Road to the intersection with Beech Street. The project includes ADA curb ramps, crosswalks, narrowed travel lanes, new trees, and will close a current sidewalk gap.

• Newton received \$500,000 for the construction of a 6.5-wide asphalt sidewalk on the northern side of Nahanton Street from Wells Avenue to Dedham Street. This project will help increase

access to the Wells Avenue complex. The project also includes ADA-compliant pedestrian curb ramps, high-visibility crosswalks, audible pedestrian signals, and pedestrian push buttons.

• North Attleborough received \$500,000 for the construction of new five-foot-wide sidewalks on both sides of Landry Avenue between the J.W. Martin Elementary School and Route 152. The project includes new narrowed road lanes to allow bicycle safety, ADA-compliant curb ramps, tactile warning panels, a high-visibility crosswalk, and Rapid Rectangular Flashing Beacons.

• Oxford received \$60,225 to connect two sidewalks on Monument Drive and Charlton Street with a new five-foot-wide sidewalk on Monument Street from Corbin Road to Charlton Street.

This project will improve the safety of pedestrians in this corridor.

• Rockland received \$500,000 for the construction of new five-foot-wide sidewalks on the northern side of North Avenue from Union Street to the town limit. The project includes ADA-compliant curb ramps, detectable warning panels, signage, narrowed road lanes, crosswalk improvements, and the installation of Rapid Rectangular Flashing Beacons.

• Wareham received \$500,000 for multiple projects. The grant will construct new ADA-compliant ramps and detectable warning panels at various locations on Main Street from Trinity Christian Church to Sandwich Road and on Onset Avenue from Union Avenue/South Boulevard to East Boulevard. The project includes

modifying curbs and the addition of Rapid Rectangular Flashing Beacons. The next project will create the "Walters Alley Pedestrian Zone" between Main Street and Merchant Way and finally, the grant will provide Speed Feedback signs at various locations.

• West Stockbridge received \$112,612 for pedestrian improvements at the Swamp Road/Main Street intersection. The project includes the relocation of a crosswalk, the installation of ADA-compliant curb ramps, and improvement at the intersection for drivers by building permanent bollards to better direct turns. The project will also improve the walkability at the Depot Street Municipal Parking Lot by building a pedestrian zone and a new sidewalk segment while also relocating a crosswalk to better con-

nect visitors parking in the lot to the town sidewalk.

• Weymouth received \$444,685 for intersection improvements at Pleasant Street and Ralph Talbot Street. The project will first reduce the corner radius which will help halve the length of the current pedestrian crossing. Also, the project will construct seven-foot-wide sidewalks to better connect to the current sidewalk network and include curb extensions and new lighting.

Municipalities may apply for up to \$500,000 in construction project funding in one application. Examples of project elements that can be implemented through the program include sidewalks, multimodal paths, bicycle lanes, improved street lighting, and pedestrian signalization at crosswalks or intersections.

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EDITORIAL

Give thanks to our veterans

This Monday, November 11, we will celebrate the 106th observance of Veterans Day in the United States, a day of solemnity and reverence to honor those who have served in our nation's military.

Veteran's Day initially was known as Armistice Day when it was enacted in 1919 to commemorate the first anniversary of the end of World War I, which occurred on the 11th hour of the 11th day of the 11th month in 1918.

World War I was marked by trench warfare in which neither the German-allied nations (Germany, Austria-Hungary, and the Ottoman Empire) nor the alliance among England, France, Russia, and the United States, accomplished anything. Historians to this day cannot even pinpoint a rational reason for why the war began.

The trench lines did not meaningfully shift for the entire four-year period of the war. In the meantime, the European continent was ravaged, with 10 million soldiers and another 10 million civilians losing their lives.

More significantly, the "war to end all wars" only set the stage for an even bloodier world-wide conflagration 20 years later with WWII. Indeed, the roots of today's conflict in the Middle East can be traced to the shift in control of that part of the world after WWI from the Ottoman Empire (Turkey) to England, which eventually led to the so-called British Mandate for Palestine after the end of WWII.

In the aftermath of the Korean War in 1954, Armistice Day officially became known as Veterans Day to include the veterans of all of our wars.

