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HYDE SQUARE TASK FORCE CELEBRATES THREE KINGS DAY



PHOTO BY DEREK KOUYOUMJIAN

During the Three Kings Day celebration, community activist Jose Masso III calls some children out to the front noting: "This is why we celebrate. This celebration is about them. This celebration is about the future. A world that is inclusiveness. A world that's about justice." See Pages 4, 5 and 6 for more photos.

Wu highlights initiatives in State of the City address

BY ADAM SWIFT

The future of Franklin Park, one of Boston's open space and recreational jewels, took center stage at Mayor Michelle Wu's State of the City address at MGM Music Hall on Tuesday night.

Wu also highlighted new initiatives to house families, expand homeownership, and plan for a green and growing city during her second annual address. She outlined partnerships with employers, higher education, and cultural institutions she said will transform public schools and BPS athletics and expand opportunities for students and families from pre-K to college, including summer jobs and unprecedented



MAYOR'S OFFICE PHOTO
BY JOHN WILCOX

Boston Mayor Michelle Wu delivers her State of the City address at the MGM Music Hall Tuesday night.

access to spaces for learning and curiosity.

"Last summer, Boston scored

a huge goal: landing the National Women's Soccer League's newest franchise in 2026," said Wu.

With the city's partners at Boston Unity Soccer Group, Wu said the city is excited to renovate the historic White Stadium at Franklin Park into the first sports venue in the country that will co-house a pro sports team and a public school athletics program.

"Our students will have a world-class grass field, eight-lane track, brand new locker rooms, and conditioning and study spaces to call home," said Wu. "We'll also create a new booster fund for BPS athletics to cover expenses for uniforms, extra equipment, and

Continued on page 2

Local non-profits receive state grant

SPECIAL TO THE GAZETTE

The Healey-Driscoll Administration announced more than \$15 million in grants to 67 organizations across the state through the Community Empowerment and Reinvestment Program (CERP), a competitive grant program that offers flexible operating grants to local collaborations for programming and projects that develop, strengthen, and invest in community economic priorities. The program aims to bring positive economic outcomes to communities that have been adversely impacted by the criminal justice system and poverty. Jamaica Plain Neighborhood Development Corporation (JPND) received a grant of \$300,000.

The grant was awarded to the

Bridge to Prosperity that is a collaboration between JPND and A Year and a Day Foundation, which aims to create pathways for success for 400 individuals in Boston's justice-impacted communities. Recognizing the importance of wraparound services such as job placement and education in reducing recidivism, the program, informed by lived experiences, addresses critical needs and strengthens networks with ally organizations. Participants will benefit from CORI expungement clinics, workshops, training, and personalized coaching, with a goal of 98 individuals securing well-paying, upwardly mobile careers, especially in industries like construction.

Continued on page 9

JPA adopts statement of purpose, values; police warn of "check-washing"

STAFF REPORT

The Jamaica Pond Association (JPA) held its first meeting of 2024 this past Monday via Zoom. Chair Kay Mathew and fellow members Jasmine Crafts, Tony Dreyfus, Peter Steiger, Peter Elmuts, Michael Reiskind, Nancy Mazonson, Kevin Moloney, Franklyn Salimbene, Barry Schwartz, and Michael Frank were in attendance, as were a number of residents of the Jamaica Plain community.

Also on hand for the session were Michael Giordano from

State Rep. William McGregor's office and Brett Hoffmann from State Senator Mike Rush's office.

Officer David Murray from the District 13 Boston Police station reported on traffic safety measures he has undertaken in recent months, particularly focusing on crosswalk safety. He said he issued 70 citations in November and December for speeding, red light violations, and crosswalk violations (which are civil moving infractions) and issued two criminal citations for

Continued on page 3

State of the City

Continued from page 1

dedicated transportation.”

Wu noted that the plans for a revitalized Franklin Park extend beyond bringing a professional soccer team to a renovated White Stadium.

“For my family and many others, there is no more magical place in the city, with its historic stone bridges; wooded trails; and beloved community spaces,” said Wu. “But our biggest park has suffered from decades of disinvestment.”

This year, the mayor said the city will act on recommendations of the Franklin Park Coalition and community members to begin restoring Franklin Park to its fullest potential.

The city will hire a park administrator and six new maintenance staff, bringing dedicated park staffing to its highest level in over 50 years, Wu said. In addition, she said the city will begin the community process to reimagine and invest in a home of the Elma Lewis Playhouse.

“Every young person deserves to grow up in a city with wide open spaces that coax our legs



MAYOR'S OFFICE PHOTO BY JOHN WILCOX

Members of the Boston EMS attended the State of the City address at the MGM Music Hall.

into running – that remind us to breathe deep and look up at the sky,” said Wu.

Rickie Thompson, the President of the Franklin Park Coalition, said her organization is thrilled to celebrate the mayor's significant new investments in Franklin Park.

“The Coalition has been advocating for renovations and additional staffing for a significant time,” said Thompson. “We're very grateful that Mayor Wu is responsive to these requests and will work to update this critical resource that has been neglected for too long.”

Jennifer Epstein, the controlling partner of Boston Unity Soccer, applauded Wu's vision and the partnership to revitalize

White Stadium.

“The transformation of the stadium into a world-class sports facility presents an incredible opportunity for BPS student-athletes, the communities around the park, and our soccer club,” said Epstein. “We are building our team for Boston and the diverse communities represented here, and we thank the City for its leadership. Working together with the City and members of the community, we look forward to delivering a reimagined White Stadium that enhances our city and contributes positively to the vibrancy and activation of beloved Franklin Park.”

Throughout Wu's address, there was a focus on housing, education, and the future for young

people in the city.

“Time and again, we have proven the future is ours to shape,” said Wu. “And day by day, we're following through on Boston's promise to be a green and growing City for everyone. As a mom—and a BPS parent—I know that to truly be the best City for every family, we have to give our young people the world: in the classroom, in community, in every corner of our City.”

Wu announced that the City will eliminate barriers to building accessory dwelling units (ADUs) this year by changing zoning to make these small homes as-of-right citywide. The ADU program allows owner occupants to create smaller, independent units inside their homes or in their yards.

The mayor also announced plans to identify locations for nearly 3,000 new, modern, energy-efficient public housing units that will be built over the next decade, which she said will be the first new net public housing units built in Boston in more than 40 years.

“From Chinatown to West Roxbury, public housing makes it possible for so many of our seniors, and veterans, and residents with disabilities to stay in our city, and for so many of our young people to grow up here – including two of our newest city councilors,” said Wu.

Across the city, Wu said too many families are getting displaced when their apartment buildings are scooped up by private investors.

“We're launching a fund to make these buildings permanently affordable – doubling down on our success last year keeping 114 families in their homes in East Boston,” said Wu. “This year, we will deploy the fund to protect 400 more families citywide.”

For students, Wu said several new partnerships with higher education institutions will ensure that BPS high school students have access to early college and career pathways.

Bunker Hill Community Community College (BHCC) will broaden its partnership with Charlestown High School by offering every student the opportunity to take college courses either through dual enrollment or early college pathways in business, technology, and health.

