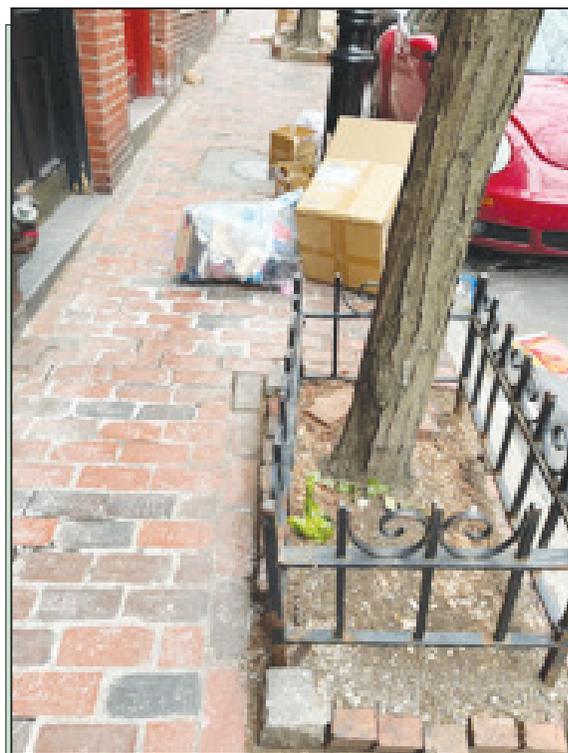




# THE BEACON HILL TIMES

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An astonishing amount of garbage, even bananas and wrapping paper, was seen on the sidewalk and in the tree pits on Phillips Street before the recent snowfalls.

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#### Recyclables

Clear plastic bags are allowed on Beacon Hill for recycling. Clear plastic recycling bags are available at Charles Street Supply. Bags need to be 32 gallons or less. Do not put recyclables in plastic grocery bags. Collapse all boxes. Make sure that all recyclables are bagged or tied together and not left strewn on the sidewalk and in tree pits.

Please encourage your neighbors to do the right thing with their trash. Working together, we can make a difference and contribute to the beautification of our

neighborhood. We can do better!

For more pointers on how to put your trash and recycling out, visit: <https://www.boston.gov/trash-and-recycling>.

Upcoming virtual BHCA Meetings:

Board of Directors; Monday, February 14, 7 p.m.

Architecture Committee; Tuesday, February 15, 5 p.m.

Events Committee; Wednesday, February 16, 7 p.m.

Contact the BHCA office at 617-227-1922 if you'd like to join any of our committees.

## Historic New England to explore 'reimagining' Otis House

By Dan Murphy

Historic New England is taking a fresh look at the Otis House to explore options for the next chapter in the history of this Charles Bulfinch-designed National Historic Landmark at 141 Cambridge St.

"We definitely want to create an engaging visitor experience and also enhance our working relationship with other neighborhood organizations," said Susanna Crampton, public relations officer for Historic New England. "We'd like to be a resource and a partner – that's sort of how we're defining our reimagining."

Historic England has hired NADAAA, a Boston-based architecture and urban design firm, to help them develop a vision for the Otis House (built in 1796), as well as two row houses on Lynde Street

(built circa 1840).

"Beyond its importance for Boston, Otis House represents something for New England more broadly as it embodies a piece of urban fabric in all its facets: its architecture, interiors, furniture, and artifacts all tell a story that extends the social importance of a dynamic community that is always in a state of transformation," said NADAAA principal designer Nader Tehrani stated in a press release. "The diversity that is embedded in the site is an important reminder of who we are today, how we interpret our history, and moreover, how we allow this special institution to tell new stories to future generations. We strongly believe that the combination of strategic planning, creative programming, and thought-

(OTIS HOUSE Pg. 4)



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# EDITORIAL

## THE 1887 ELECTORAL COUNT ACT MUST BE AMENDED

Americans always have taken for granted the sanctity and integrity of our electoral system. For decades, we routinely have sent observers to countries where democracy is a new thing to ensure that those nations conducted their elections on the up-and-up, using our electoral system as a model.