There are many ways that each of us can honor our veterans, including attending parades and ceremonies in our communities, visiting veterans memorials and cemeteries, volunteering with veterans organizations, donating to veterans causes, flying the U.S. flag, thanking a veteran for their service, or simply taking a moment to reflect on the great sacrifice made by so many who have put their lives on the line to ensure that all of us can enjoy the freedoms that we hold as Americans today.

If nothing else, Veterans Day should remind us that freedom isn't free and that maintaining our freedom since our nation's founding has required the personal sacrifice of millions of our fellow Americans.

Is drought our next climate crisis?

To paraphrase Bob Dylan, we don't need a weatherman to tell us that our parched lawns and gardens are an indication that there has been a lack of rain in the past month.

But even we were surprised to learn that almost the entire country is experiencing some degree of drought conditions, making this the most widespread state of drought in U.S. history.

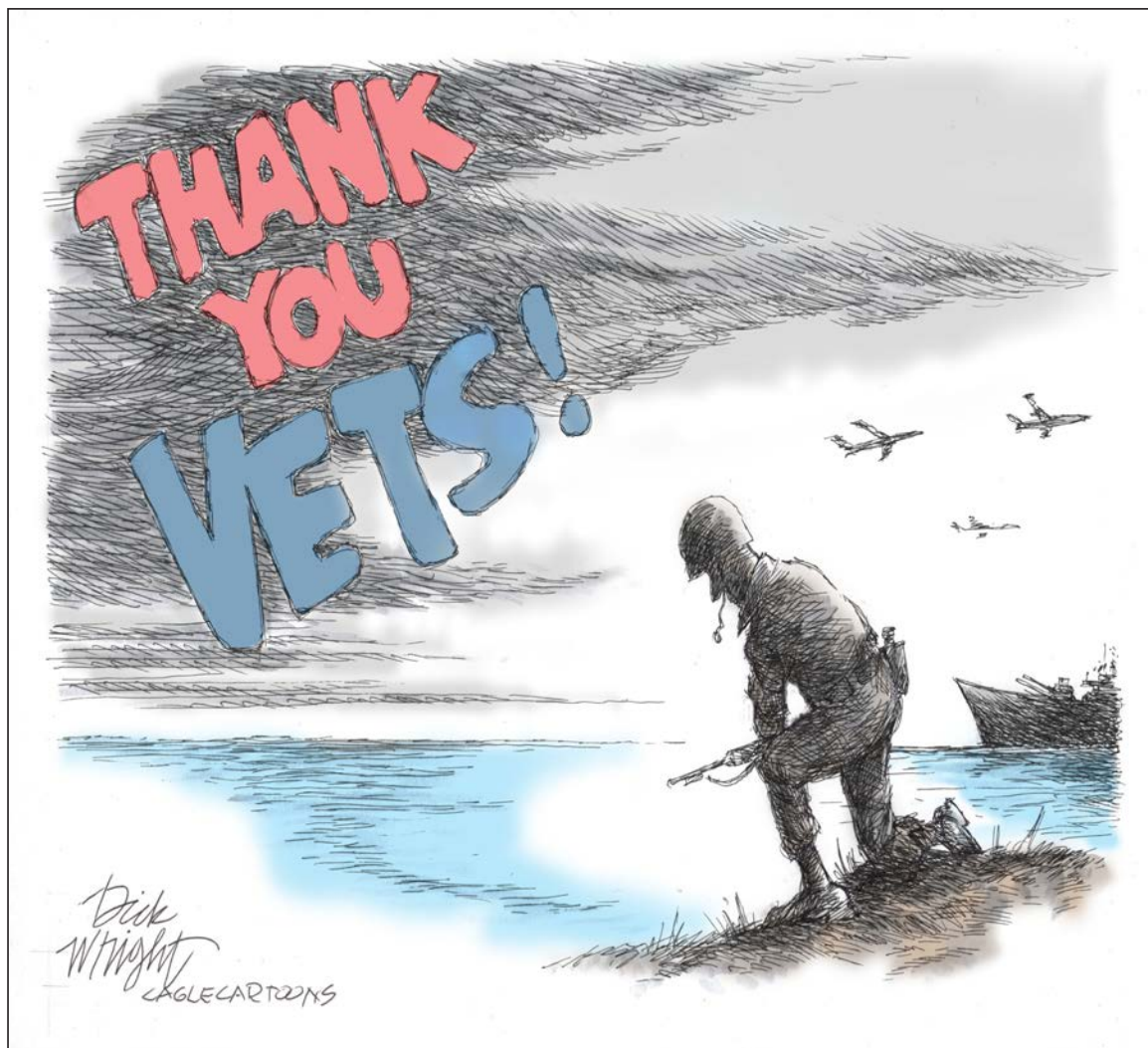
In New York City, which had its driest October since record-keeping began in 1869, officials are telling residents "to conserve every drop of water possible."