In September, BHCC and Charlestown High School will launch the City's second Year 13 program, which provides a full year of free college courses to

Charlestown graduates. Roxbury Community College will partner with Boston International Newcomers Academy (BINCA), the Margarita Muñiz Academy, and English High School to launch the first early college incubator designed specifically for multilingual students.

Mass General Brigham will deepen its partnership with the Edward M. Kennedy Academy for Health Careers to ensure Boston's healthcare professions reflect the community, Wu said.

Wu also announced that Boston Public Schools has signed an agreement with UMass Boston and Chancellor Marcelo Suárez-Orozco to transform the BCLA-McCormack High School into the district's first University-Assisted Community Hub School.

The mayor also introduced a new program to help students and their families continue their education outside the walls of the school and some of the city's most famous institutions.

Starting in February 2024, on the first and second Sundays of each month, every BPS student and up to three family members will get free admission to the Boston Children's Museum, the Franklin Park Zoo, the Institute of Contemporary Art, the Museum of Fine Arts, the Museum of Science, and the New England Aquarium. Families will show a BPS school ID or an electronic pass to gain admission.

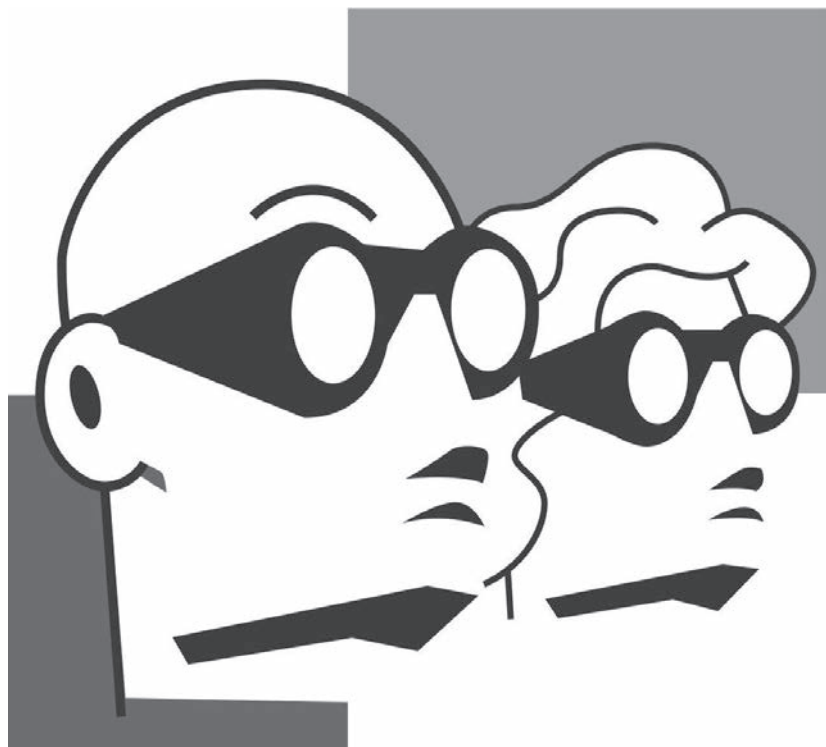
The mayor also hit upon the city's continuing commitment to being a green city.

“Last year, I promised to ban fossil fuels in new city buildings, and we did: Already, two new community centers and two libraries in progress will be fossil fuel free,” said Wu. “And this year, we will introduce zero net carbon zoning to make Boston the greenest city in the country.”

In her speech, Wu also highlighted several public safety issues.

The mayor said the city is collaborating on a public health-led approach at Mass & Cass that has removed encampments and helped hundreds of people find housing and begin a path to recovery; and partnering on a community-driven safety plan that has achieved the lowest levels of gun violence on record. Wu also noted that a new police contract sets a national precedent for community policing, including discipline reform, detail reform, and investing in officer education.

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JPA

Continued from page 1

drivers who did not have valid driver's licenses.

He also said that there have been a "good number" of accidents on Centre St. and "a bunch" on the Jamaica way, including two rollovers, over which the State Police has jurisdiction.

"Please be careful," noted Murray to those in attendance.

Steiger asked about some suspicious activities on Moraine St. last week, which he said appeared to involve a drug deal. Murray explained that a resident of Moraine St. noticed someone with a package acting suspiciously and Murray noted that the automobile being operated by the suspect had an expired registration.

A young woman had reported that she was followed by an unknown person, who was acting erratically and who later tried to gain entrance into her apartment on Moraine St. before the police arrived. Murray said he knows who the suspect may be and will be speaking to him.

A resident also raised an issue about a person who may be living in a box truck on Moraine St. Murray said he will look into that situation.

Murray also spoke briefly about the new bike lane on Elliot St., which he said "may be a problem at some point" because the bicycle lane goes in the opposite direction of vehicular traffic. He also noted that there could be issues with the new Green St. bike lane and intersecting roads along Green St.

Off. Patricia Darosa also appeared at the meeting and presented the monthly Community Safety Report. She noted that a man pushing a wheelchair in the area of Harrison and Centre Sts. was stealing packages from porches on December 31. She also said that there was a lar-

gery by scam involving a phony check at a bank on Centre St. She finally noted that there was a pedestrian accident in a crosswalk on South Huntington Ave. at Bynner St.

Moloney informed the group that a check for \$100 that had been made out to a local charitable organization -- and that had been mailed by his wife inside the U.S. Post Office -- had been "washed" in the amount of \$9200.

"It is pretty scary to think that you can do what you're supposed to do and you can still be a victim of this crime," said Moloney, who noted that his bank reimbursed the stolen funds. Both Darosa and Murray told the group that "check-washing" -- in which

criminals steal mail that contains checks, use chemicals to wash away the original writing on the checks, and then write in new payees and amounts -- has become widespread. They noted that Postal employees have been robbed at gunpoint for the keys to mailboxes.

The group also discussed the possibility of holding the JPA meetings in person or whether the members preferred to remain on Zoom. The JPA had hoped to use the Curley House as a meeting place, but the \$200 fee was deemed too steep. Another member noted that with COVID numbers rising, the remote meetings were preferable, while Salimbene offered that holding in-person meetings was important for the

community and Mazonson suggested that in-person quarterly meetings might work.

Dreyfus presented the report for the Parks, Parkways, and Open Spaces Committee. He said that two issues that deserve discussion and decision-making include getting the DCR to plant more trees along the Jamaica way to replace ones that have been removed and the DCR's proposal to redesign the rotaries along the Arborway. Dreyfus suggested that the JPA hold a community meeting with the district's two state senators and two state representatives for a discussion of both matters.

Dreyfus also brought up the issue of planting more trees and shrubs at Jamaica Pond, where

he said the city has neglected to maintain the area.

Steiger of the IDEA Committee, which was created a year ago, presented for the members' consideration a statement about the "purpose, values, and activities" of the JPA. After some discussion, the members unanimously voted to adopt the statement, which will be posted on the JPA web site. Mathew noted that the JPA "needs to diversify, to attract young people, more women, and people of color," and suggested that the IDEA Committee could serve as the platform to accomplish that goal.

The next meeting of the JPA is set for Monday, February 5.

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HYDE SQUARE TASK FORCE CELEBRATES THREE KINGS DAY

Three Kings Day is a celebration of Epiphany when, in Christian dogma, the Three Kings or Wise Men came with gifts of gold, frankincense, and myrrh. It is the end of the Holiday Season and at the Hyde Square Task Force it was a celebration. Music, food, dancing, and activities awaited guests of all ages.