America's democratic process, we have assumed, is the gold standard for democracies around the world. We never considered that our own democracy, the world's oldest, was anything but rock-solid.

However, the 2020 Presidential election upended all of those assumptions. It turns out that what we had thought were firmly-embedded procedures are not so clear, and could be subject to a wide range of interpretation.

This lack of clarity is thanks to an arcanelly-worded statute, known as the 1887 Electoral Count Act.

The Act was enacted by Congress in 1887, 10 years after the disputed 1876 presidential election, in which several states submitted competing slates of electors and a divided Congress was unable to resolve the deadlock for weeks. Though it took Congress more than 10 years to finally pass the act, the effort to clarify some of the ambiguities contained in the Constitution concerning the Electoral College only served to create deeper ambiguities.

Up until 2020, there never had been a serious challenge to the results of a presidential election. However, as we all know by now, former President Donald Trump, aided and abetted by a large number of members of Congress, attempted to use the lack of clarity in the Electoral Count Act to overturn the Electoral College results of five states.

Fortunately, Trump's shenanigans -- as usual -- were neither well-organized nor well-focused. Further, vice-president Mike Pence was not willing to be a participant in Trump's charade.

However, Trump's gambit brought to the attention of legal scholars and our elected officials the potential for unscrupulous -- and better-organized -- actors to wreak havoc with our democratic process. All of us have come to realize that the guard rails that we had thought existed to protect our democratic norms are nothing more than a chimera.

Amending the 1887 Electoral Count Act is a non-partisan issue. Future Democrats are equally as likely as future Republicans to try to exploit the weaknesses of the act to the detriment of our democracy.

We urge both of our U.S. Senators, Ed Markey and Elizabeth Warren, as well as our members of Congress, to join with Republican colleagues such as Maine Senator Susan Collins to amend the act expeditiously.

In view of the events that took place in the aftermath of the 2020 election, this is the most urgent business that Congress can undertake in order to preserve the viability of our democracy.

## A SILVER LINING TO INFLATION

We saw a report on the news the other night about the effect that inflation is having on food prices thanks to supply chain issues that have arisen during the COVID-19 pandemic.

The report highlighted that inflation is taking a bite (no pun intended) out of Americans' wallets because of higher prices for items such as bacon, snack foods, and soft drinks.

"That's a bad thing?" we thought to ourselves.

Americans are among the most obese and unhealthiest people in the world principally because we eat bad food -- and lots of it. The average American male today weighs 30 pounds more than the average male did 50 years ago and the average American woman today weighs as much as the average man did 50 years ago. The single-biggest risk factor -- after old age -- for a poor prognosis for a COVID-19 patient is being overweight.

In our view, if the direct and indirect effects of COVID-19 have the result of forcing Americans to cut back on our consumption of highly-processed and junk foods, then that would be at least one good thing to come out of the otherwise ongoing tragedy of the pandemic.

- SAY IT WITH FLOWERS
- SAY IT WITH DIAMONDS
- SAY IT WITH CHOCOLATES
- JUST SAY IT!



### GUEST OP-ED

## You can at least say howdy

Dr. Glenn Mollette

"Howdy," was a common everyday word where I grew up. Raised on old Stidham, now known as Milo road in rural Appalachia, I spent a lot of time at my Grandpa and Grandma Hinkle's store. People came and went buying gasoline, sandwich meat, snacks or groceries for the week. There were cane bottom chairs in the store. Often people would sit and chat for a while.

Regardless of how many times during the week I walked down the road to that store, the opening salutation was typically, "howdy."

People were in and out of the Hinkle store doing business. A family member was often coming or going because my grandparents had raised ten children and there were many grandchildren who frequented the Hinkle business. Often, family members were buying a soda pop or just stopping in to say "howdy."

We grew up on Milo speaking to most everyone who came and went. When a car drove by, we usually waved even though we didn't always know them. At family or church gatherings we typically talked to everyone for a minute or two and shook hands or hugged a few people.