Climate change, which has been bringing record-high temperatures across the country every month this year -- especially this past summer -- is seen as a key driver of drought conditions.

High temperatures dry out both the atmosphere and the ground, which not only results in less rainfall, but also creates ideal conditions for wildfires, which have been sparking all across Massachusetts in the past few weeks. According to state officials, there are about 15 wildfires in a typical October, but this year there were more than 200 (which brought us that acrid smell of smoke that enveloped our area earlier this week until the direction of the wind changed).

As with everything weather and climate-related these days, our wonderful fall weather has been yet another example of good news/bad news.

Unfortunately, given that the world's efforts to reduce carbon emissions are failing badly, the bad news of the future promises to become even worse.



OP-ED

Older adults can save money during the annual Medicare open enrollment now through December 7

By MAYOR MICHELLE WU

With fall in full swing, I'm excited to share some important information that could help you save money on your health insurance premiums and prescription drug payments during the annual Medicare Open Enrollment period from now through December 7.

Now is a great time to meet with one of our certified SHINE (Serving the Health Insurance Needs of Everyone) counselors to go over your current health needs and find the coverage that's right for you. Our health is constantly changing; reassessing your needs and your plan each year is the best way to ensure that you get the right coverage at the most affordable price.

For our Age Strong Commission, making Boston a home for everyone means ensuring that our older residents have access to the care and services they deserve—at the lowest possible cost.

So, to help you navigate the Open Enrollment process, Boston's Age Strong Commission

will be hosting in-person events through December 6th. To see the schedule and location of these events, visit boston.gov/medicare.

Or, if you'd like to set up an appointment with a member of our Age Strong team at City Hall, call 617-635-4366.

Wishing you a wonderful fall.

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

Jamaica Plain GAZETTE

Published 26 times a year in Jamaica Plain by Independent Newspaper Group

Patricia DeOliveira
Advertising Manager

Sandra Storey
Founder/Publisher Emerita 1990-2011

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Boston's Age Strong Commission to host free Medicare open enrollment events across Boston

Boston's Age Strong Commission, the city agency serving its nearly 120,000 residents aged 60+, will host 15 free in-person events to assist older adults enroll in Medicare and make changes to their current Medicare health insurance and prescription drug coverage plans. These events are open to the public, and will be hosted in 11 neighborhoods across Boston. Make advance appointments by calling 617-635-4366.

Those not able to attend the events may schedule an appoint-

ment with Age Strong certified SHINE (Serving the Health Insurance Needs of Everyone) counselors through December 7.

Older adults are urged to assess their health insurance and prescription drug coverage each year, as health needs and health plans change. SHINE counselors will help residents get the best coverage for the lowest cost. In addition, Age Strong will screen older adults for other cost-saving benefits including Medicare Savings Program (MSP), fuel assistance, and food resources

(SNAP).

Friday, November 15
Boston Public Library, W Roxbury 1961 Centre St., West Roxbury

Saturday, November 23
Bruce C. Bolling Municipal Bldg. 2300 Washington St., Roxbury

Friday, December 6
Elks Lodge
1 Morrell St., West Roxbury-

To see a full list of in-person events, and information in other languages, visit boston.gov/medicare.

With autumn in the air, State Fire Marshal offers home heating reminder

With crisp autumn temperatures settling in across Massachusetts, State Fire Marshal Jon M. Davine is reminding residents that home heating equipment is the leading source of carbon monoxide and the second-leading cause of residential fires.

"Having your heating system serviced each year will help reduce the risk of a fire or carbon monoxide incident that puts you and your loved ones in danger," State Fire Marshal Davine said. "It will also save you money by helping you heat your home more efficiently."