PHOTOS BY DEREK KOUYOUMJIAN



Jonathan DeJesus and Aldrin Carvajal (far right) with the Three Kings: Dereck Medina, Dayane Vieira and Leeya Aman.



Jose Masso III speaks to the audience.



Jose Masso III with the Three Kings: Dayane Vieira as Gospar, Leeya Aman as Melchior, and Dereck Medina as Balthazar.



Juan De Los Santos-Mello, Genesis Rodriquez, and Josie Ross take a selfie together.



The Hyde Square Task Force was filled with celebration of Three Kings Day.

Gazette Pet of the Week

by Sarah Carroll



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Sandra Jimenez and Diego Nunez.

HYDE SQUARE TASK FORCE CELEBRATES THREE KINGS DAY

PHOTOS BY DEREK KOUYOUMJIAN



Alejandro Núñez, and Lisandra Colón share a laugh as their son Mauricio Núñez-Colón is overwhelmed by all of the fun.



Consuela and Juan Carlos Ferrufino.



Amber and LeVar Espar.



Hyde Square Task Force Dance Program Coordinator Genesis Rodriguez and daughter Gia Ortiz-Rodriguez (aka "Anna")



Sharina and her ensemble Guajiba perform songs from Puerto Rico.



One of the Three Kings, Dayane Vieira, is paid homage to by Hyde Square Task Force Senior Well Being Coordinator Rebecca Kamins.



The Three Kings lead a procession with the audience joining in.



Moya Ellingboe was a jewel on her nose.



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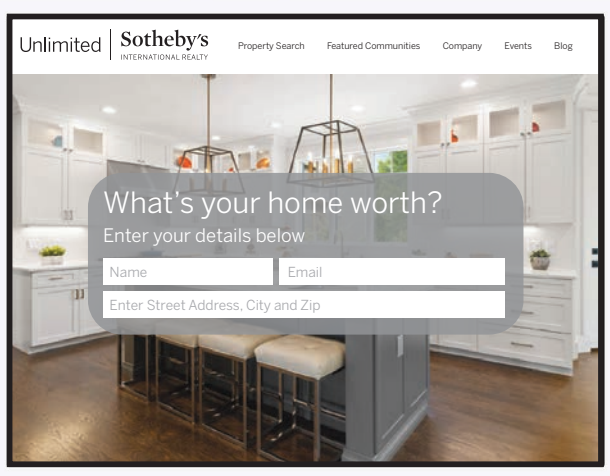



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HYDE SQUARE TASK FORCE CELEBRATES THREE KINGS DAY

PHOTOS BY DEREK KOUYOUMJIAN



Edras Alvarez, Ariana Monroig, Senior Well Being Coordinator Rebecca Kamins, and Moya Ellingboe check out each other's dance moves in the hallway at the Hyde Square Task Force.



The Three Kings lead a procession with the audience joining in.



Peter, Marisa, Marcelo, Solana and Vida Alvarez



Sharina and her ensemble Guajiba perform songs from Puerto Rico.

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Greater Boston bikeshare system plans to add 750 ebikes to growing fleet

The cities of Boston, Cambridge, Somerville and Everett, the town of Brookline, Blue Cross Blue Shield of Massachusetts (“Blue Cross”) and Lyft today announced plans to integrate 750 next-generation ebikes into Greater Boston’s popular Bluebikes program and the renewal of Blue Cross’ title sponsorship through May 2031. The rollout will begin with 50 ebikes hitting the street this week; an additional 700 will join the fleet in subsequent months.

The new seven-year agreement between Blue Cross and the municipal owners further cements a dynamic public-private partnership for sustainable urban transportation. Blue Cross will continue its commitment to promoting the overall health and well-being of Massachusetts residents by supporting the municipal owners of Bluebikes in driving system growth and accessibility through initiatives including station expansions, system enhancements and the integration of ebikes.

“This marks an exciting milestone as we usher in the next wave of transportation in Greater Boston with the introduction of state-of-the-art e-bikes,” Boston Mayor Michelle Wu said. “Partnerships such as our Bluebikes alliance with Blue Cross are crucial in ensuring our residents have access to healthier, more sustainable, and affordable transportation options. We look forward to continued collaboration with Blue Cross and all our municipal partners as we elevate our bike share system.”

“Bluebikes have become an integral part of so many communities in and around Boston, and we are thrilled to continue supporting the system,” said Blue Cross President and CEO Sarah Iselin. “We’re looking forward to the next chapter of partnership with the cities and towns through the renewal of our Bluebikes sponsorship. Biking is truly one of the best ways to get around, benefiting the environment as well as our mental and physical health. And adding ebikes to the Bluebikes system is an important step toward making biking more accessible to more people.”

The new collection of ebikes is expected to grow the overall Bluebikes fleet to 5,000 bikes across 500 stations by next summer.

Funding for the initial purchase of the ebikes came from a combination of municipal investment from Boston and Cambridge, state funding, federal funding by the Boston Area Metropolitan Planning Organization and support from Blue Cross’s sponsorship of the bikeshare system. Together, Boston, Cambridge, Somerville, and Blue Cross will provide support for affordable user costs of ebikes for Bluebikes members.

The state’s largest health plan became Bluebikes’ title sponsor in 2018. Since the inception of the Bluebikes partnership, the municipal owners – in conjunction with Blue Cross – have made investments, received grants and fostered station sponsorships to accomplish system milestones, including:

- Expanding the system from four to 13 municipalities, representing a 225% increase
- Supporting a 333% growth in the number of available Bluebikes and a 150% expansion in the number of Bluebikes stations
- Bolstering the income-eligible program
- Surpassing 22 million rides taken

“The City of Cambridge is proud to support more affordable, sustainable, and healthier forms of transportation and extend what has been a win-win public-private partnership,” said Cambridge City Manager Yi-An Huang. “Bluebikes have become a critical part of Cambridge’s public transportation system and I am excited that the system is

becoming even more accessible through the addition of ebikes to the Bluebikes fleet, which will open up the system to more older adults, people with disabilities, and others who may find traditional bikes hard to pedal. It will also create more opportunities for individuals seeking to maximize their time and access to our busy communities, while reducing traffic congestion.”

Lyft’s ebike was named one of TIME’s 100 Best Inventions of 2022. It features a long-lasting battery with a 60-mile range, a user-friendly interface LCD screen, a smoother ride and numerous safety upgrades. Massachusetts legalized Class 1 ebikes, which have no throttle and a maximum speed of 20 MPH, as part of the Transportation Bond Bill last year. Unlike traditional pedal bikes, ebikes aren’t permitted on sidewalks; they can be used on shared paths and bike lanes. Riders must follow all traffic laws and regulations and must bike in the same direction of traffic except on specially marked streets. Riders must always yield to pedestrians, maintain a safe speed and remain aware of all street users of all abilities.

“Somerville takes great pride in our regional, public-owned Bluebikes system, which is already one of the most successful bikeshare systems in North America,” said Somerville Mayor Katjana Ballantyne. “Bikeshare is public transit, and I believe that affordable, pedal-assist ebikes can improve travel choices for people across the metro

region.”