The only time I can remember

our family being speechless was when fifteen or twenty of us were sitting on the porch and a man from New York City pulled up in an older car. My grandpa had received an advertisement in the mail about a great used car he could buy for \$500. He ordered the car to surprise my grandma and we were all really surprised when this man pulled in front of the store in an old beat up looking car. He had driven the car from New York City, which was a long drive on those roads back

then. After being drop jaw stunned silent for a few minutes, everyone loosened up and eventually started talking to the man who was just doing a job but now had to get back to New York. By this time, some of us were chuckling just a little. A couple of the family members took the guy over to Kermit, West Virginia to catch a Greyhound bus to begin his long journey back home.

A part of American culture has

(Op-Ed Pg. 3)

# THE BEACON HILL TIMES

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# BPS Superintendent Cassellius will leave at the end of the school year

By John Lynds

In May 2019 the Boston Public School Committee voted 5-2 to appoint Minnesota's former Commissioner of Education Dr. Brenda Cassellius as BPS's new school superintendent. At the time Cassellius beat out two other finalists, Oscar Santos, Head of School for Cathedral 7-12 High School in Boston and Marie Izquierdo, Chief Academic Officer for Miami-Dade County Public Schools in Florida, for BPS's top spot.

However, on Tuesday Dr. Cassellius sent her letter of resignation to Mayor Michelle Wu and Boston School Committee Chair Jeri Robinson.

Dr. Cassellius wrote she will transition out of her role as superintendent at the end of the 2021/2022 school year.

"Working alongside so many people - parents, educators, community and faith leaders, and philanthropic partners - all dedicated to helping our children achieve their dreams has given new meaning to my vision of all hands on deck," said Dr. Cassellius in a statement. "Together, we've laid a stronger foundation upon which



Superintendent Dr. Brenda Cassellius will leave her post at the end of the school year.

BPS can continue to build."

In a letter released in tandem with her resignation Dr. Cassellius said while she loved Boston and her job it was time to move on. It is not uncommon for high level city officials to leave their post after the torch is passed to a new mayoral administration.

"When I arrived in Boston in July 2019, I couldn't have predicted that eight months later the world as we knew it would change," said Dr. Cassellius. "Since then we've confronted a global

pandemic, reckoned with escalating racial division and civil unrest, and worked to repair community relationships that had eroded trust in our schools and confidence in our city."

Dr. Cassellius said it was nothing short of remarkable that in the midst of it all the uncertainty in the world BPS was still able to develop a community-wide vision for equitable and excellent

schools in every neighborhood of Boston.

"We made historic steps forward in expanding access to our nation-leading exam schools; implemented a rigorous set of high graduation standards for every high school in the district with adoption of the MassCore; and put in place more just and transparent attendance, code of conduct, student privacy and grading policies," she said.

Dr. Cassellius said she looks forward to working with Mayor Wu in the coming months to ensure the incoming successor has a smooth and seamless transition.

"As I said when I arrived in Boston, this work requires all hands on deck," she said. "My hands - and

my heart - will be fully committed to BPS until it is time to pass the baton. Until then, my sleeves are rolled up because we still have work to do."

Before arriving in Boston Cassellius enacted comprehensive education reforms, including historic new funding for schools, enactment of all-day kindergarten, state-funded preschool for 25,000 children, and has overseen historically high graduation rates in Minnesota.

However, before she left Minnesota, the state's educational system was embroiled in a lawsuit alleging constitutional violations.

In 2015, seven families and a nonprofit organization sued the state, alleging a range of constitutional violations, including the state government's refusal to change the boundaries of the Minneapolis and Saint Paul school districts; creating charter schools; and inequitably distributing resources. Because the Minneapolis and Saint Paul school systems enroll a disproportionately high number of minority and low-income students, the plaintiffs claim that the districts' boundaries violate the uniformity requirement

of the constitution.

Cassellius was named in the lawsuit.

"Superintendent Brenda Cassellius has given Boston three years of strong leadership and service, and we are a better city for it," said Mayor Wu. "I am grateful for the Superintendent's leadership especially while navigating the COVID-19 pandemic. Her vision and relentless focus as a champion for our young people and for equity has helped BPS move forward on needed structural changes within our district. I look forward to continuing to partner with Dr. Cassellius this year and to build on this vision in the years to come."