Massachusetts fire departments reported nearly 6,000 fires related to home heating equipment in the past five years. These fires claimed eight lives, caused 139 injuries to residents and firefighters, and contributed to more than \$42 million in property losses. Fires that began with solid fuel heating equipment such as fireplaces, wood stoves, and their chimneys represent about half the total, while gas, oil, and electric appliances made up the other half.

Carbon monoxide is a hazard all year long, but especially in the winter as heating equipment returns to regular use. Firefighters encountered carbon monoxide hazards at more than 24,000 calls over the past five years, most of which took place in the colder months.

State Fire Marshal Davine offered these tips to protect yourself and your loved ones:

Smoke Alarms and

Carbon Monoxide Alarms

Every household should have working smoke and carbon monoxide (CO) alarms installed on every level of the home. Test

them every month to be sure they're working properly and replace alkaline batteries twice a year when you change your clocks. Smoke alarms should be replaced after 10 years and CO alarms should be replaced after 5, 7, or 10 years depending on the make and model.

Fireplaces, Wood Stoves, and Pellet Stoves

Solid fuel heating appliances such as fireplaces and wood stoves have accounted for a rising share of home heating fires in recent years. Most chimney fires occur because of a build-up of creosote, a tarry byproduct of burning wood: using only dry, seasoned wood and having your chimney and flue professionally inspected and cleaned each year can reduce this risk. Keep anything that can burn at least three feet away on all sides, and use a fireplace screen or keep the wood stove door closed to prevent sparks and embers from escaping. When the fire is out, shovel ashes into a metal bucket with a lid and place it outside on the ground away from the building – not in the trash.

Natural Gas and Oil Heat

If you have a furnace, water heater, or oil burner with a pilot light, keep a three-foot "circle of safety" around it, clear of anything that could catch fire. Don't store gasoline, painting supplies, or other flammable solvents in the home: their vapors can be ignited by a pilot light. These heating systems should also be checked and serviced annually by a licensed professional. If you smell gas, don't use any electrical switches or devices: get out, stay

out, and call 9-1-1 right away.

Space Heaters

Keep space heaters at least three feet from curtains, bedding, and anything else that can burn. Plug them directly into a wall socket, not an extension cord or a power strip, and always turn the heater off when you leave the room or go to sleep. When purchasing a space heater, select one that's been tested and labeled by a nationally recognized testing laboratory such as Underwriters Laboratories (UL) or Intertek (ETL). Newer space heaters should have an automatic shut-off switch that turns the device off if it tips over. Never use portable propane or kerosene heaters indoors – the fire and CO hazards are simply too high.

Heating Assistance

Residents struggling to pay for heating bills or maintenance may be eligible for assistance through the Massachusetts home energy assistance program (LIHEAP). No matter what type of heating equipment you use, LIHEAP may be able to help you pay your winter heating bills or maintain your heating system so it runs more safely and efficiently. All Massachusetts residents are encouraged to explore eligibility for this free program and apply for assistance.

More Home Heating Safety Tips

The Department of Fire Services offers a wealth of home heating safety information, including the "Keep Warm, Keep Safe" tool kit for local fire departments, caregivers, and service providers, at www.mass.gov/keepwarmkeepsafe.

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LEGAL NOTICES

LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT Suffolk Division 24 New Chardon St. Boston, MA 02114 (617) 788-8300 CITATION ON PETITION FOR FORMAL ADJUDICATION Docket No. SU24P2255EA Estate of: Milton Soldz Date of Death: 08/19/2024

To all interested persons: A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Edmond Soldz of Burke, VA and Stephen Soldz of Roslindale, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Stephen Soldz of Roslindale, MA and Edmond Soldz of Burke, VA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond unsupervised administration. IMPORTANT NOTICE You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 11/26/2024.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty days (30) days of the return day,

action may be taken without further notice to you. UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC) A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration. WITNESS, Hon. Brian J. Dunn, First Justice of this Court. Date: October 22, 2024 Stephanie L. Everett, Esq. Register of Probate

11/08/24 JP

LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT Suffolk Division 24 New Chardon St. Boston, MA 02114 (617) 788-8300 CITATION ON PETITION FOR FORMAL ADJUDICATION Docket No. SU24P2274EA Estate of: Michael F. Leonard Also known as: Michael Leonard Date of Death: 04/10/2024