“Bluebikes is getting our newest ebike, which has cutting-edge features that riders love,” said Caroline Samponaro, VP of Public Policy, Lyft. “These ebikes make it easier than ever for people to reach jobs, family, and friends with sustainable, climate-friendly transportation that gets cars off our roads. I want to thank Mayor Wu, all the Bluebikes municipal owners, and Blue Cross Blue Shield of Massachusetts for their continued investment and partnership in Bluebikes. Without them, Bluebikes wouldn’t be the tremendous success it is today.”

The municipal owners have

prioritized access and affordability for the new Bluebikes ebikes, which will be available at \$0.10 per minute for Bluebikes members, \$0.25 per minute for Adventure Pass holders, and \$0.07 per minute for low-income residents enrolled in Bluebikes’ Income-Eligible Program. Income-eligible riders are provided a reduced annual fee for Bluebikes. Earlier this year, Boston also announced the Boston Bikes Pass, which is a Bluebikes membership offered only to City of Boston residents at a reduced annual rate of \$60. Learn more discounted Bluebikes rates at <https://www.boston.gov/departments/boston-bikes/discounted-bluebikes>.

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2	Studio	467	\$1,402	60% AMI	—	—
4	1 BR	608	\$1,503	60% AMI	—	—
1	2 BR	797	\$1,803	60% AMI	—	—
1	3 BR	1,030	\$2,083	60% AMI	—	—
22	Studio	467	\$2,078	80% AMI	1	1
15	1 BR	608	\$2,227	80% AMI	3	1
1	2 BR	797	\$2,672	80% AMI	—	—

Minimum Incomes (set by owner + based on # of bedrooms + Area Median Income (AMI))			Maximum Incomes (set by HUD/MOH + based on household size + Area Median Income (AMI))		
# of bedrooms	60% AMI	80% AMI	Household size	60% AMI	80% AMI
Studio	\$42,060	\$62,340	1	\$62,340	\$83,120
One	\$45,090	\$66,810	2	\$71,280	\$95,040
Two	\$54,120	\$80,160	3	\$80,160	\$106,880
Three	\$62,520	N/A	4	\$89,040	\$118,720
			5	\$96,180	\$128,240
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Saturday	December 16, 2023	10:00am to 2:00pm	
Saturday	January 20, 2024	10:00am to 2:00pm	

To request an online application or to have one sent by email visit www.3368Washington.com

We will be holding informational meetings on **December 20, 2023, 4:00 PM - 7:00 PM** at **Amory Street Apartments, 125 Amory St, Boston, MA 02119** and

January 18, 2024 4:00 PM - 7:00 PM at **Jamaica Plain Branch of Boston Public Library, 30 South St, Jamaica Plain, MA 02130**

Join virtually, too, through the following links:
December 20, 2023: <https://tcbinc-org.zoom.us/j/85253720389>
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Stonybrook Neighborhood Association debates development projects

SPECIAL TO THE GAZETTE

The Stonybrook Neighborhood Association (SNA) dedicated the majority of its bimonthly meeting to review of two development projects, both of which were continued for further information and review. The addition of two residential apartments above the existing property at 3510 Washington Street is being proposed by the current owner, who was represented by the project architect, Tim Burke. The proposed apartments would be above the existing well-known Chinese restaurant, JP Kitchen. Renderings of the proposed project showed the two residential units each having two stories, and blending in with an existing similar development on the same block. The key concerns of the SNA were how the associated additional parking spaces in the rear of the building would affect an already active and congested area during delivery

hours and that the current dry wells would be connected to the city drainage to avoid flooding issues. In particular, the SNA members emphasized that this project will provide opportunity to improve the property's Washington Street facade and visual appearance of the property.

The proposed new multifamily project at 84 Stonley Road was presented by representatives of the developer, steered by Jay Walsh. A project at this site had previously been before SNA as a nine unit apartment building, but upon consideration of SNA concerns has been redesigned with 18 smaller apartment units, including three units designated as affordable housing. In addition, the developer is intending to contribute to the Massachusetts Affordable Housing Trust Fund.

The conversion of the existing three story commercial building to a multifamily with four off street parking spaces met with a broader discussion among the

members, some opposing any additional development in the area, stating the view that JP has done enough to add housing to Boston, and that any more is too much, creating too much traffic and congestion, as well as replacing the original unique multi-decade historical architecture with cookie cutter modern structures. Others felt strongly that such projects as 84 Stonley are critical to addressing the Boston housing crisis, and within reason SNA needs to embrace proposed such multi-family developments. The remainder of the Stonley Road project discussion focused on what improvements SNA would like to see, including a more attractive and varied facade, awareness of protecting existing green space, particularly in light of expected future development along abutting Stedman Street. The representatives took the SNA suggestions under advisement.

Discussion of what SNA's next steps would be for 3510 Wash-

ington and 84 Stanley resulted in a broader discussion of their role and process. For simpler projects such as 3510 Washington, SNA can work with the developer directly, providing advice and support. With larger more complex projects such as 84 Stonley, SNA will be one of several entities, others being city offices, to arrive at a project acceptable across multiple constituencies.

The remainder of the meeting provided updates on ongoing matters of interest and concern to the SNA. Christine Poff, representing the Franklin Park Coalition (FPC) provided an very positive outlook for City improvements to the Park, including the addition of a full time administrator to oversee the Park, its improvements and activity, the addition of up to six maintenance employees and planned safety improvements to the Park hardscape. Poff did express concerns about the possible move of the City's animal shelter to the Park, but noted that this

discussion is more in the future, with no funding currently budgeted, so at this point only needs monitoring. The FPC concerns are tied to additional building and congestion in the Park, as well as the negative impact of barking dogs on the important migratory bird stopover at Scarborough Pond.

Other ongoing issues covered were the continued concern of the SNA on the development of the MBTA Arborway project, which may not be aligned with the eight acres designated for City community development. Discussions will be ongoing on this project. Subcommittee updates were also provided on the SNA's currently unoccupied Community Room, the South-West Corridor Extension and the status of development plans at BMS Paper Supply at 3390 Washington Street. The next SNA meeting is scheduled for Monday, March 11.

FRESH AND LOCAL

Food pathways to consider

BY PENNY & ED CHERUBINO

Rather than make food and diet resolutions this year, we suggest you choose some food pathways to consider. Resolutions are often short-lived goals. That's because they require you to change something immediately. The only resolution we've ever kept was the one we made in 2007 to have a glass of something bubbly to toast each new month.

Pathways are taken step-by-step, allowing you to move at your own pace and change direction when you want to try a different fork in the road. Over the past few years, we've been wandering down the healthy eating pathway. It's been a great stroll.

Real Food vs Food-Like Products

The first step on this path is to begin reading food labels. We're fortunate that industrial food producers have started to adapt to those of us who read labels and choose processed food with fewer ingredients or, in some cases, single ingredients over highly

processed and ultra-processed food with a long list of additives, chemicals, flavor, and texture enhancers.

For example, rather than lower quality, out-of-season berries with our morning oatmeal, we've recently switched to frozen or unsweetened, dried blueberries, cherries, cranberries, and mixed fruit. These all have just the named fruit on their ingredient list. It's the same for the frozen peas, corn, minced garlic, and ginger we always keep on hand.