School Committee Chair Robinson added, "Boston owes Superintendent Cassellius a tremendous debt of gratitude for her transformational leadership and service on behalf of the city's children. Dr. Cassellius has been relentless in her focus on equity, never wavering in her commitment to our students and families. She set an example for those of us who share her dreams that all BPS students have equitable opportunities to achieve success in school and in life."

## Beacon Hill Village and The National Village to Village Network to celebrate 20 years of the Village Movement

In 2002, a group of friends in the Beacon Hill neighborhood of Boston set out to change the experience of aging. They created Beacon Hill Village, a local, nonprofit organization that would support them in maintaining their independence and making choices about where and how they lived. A core goal was to keep members living and thriving in their own homes in the neighborhood they loved as they aged.

As word of Beacon Hill Village's success serving its members spread, people from across the country requested help in creating villages of their own. In response, just a few years after it opened,

Beacon Hill Village became the chief force behind the creation of the Village to Village Network, dedicated to helping communities everywhere design their own villages reflecting local needs and using local resources. Today more than 300 villages are open or in development in the US and beyond, serving over 40,000 older adults.

To celebrate this achievement, on February 15, 2022, Beacon Hill Village and the Village to Village Network will cohost a National Villages Day webinar to celebrate the 20th anniversary of the village movement. The webinar will take place from noon to

1:30 pm EST. Attendees will hear about the village movement from several perspectives. Beacon Hill Village founder Susan McWhinney-Morse will share the story of how the village concept began. Representatives from villages from across the country will trace the growth of the movement and share how the model has evolved to meet local community needs. Experts in aging will join us in guest appearances.

Please join us in this celebration by visiting National Villages Day on [BeaconHillVillage.org](http://BeaconHillVillage.org) to register for this free event or call Beacon Hill Village at (617) 723-9713.

### OP-ED (from pg. 2)

been hand shaking and embracing those we know. A part of most American religious gatherings has been shaking hands. One church I attended insisted on everybody hugging each other.

Covid-19 has impacted our world with death, sickness and business failures. The distancing for many of us continues to be tough. We wear our masks and seldom know who else is in the grocery store. We're fearful of going to the funeral home to

honor and respect the deceased. Shaking hands or embracing anyone anywhere is typically totally unwelcome. Many holiday parties of large gatherings were fewer over the past holidays. People don't want to be sick and so the distancing continues.

We do have the telephone, social media and email which helps us at least stay connected.

However, please keep in mind, when you do recognize someone at the grocery or any public place you

may not feel comfortable embracing or shaking hands, but you can still convey a greeting and kindness by at least saying "howdy."

*Glenn Mollette is the publisher of Newburgh Press, Liberty Torch and various other publishing imprints; a national columnist - American Issues and Common Sense opinions, analysis, stories and features appear each week in over 500 newspapers, websites and blogs across the United States.*

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## NEWS BRIEFS

### BOSTON REPUBLICAN COMMITTEE MEETING SET FOR FEB. 22

The Boston Republican Committee Ward Five Delegate Caucus will meet on February 22, at the Boston Park Plaza from 6 to 8 p.m.

### BLACKSTONE'S OFFERS EVERYTHING NEEDED FOR ROMANTIC VALENTINE'S DAY DINNER

Blackstone's of Beacon Hill is "promoting all things needed to

cook up a Romantic Valentine's Dinner for Two," according to Jennifer Hill, owner of the store at 40 Charles Sr.

"We have just brought in a new line of drinkware ~ Caskata ~ with beautiful martini and coupe glasses. Today we are receiving in a large order of Le Creuset cookware perfect for cooking a romantic dinner and we have a growing selection of spices and flavors for enhancing your menu and drinks. We also carry a cookware line called Swiss Diamond... what girl doesn't love diamonds? The cookware actually has diamond dust in it to help retain heat, which in turn helps in the cooking."

### OTIS HOUSE (from pg. 1)

ful transformations will bring a renewed sense of relevance to this historic jewel."