To all interested persons: A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Shaun M. Leonard of Boston, MA requesting

that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that: Shaun M. Leonard of Boston, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond unsupervised administration. IMPORTANT NOTICE You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 11/27/2024.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty days (30) days of the return day, action may be taken without further notice to you. UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC) A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration. WITNESS, Hon. Brian J. Dunn, First Justice of this Court. Date: October 23, 2024 Stephanie L. Everett, Esq. Register of Probate

11/08/24 JP

FRESH AND LOCAL

Hold the Mayo

BY PENNY & ED CHERUBINO

Mayonnaise is a food, like cilantro, anchovies, blue cheese, and liver, that some people avoid or outright hate. Those who have investigated mayo aversion have proposed estimates that this group comprises 20% to 25% of people. However, scientific research has yet to be conducted on that number.

Perhaps the “Hold the Mayo” movement protests the food industry’s ubiquitous use of this condiment. It’s slathered on sandwiches, drizzled on entrées, and mixed into salads. In some cases, it is not even mentioned on the menu. You have to ask, “Does this dish contain mayo.” For most, it’s an aversion; for some, it’s an allergy.

Our Experience

For Penny, an emergency room visit for a severe reaction to egg nog resulted in a lifetime of avoiding mayonnaise and any other condiment or salad dressing with raw egg as their base. “Hold the mayo” and aller-

gy-related questions were part of our lives until a few years ago. She was tested for allergies at MGH, and the result was that she was no longer allergic.

Nonetheless, Penny decided that she had lived all these years without mayo and was much happier using the many substitutes she had discovered. They all provided more nutrition and were better for our health.

Pull up a nutrition chart for mayonnaise, and you’ll find that one tablespoon contains 94 calories. The only four numbers listed for our daily % requirements are total fat 15%, saturated fat 8%, cholesterol 2%, and sodium 3%. The other 12 nutrition measurements are listed as 0%.

Mayo Replacements

As our love for international cuisine grows, we find excellent leadership from chefs who use their native condiments to add moisture and flavor to their dishes. Yotam Ottolenghi, the Israeli-British chef and restaurateur, has taught us to use hummus, tahini, and yogurt as spreads or



This beet, arugula, and goat cheese sandwich is perfect for a “Hold the Mayo” lunch.

drizzles for his recipes.

Jamie Oliver educates home cooks on how to prepare simple, nutritious, and inexpensive meals. He uses yogurt, sour cream, oil and vinegar, chili sauces, and prepared condiments like tapenade or mango chutney as flavor bombs to finish a dish.

We’ve been inspired by local restaurateurs like Michael Serpa and Marc Orfaly, who offer

alternatives on and off the menu. At Marc’s former restaurant, Pigalle, the special one night was lobster rolls. When Penny declined one because of mayo, she was offered the dish made with crème fraîche and chives. She still declares it the best lobster roll she’s ever had. She also began using crème fraîche as a mayo substitute.

Vinaigrettes (without eggs)

are the dressing for our cole slaw, potato salad, and tuna salads. We make egg salad with yogurt or sour cream, and mashed avocado rounds out many sandwiches.

Substitute Resources

Our copy of “The Food Substitutions Bible” supplies a list of substitutes for any ingredient, including mayo. You can also search online for “mayonnaise substitutes.” We like www.allrecipes.com and www.foodsubs.com for their searchable databases.

If you are a “Hold the Mayo” community member, remember you can’t trust that a menu will mention that the dish includes mayo. You have to ask. We recently had lunch at a restaurant with a menu inspired by Southern USA foodways. Nearly every dish included mayo, which was often integral to the dish. After checking one entree after another, Penny made a meal of appetizers and sides.

Mayonnaise is a primary ingredient in many dishes in the American South. If you travel to that area, remember this and be ready to be told, “Sorry, we can’t hold the mayo.”

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

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Gazette Pet of the Week

by Sarah Carroll



SKYLAR

Skylar is a beautiful 7 year old gal who was adopted years ago and then found herself back at the shelter because her family was gone long hours daily. She is a big girl and so sweet! She is hoping her new family will come along soon, as she is used to being a family pet!

“Gazette Pet of the Week” is sponsored by

Sarah Carroll, REALTOR®

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