The Eating Healthier Pathway

If you decide to start on the road to healthier eating, you can do that step-by-step with minor adaptations, choosing one area of change at a time. You may have a medical issue that might be improved with more or less of a specific food group. For example, a pre-diabetic could have less sugar and simple carbohydrates. For someone with cardiac issues, it could be foods that lower cholesterol and choosing healthier fats.

For those who are healthy now



If you are new to dried fruit, try a sampler tray, like this one, from Fastachi in Watertown.

and want to stay that way, your path could be to add more fruit and vegetables, whole grains, legumes, and beans to your meals. It doesn't have to be an all-or-nothing change. We switched to frozen packages of simple brown rice from white rice.

Many of us have reduced our alcohol consumption and taken advantage of lower alcohol and alcohol-free beverages. We often choose a glass of sparkling wine, which tends to be 11-12% Alcohol by Volume (ABV), instead of the big, bold reds, which average 13.5% ABV. What's more, some

reds may go as high as 20% ABV. Again, read the labels.

Make One Little Change at a Time

It took many years of less healthy habits to bring a person to the point where they make a New Year's resolution to lose 50 pounds or stop their caffeine or sugar addiction. Yet, they think they can undo all the harm in a few weeks. Slow and sure is a far better way to win this race.

If you have a fast food habit, you can opt to make your lunch at home one day a week and

take a walk for exercise instead of going to your local fast food chain. If you have an evening cocktail routine, you might opt for an exciting mocktail a few nights a week.

Step-by-step and decision-by-decision, you can slowly explore a food pathway to make a difference in your life and health. Once you succeed with one change, you can set off toward success on a different food exploration pathway.

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

On the 28th of August, 1963, a century following Abraham Lincoln's historic Emancipation Proclamation that liberated the slaves, a young Martin Luther King ascended the steps of the Lincoln Memorial in Washington, D.C. There, he shared his dream for America. Over 200,000 individuals, both black and white, gathered to hear him. The vision shared on the steps of the Memorial that day became the aspiration of an entire generation. Below, please find the full text of the Reverend Dr. Martin Luther King Jr.'s "I Have a Dream" speech.



I am happy to join with you today in what will go down in history as the greatest demonstration for freedom in the history of our nation.

Five score years ago, a great American, in whose symbolic shadow we stand today, signed the Emancipation Proclamation. This momentous decree came as a great beacon of hope to millions of slaves, who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of their captivity. But one hundred years later, the colored America is still not free. One hundred years later, the life of the colored American is still sadly crippled by the manacle of segregation and the chains of discrimination.

One hundred years later, the colored American lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the colored American is still languishing in the corners of American society and finds himself an

exile in his own land. So we have come here today to dramatize a shameful condition.

In a sense we have come to our Nation's Capital to cash a check. When the architects of our great republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir.

This note was a promise that all men, yes, black men as well as white men, would be guaranteed the inalienable rights of life liberty and the pursuit of happiness.

It is obvious today that America has defaulted on this promissory note insofar as her citizens of color are concerned. Instead of honoring this sacred obligation, America has given its colored people a bad check, a check that has come back marked "insufficient funds."

But we refuse to believe that the

bank of justice is bankrupt. We refuse to believe that there are insufficient funds in the great vaults of opportunity of this nation. So we have come to cash this check, a check that will give us upon demand the riches of freedom and security of justice.

We have also come to his hallowed spot to remind America of the fierce urgency of Now. This is not time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism.

Now is the time to make real the promise of democracy.

Now it the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice.

Now it the time to lift our nation from the quicksand of racial injustice to the solid rock of brotherhood.

Now is the time to make justice a reality to all of God's children.

I would be fatal for the nation to overlook the urgency of the moment

and to underestimate the determination of it's colored citizens. This sweltering summer of the colored people's legitimate discontent will not pass until there is an invigorating autumn of freedom and equality. Nineteen sixty-three is not an end but a beginning. Those who hope that the colored Americans needed to blow off steam and will now be content will have a rude awakening if the nation returns to business as usual.

There will be neither rest nor tranquility in America until the colored citizen is granted his citizenship rights. The whirlwinds of revolt will continue to shake the foundations of our nation until the bright day of justice emerges.

We can never be satisfied as long as our bodies, heavy with the fatigue of travel, cannot gain lodging in the motels of the highways and the hotels of the cities.

We cannot be satisfied as long as the colored person's basic mobility is

from a smaller ghetto to a larger one.

We can never be satisfied as long as our children are stripped of their selfhood and robbed of their dignity by signs stating "for white only."

We cannot be satisfied as long as a colored person in Mississippi cannot vote and a colored person in New York believes he has nothing for which to vote.

No, no we are not satisfied and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream.

I am not unmindful that some of you have come here out of your trials and tribulations. Some of you have come from areas where your quest for freedom left you battered by storms of persecutions and staggered by the winds of police brutality.

You have been the veterans of creative suffering. Continue to work with the faith that unearned suffering is redemptive.

Grants

Continued from page 1

"Our administration is committed to making Massachusetts a state where everyone has access to economic opportunity," said Governor Maura Healey. "The Community Empowerment and Reinvestment Program is reshaping our communities by providing resources for programs that strengthen our communities through job training, small business support, housing stability, and more. We congratulate the awardees on this hard-earned achievement and thank the Legislature for their partnership to make this funding available."

"The Community Empowerment and Reinvestment Program plays a vital role in supporting communities that face significant barriers to economic growth in Massachusetts," said Lieutenant Governor Driscoll. "This funding will provide assistance to organizations that are doing critical work to improve public health, support small and diverse businesses, engage with young people, provide education and workforce opportunities and so much more. This program will help strengthen our bond with local leaders to safeguard the well-being of all residents." "In Massachusetts, we are

building an equitable economy that benefits everyone," said Secretary of Economic Development Yvonne Hao. "This program serves as a crucial mechanism for our administration to strategically invest in the fundamentals that enable economic growth. In collaboration with local leaders, we're aiming to enhance the livelihood of residents and businesses for years to come."

This competitive grant program was developed to support communities with high rates of

criminal justice system involvement and poverty. Project categories include community-based workforce development, small business development, housing stabilization, community health improvement, high school dropout prevention, and community organizing and leadership development.

Among these awarded projects, 37 are located in Gateway Cities. Of the 67 organizations, 33 self-identified as Minority Business Enterprises. Nearly half of the organizations fund-

ed have formerly incarcerated leadership or leadership that has been impacted by the criminal justice system.

Created in 2020, the Community Empowerment and Reinvestment Grant Program involved the establishment of a Community Empowerment Board to inform application

processes and criteria. As prescribed by law, the seven-member Community Empowerment Board consists of individuals who belong to demographic groups that have been traditionally underrepresented and have historically been at social and economic disadvantages.

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Healey-Driscoll Administration advances tuition equity

SPECIAL TO THE GAZETTE

The Healey-Driscoll Administration took a significant step forward in expanding access to higher education for all Massachusetts residents by launching the new Massachusetts Application for State Financial Aid (MASFA). The Department of Higher Education released the form on their website today, which will allow currently-enrolled undocumented college students in Massachusetts to apply for state need-based financial aid for the first time. Students can access the application at mass.edu/MASFA.

The MASFA is an alternative form that provides students who cannot complete the Free Application for State Financial Aid (FAFSA) due to their immigration status a way to apply for state need-based financial aid. The application launch follows the August 2023 passage of Massachusetts' Tuition Equity Law, which allows students who have completed at least three years of high school in Massachusetts and received a high school diploma or its equivalent in the Commonwealth to access in-state tuition and be eligible for financial aid, regardless of immigration status.

Eligible students began receiving the in-state tuition rate in Fall 2023. The MASFA released today is for additional need-based financial aid opportunities. It is based on the FAFSA for the 2023-2024 academic year and should be completed by students who are beginning college in Spring 2024 or were enrolled in the Fall 2023 semester and may qualify for financial aid. To receive financial aid for the 2023-2024 school year, students are encouraged to apply by May 1, and no later than June 30, 2024.

Students who apply for need-based state financial aid under the new "High School Completer" pathway created by the Tuition Equity Law must meet the existing eligibility criteria for each financial aid program for which they are seeking access.

"Quality higher education should be accessible to all Massachusetts high school graduates," said Governor Healey. "Students who have long been part of our communities in Massachusetts should be eligible for the historic financial aid programs we have launched this year, and they should have every opportunity to grow their careers and be part of building our state's

workforce. We're grateful for the Legislature for their partnership in passing this historic policy, and we're proud to be launching this application so that students can start accessing financial aid."

"This has been a banner year for educational access in Massachusetts, following the passage of MassReconnect, MASSGrant Plus Expansion, and Tuition Equity," said Lieutenant Governor Driscoll. "The MASFA will open doors to need based financial aid for students looking to attend any public or private Massachusetts college or university."

"Tuition equity is about giving students who have long called Massachusetts home equal access to higher education," said Secretary of Education Patrick Tutwiler. "With the MASFA form providing access to millions of dollars in need-based financial aid, we will be able to give the greatest number of students access to the life changing opportunities that our institutions of higher education offer here in the Commonwealth."

"The Department of Higher Education is committed to increasing socioeconomic mobility for all residents of Massachusetts, particularly those who have his-

torically been underserved and underrepresented in higher education," said Commissioner of Higher Education Noe Ortega. "The MASFA is a key tool for advancing equitable access to the Commonwealth's many great colleges and universities."

"Ensuring that all Massachusetts residents, regardless of immigration status, have access to the Commonwealth's higher education system is critical not just for those students, but for the betterment of Massachusetts," said House Speaker Ronald J. Mariano (D-Quincy). "I want to thank my colleagues in the House and our partners in the Senate for making this initiative possible, as well as the Healey-Driscoll Administration for working to implement it and for their support."

"Tuition equity is about giving every high schooler in Massachusetts who wants to go to college the same ability to do so, regardless of who they are or where they are from," said Senate President Karen E. Spilka (D-Ashland). "I'm thrilled to see the Executive Office of Education take this important step in implementing what the Legislature included in the budget, and break down a major barrier for young people whose families have settled in our state."

"The Healey-Driscoll Administration's launch of the MASFA is groundbreaking, helping to provide state need-based financial aid for undocumented immigrants who aspire to higher education," said Representative David Rogers (D-Cambridge), House Chair of the Joint Committee on Higher Education. "This initiative will continue the Commonwealth's commitment to increased access to the life-changing opportunities within our higher education

system."

"On behalf of the state's 15 community colleges, we are excited to celebrate the launch of the MASFA," said Jim Vander Hooven, president of Mount Wachusett Community College and chair of the Community College Council of Presidents. "The new tuition equity law is already making a significant positive impact on our students, and we're thrilled that the MASFA will streamline access to state aid for eligible undocumented students."

"On behalf of the Commonwealth's State Universities, I am thrilled that the Governor continues to increase access to a college education for all people that reside in Massachusetts," said Salem State University President and Chair of the Council of Presidents for the Massachusetts State Universities John D. Keenan. "The Governor's leadership continues to make college more affordable than ever before to Massachusetts students. The MASFA provides students who are not eligible to apply for Federal Financial Aid access to state financial aid. This, along with in-state tuition for Massachusetts high school graduates, is another important financial aid tool to help them reach their goal of earning a college degree."

"The creation of a state financial aid application is another smart, common sense step by the Healey-Driscoll administration to break down existing financial barriers to higher education," UMAss President Marty Meehan said. "The MASFA will make college more affordable for numerous Massachusetts students, empowering them to support their families and contribute to the state's

Continued on page 11



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ology, engineering or culture that are listed or determined eligible for listing in the National Register of Historic Places and/or specific reason the proposed action may have a significant impact on the quality of the human environment. Specific information regarding the project is available by contacting McKayla Grasham, m.grasham@trileaf.com and 410-853-7128, during normal business hours. Comments must be received 30 days from the date of this publication.

Tuition

Continued from page 10

economy.”

Filling out the MASFA does not commit any student to enrolling in a college or university, but it is the essential first step to applying for the financial assistance for which they may qualify to make college a reality.

To be eligible, Massachusetts residents must meet the following criteria:

- Was admitted to a public or private institution of higher education within the Massachusetts system of public higher education.
- Have attended at least three academic years at a high school in Massachusetts.
- Have graduated from high school in Massachusetts or have received the equivalent of a high

school diploma (for example, a GED) in the Commonwealth of Massachusetts.

- Have applied for military selective service, if eligible.
- If the individual is not a citizen or legal permanent resident of the United States, that person must provide a completed the DHE Affidavit stating that the individual will file an application to become a citizen or legal permanent resident within 120 days

after the individual becomes eligible to do so.

An updated MASFA for the 2024-2025 academic year will be available in late winter/early spring and will be based on the 2024-2025 FAFSA, which is due to be released by the federal government on December 31, 2023.

The MASFA ensures that all students who qualify can access the significant investments made into higher education by the Healey-

Driscoll administration this year, including MassReconnect, which made community college free for Commonwealth residents ages 25 and older regardless of income, and MASSGrant Plus Expansion, which covers the cost of tuition and fees for low-income students and reduces out-of-pocket costs for middle income students.



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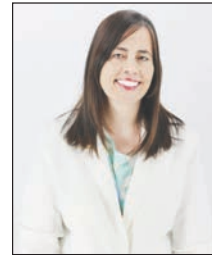
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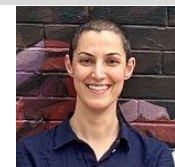


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Louijeune newly elected president of the Council

SPECIAL TO THE GAZETTE

Boston City Councilor At-Large Ruthzee Louijeune has been sworn in as the President of the Boston City Council, making her not only the third Black woman to hold this position, but also the first Haitian-American.

‘It was an honor to nominate Councilor Ruthzee Louijeune as council president,’ said District 1 Councilor Gabriella Coletta. ‘I’m confident the Council will promote collaboration, governance, and accountability this legislative session.’

‘I am excited for what’s to come for our city, and believe that our collective work can transform our beloved city into one where every person feels honored, safe, housed, and healthy.’ said Louijeune. ‘I am hopeful, and I am grateful, because the only way we get through, the only way we

thrive, the only way we push forward, is together.’

‘Councilor Louijeune has shown she knows how to build bridges to address issues that impact all Boston residents from tackling crucial city services to spearheading initiatives that create more affordable housing and uplift our most underserved communities’ said District 4 Councilor Brian Worrell. ‘I am proud to support her as our next Council President in my capacity as Council Vice President and look forward to partnering with her and all of our colleagues to deliver for our City.’

There is additional significance to the swearing in, as January 1st also celebrates Haitian Independence Day, the most important holiday in the Haitian community. On January 1, Haitians celebrate their role in history as the first free Black republic

in the Western hemisphere and the only country in the world founded from a slave revolt. Boston is home to the third largest Haitian diaspora in the country.

As Louijeune was sworn in, the chambers filled with family, friends, and loved ones dawned in red and blue, celebrating both Haitian Independence Day and her history-making appointment.

In her first speech as council president, Louijeune outlined a vision for the city of Boston that addresses historic inequities while envisioning a future that welcomes everyone to the table. From addressing barriers to homeownership, to creating stronger models for waste collection in all of our neighborhoods, to ensuring that every BPS student has the tools they need to reach their full potential, and working with our unions to make sure that Boston is a city that continues to put people before profit.

Louijeune recognized and offered flowers to her predecessor, Ed Flynn, who served

as president during her first term in office. She also welcomed new colleagues Enrique Pepen, John Fitzgerald, Henry Santana, and Ben Weber.

During Louijeune’s first term, she met the moment with passion, work ethic, and deep love for Boston. She successfully led the council through the tumultuous re-districting process, passing a map that met standards set by a federal court order. As Chair of the Committee on Civil Rights and Immigrant Advancement, she pushed for additions in the budget, securing funds for fair housing testers, a municipal wage study, expanding the Office of Returning Citizens, increased housing support for vulnerable populations, and initiatives for affordable homeownership. She has been an advocate for legalizing beekeeping citywide, increasing the frequency of trash pickup for cleaner streets, and actively works to bridge gaps and distribute resources to every neighborhood.



Boston City Councilor At-Large Ruthzee Louijeune.

As president, Louijeune is committed to building on her previous work, while uplifting the issues that her colleagues hold dearly.

‘One thing to know about me is that I unequivocally reject any zero-sum mentality that suggests that for one group to succeed, another must lose,’ Louijeune stated.

The newly-sworn in council is a profound representation of the vibrancy and diversity that makes up Boston. Louijeune is hopeful that during her tenure, this body will embrace different perspectives and lived experiences, while also acting as a strong collective voice for the people of Boston.

CITY OFFICIALS TAKE OATH OF OFFICE



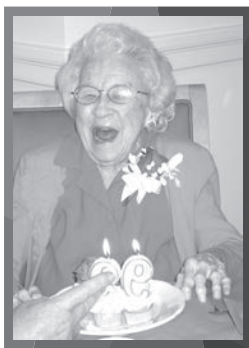
MAYOR'S OFFICE PHOTO BY MIKE MEJIA

Mayor Michelle Wu administers the Oath of Office to members of the Boston City Council at Faneuil Hall on January 1.

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EDITORIAL

Dr. Martin Luther King Jr. never gave up

For those of a certain age, it is hard to imagine that 2024 will mark 56 years since the assassination of Rev. Dr. Martin Luther King Jr. in Memphis while he was standing on the balcony of the Lorraine Motel on April 4, 1968. Recalling how we felt when he first heard the news of Dr. King's murder still brings chills and a deep sense of sadness that never has subsided.

For those who are too young to have been alive in that era of American history, there are a few things that everyone should know about Dr. King that should provide inspiration to all of us.

First, Dr. King was fearless. He knew from the inception of his rise to prominence of the Civil Rights movement that he would become a target for those who opposed change. Yet, even though he often told others that he believed his death would be imminent, he did not relent in his fight to continue his work in the civil rights movement.

Second, Dr. King stood for the rights of all Americans, not merely those of color. He was in Memphis working with striking sanitation workers, whose pay and working conditions he was seeking to help improve. He was an outspoken critic of the Vietnam War because he knew it to be an unjust war, not only for poor Americans who could not get a college deferment for the draft, but also for the people of Vietnam, whose homeland was being bombed into oblivion at great profit for the American military-industrial complex.

If Dr. King were alive in the present era, there is no doubt that he would have been in the forefront of the Black Lives Matter movement that has highlighted the ongoing racism and economic inequality that oppresses Americans of all races today.

Dr. King's words ring as true today as they did two generations ago; his "I Have A Dream" and "I've Been to the Mountaintop" speeches are among the most powerful not only in American history, but in all of Western civilization.

All of us should learn from the example set by Dr. King that in each of us is the power to change the world -- that each of us has the capacity to inspire others, whether through our words or deeds, whether on a small or large scale, to make the world a better place.

Many of our fellow citizens have followed the path set by Dr. King and many more will do so in the years ahead. So as we celebrate Dr. Martin Luther King Jr. Day this Monday, let us recall not only his memory and the many things that he accomplished, but let us also resolve never to give in to the forces of intolerance, prejudice, and hate that continue to plague our country and the world today.

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

BAAF's Champion Reception in March

The Boston Arts Academy Foundation (BAAF), an independent 501(c)(3) charitable non-profit organization that raises essential funds to augment the Boston Arts Academy budget, has announced that Hector Piña and Dr. Aisha Miller will be honored with the prestigious Champion Award at the 2024 Boston Arts Academy Foundation Champion Reception on March 21. The event will take place at the iconic House of Blues in Fenway on Lansdowne Street and will be followed by the opening night of the all-student-led performance of *Simply The Best! The Life and Legacy of Tina Turner* as told through song and dance. This year's event will be chaired by Dylan Leavitt, founder of Studio Dylan.

The Champion Reception is one of several annual Boston Arts Academy Foundation events that raise critical funds for Boston Arts Academy. The money raised helps provide arts programming and life-changing opportunities for students that would be otherwise unavailable to them. Each year, the Champion Award is presented to members of the community who embody the school's commitment to the arts, scholarship, and citizenship. Previous BAAF Champion Award honorees include Boston Mayor Michelle Wu, former First Lady of Massachusetts Diane Patrick, former Boston Mayor Kim Janey and Martin J. Walsh, Congresswoman Ayanna Pressley, Massachusetts Governor Maura Healey, and former Governor Charlie Baker.

"We are thrilled to recognize two exemplary civic leaders who have worked tirelessly to impact the residents of the City of Boston," said Boston Arts Academy Foundation President and CEO Denella J. Clark. "Hector and Aisha represent our students in so many ways, and truly are servant leaders. Their passion and love for young people, education, and the arts are what our Champions award hopes to recognize."

Originally from the Dominican Republic, Hector Piña is the CEO and President of Tres Islas Group Corporation and a community leader known for revolutionizing Boston's culinary scene. Hector and his wife, Nivia Piña, have launched several acclaimed eateries including Merengue,

Vejigantes, Doña Habana, and Cilantro Latin Kitchen, earning national recognition for their Dominican, Puerto Rican, and Cuban cuisines. Committed to community involvement, Hector actively serves on Boston Arts Academy Foundation's Board of Directors and has received numerous awards for his leadership and impact on Boston's Latino community.

Dr. Aisha Miller is currently the Vice President of Permitting, Community, and Corporate Engagement at Related Beal. Dr. Miller has a diverse professional background, including serving as Boston's Chief of Civic Engagement and holding positions in the Boston Inspectional Services Department. In addition, she has worked as a Suffolk County Probation Officer, was the Regional Steward for Suffolk County Probation Officers, and has served as an aide to political figures. Dr. Miller has received numerous leadership and community service awards, most recently the 2023 Girls' LEAP Empowerment Champion Award.

Event Chair Dylan Leavitt is a member of the Boston Arts Academy Foundation's Advisory Council. Leavitt is passionate about building community

through education, arts, and culture. Leavitt founded Studio Dylan, a boutique production company, in 2018, and has served as a producer for PBS national television programs including "Antiques Roadshow" and "Lidia Celebrates America." She has also curated films at the Museum of Fine Arts, Boston, and Telluride Film Festival.

"We are grateful to be working with Dylan on our Champions Reception," said Clark. "Dylan is a fresh, young creative force, and we are excited to be partnering with her on this event."

After the reception, guests are invited to enjoy the opening night of *Simply The Best! The Life and Legacy of Tina Turner*, an entirely student-run production that will feature work and appearances from all five core arts majors at Boston Arts Academy. The show was chosen by the students because of its themes of female empowerment and resilience.

Tickets to the Champion Reception and opening night of *Simply The Best!* are available for \$125, while a ticket for all other performances is \$25. Proceeds from the event will direct-

Continued on page 15

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

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Local youths paint iconic “K” signs at Fenway Park for the 2024 season with The BASE and Boston K Men

Jamaica Plain resident Yager Velarde was part of special group of youth from The BASE who painted iconic “K” signs at Fenway Park with the Boston K Men. The newly painted “K” signs will be posted above the Green Monster by the K Men every time the Red Sox ace pitcher strikes out a batter next season. The “K” painting event was part of a holiday fundraiser the K Men are holding to support The BASE, selling limited edition t-shirts and hats with 100 per-

cent of proceeds benefitting the Roxbury non-profit at www.bostonkmen.org.

The BASE is a Roxbury-based nonprofit that leverages the power and passion of sports to transform lives of urban youths, providing pathways to higher education and careers for student-athletes. It operates a premier urban youth academy that offers exceptional athletic training and competition combined with academic and career support.



PHOTO COURTESY THE BASE

Shown (L to R): The BASE youth Luis Amgel of Hyde Park, Adrian Baez of Dorchester, Angel Gomez Gustavo of Roxbury, Jael De Leon of Holbrook, Carlos Francisco of Dorchester, Yowelfri Guerrero of Mission Hill, Yana Guerrero of Mission Hill, Justin Arias of Dorchester, Yager Velarde of Jamaica Plain, Yomar Cabrera of Chelsea and Jolty Diaz of the South End hold up a newly painted “K” sign that will be posted on the Green Monster by the Boston K Men next season.

Boston Arts

Continued from page 14

ly support BAA’s arts programming. For more information about sponsorships and to purchase tickets for all performances of Simply The Best!, visit <https://bostonartsacademy.org/foundation/event/champion-reception-2024>

Boston Arts Academy Foundation, an independent 501(c)(3) nonprofit organization, was established in 1999 to raise es-

sential funds for Boston Arts Academy, the city’s only public high school for the visual and performing arts. Each year Boston Arts Academy Foundation must bridge the gap between the school’s allocation from Boston Public Schools and the true cost of a high-quality education that is both arts-intensive and college preparatory. Support from foundations, corporations, and individual donors is crucial to the school’s ability to offer a comprehensive arts and academic education.

LEGAL NOTICES

LEGAL NOTICE COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT

Suffolk Probate
and Family Court
24 New Chardon St.
Boston, MA 02114

(617)788-8300

CITATION ON
PETITION FOR
FORMAL
ADJUDICATION

Docket No.
SU23P2790EA
Estate of:
Charles M.
Conti

Also Known As:
Charles Conti
Date of Death
09/05/2023

To all interested persons:
A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Melanie Eresian of Shrewsbury, 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: Melanie Eresian of Shrewsbury,

MA be appointed as Personal Representative(s) of said estate to serve With Personal Surety on the bond in 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 02/01/2024.

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 (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: December 21, 2023 Stephanie L. Everett, Esq. Register of Probate

1/12/24
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 ORDER OF COMPLETE SETTLEMENT Docket No. SU23P0605EA Estate of: George W. Fifield Date of Death:

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CITY PAWS

A dog for all seasons

BY PENNY & ED CHERUBINO

Some dogs enjoy our changeable New England weather. They are adaptable and happy to go out and explore as long as they are with you. Others are happier basking in the warm sun on a beach or frolicking in the snow in winter.

Did you ever consider that your relationship with weather conditions should influence your choice of dog? If you hate the cold, ice, and snow, a high-energy dog who needs a lot of exercise any time of the year might be difficult. On the other hand, if you love the summer and want to take long dog walks on sunny days, a flat-faced dog like a Bulldog might have breathing problems trying to keep up with you.

Origins Make a Difference

The seasonality of a dog depends, in part, on genetics and breeding. A dog's body, tail, coat, and personality depend on the work humans refined the breed

to perform. Among the best examples of this are sled dogs. A clue to the weather adaptation of the Alaskan Malamute and Siberian Husky is in their name and their work. They originated in cold places to pull sleds.

The American Kennel Club (AKC) points out the necessary qualities of a sled dog. "One of the most important is good feet. Long-distance races are tough on a dog's body, and the feet bear the brunt of the work." AKC continues, "A healthy appetite and a thick coat are also important. Picky eaters might not take in the necessary calories on the trail, which reduces their performance ability. A healthy coat with a thick undercoat helps keep a dog warm and protected from the elements and preserves those essential calories."

However, while genes are one factor, within breeds, you'll find dogs who adapt to seasons in far different ways. Our first Westie, Sassy, loved basking in the sun. Number two, Maggie Mae,

adapted to any season as long as she could be outside socializing, whereas Poppy loves playing in the snow.

Adaptations Can Help

We can help a dog adapt to our seasonal conditions. In winter, if you have a short-haired dog who needs a lot of exercise, like a greyhound, you must protect her from the cold and wet. Friends with a former racing dog use a layered coat system for winter walks. It has a thin layer for cool days, a thicker layer with a snood to keep her ears and neck warm on cold days, and a rain jacket that fits over either or both for wet days.

Aside from adaptive clothing, you can vary the time of your exercise walks. Take that husky out anytime in winter but in the coolest hours in summer.

Age and Health

Other adaptations are for age and health. You may have specific exercise directions from your



AKC says for a sleddog, "A healthy coat with a thick undercoat helps keep a dog warm and protected from the elements and preserves those essential calories." (Photo: Getty Images.)

veterinarian for a dog with a specific medical condition. Ask about this on your next vet visit, especially if you and your dog have moved here from an area with very different weather.

Carriers and strollers can make longer walks possible for dogs with injuries, health conditions, and as they age. Years ago, friends with an aging Airdale bought her a little red wagon to

transport her to a favorite park. Recently, we spotted a gentleman pushing his Bulldog in a low-to-ground stroller. It enabled the big boy to step in and out by himself, a perfect adaptation for both the dog and the guardian.

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

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