Of the new vision for Otis House, Crampton said, "The biggest thing is we're excited to be working with a forward-looking, creative firm that's very imaginative but at the same time, understands the house's history, so that combination will help define what the future is for Historic New England's Otis House. We're really just taking a look at what's out there. It's a general outline about some ideas. We'd like to be more active members of the community and reimagine what Otis House can be."

Historic New England already works with myriad neighborhood groups, including the Beacon Hill Civic Association, House Museum Alliance of Downtown Boston, Old West Church, Massachusetts Cultural Council, Boston Preservation Alliance, and Boston Public Schools to "provide historical, cultural, and educational outreach to the public," according to Historic New England's website, and would like to engage other neighboring organizations, such as Museum of African American History, Vilna Shul, and the West End Museum, as well as the West End Branch of the Boston Public Library, as stakeholders in helping them develop their vision for Otis House.

The new vision for Otis House will also take into account several major development projects planned for the immediate area, including Mass General Hospital's expansion plan, as well as the proposed redevelopment of the state-owned Charles F. Hurley Building

and the West End Branch Library, respectively.

"It's interesting that all these other projects are getting underway soon, and what we want to know is how can we change and how we can be a resource for these types of projects when it comes to preservation," said Crampton.

The vision for Otis House is also now in its conceptual stages, meaning that everything is still on the table in the eyes of Historic New England.

"We don't want to take anything off the table, and we want to look at all our opportunities...but we definitely want it to be creative and visionary," said Crampton. "We don't have a lot of specifics. We're just announcing that we're really looking forward to taking a new look at Otis House."

Meanwhile, the vision for the future of Otis House comes on the heels of Historic England's "The New England Plan" – a self-described "strategic agenda" released last July which outlines the organization's core initiatives for 2021 through 2025.

"Following the development and adoption of a new strategic plan at Historic New England, we've launched a reimagining of the Otis House complex to better advance our mission in the twenty-first century. We're excited about NADAAA's understanding of the context and potential of Otis House, how it could become an exciting, fully civic gateway visitor experience for Historic New England, and play a meaningful role in the vitality of the neighborhood," said Historic New England President and CEO Vin Cipolla in a press release.

# Old South Church continues celebrating Black History Month on Sundays

By Dan Murphy

Old South Church will continue to celebrate Black History Month every Sunday in February, with a special program called "Roots of Black Music in America."

During Sunday All-Church Worship throughout the month, the church is featuring Black History Moments, which tells the story behind each featured Black music genres, including Spirituals, Protest Songs, Jazz, and Gospel.

This project is a collaboration between (G)RACE Speaks leader Tracy Keene, Minister of Music Mitchell Crawford, Gospel Choir Director Tim Harbold, and Director Tim Harbold, and Director of Children and Family Ministries Kate Nintcheu.

The first Black History Moment on Feb. 6 focused on Spirituals and examined musicians Mahalia Jackson and Harry T. Burleigh.

On Feb. 13, Songs of Protest will "illustrate distinct moments in history, and the music that rose up to accompany those struggles," according to the church's website, and feature R&B singer H.E.R., as well as a tribute to Odetta (Holmes), the late American folk singer and civil and human rights activist often referred to as the "Voice of the Civil Rights Movement."

The Feb. 20 Black History Moment on Jazz, will explore the work of two of the genre's legends, Duke Ellington and Miles Davis.

Finally, the Feb. 27 program on Gospel music will spotlight musicians Thomas A. Dorsey and Aretha Franklin.

Black History Moments are taped in advance and shown in the sanctuary on a large screen as part of the sermon and also broadcast via Zoom, said Keane.

Community Hour - a forum discussion at 11 a.m. every Sunday in February, both in person and on Zoom - will continue to explore that week's selected genre of Black Music.

The first Community Hour on Feb. 6 focused on Spirituals and included a discussion of the 1982 documentary film, "Say Amen, Somebody," directed by George

Nierenberg, about "the history and significance of gospel music as told through the lives and trials of its singers," according to the church's website.

Upcoming Community Hours include a discussion on "Marian Anderson: The Whole World in Her Hands," a documentary available on Amazon Prime and PBS Passport exploring the life and legacy of the famous singer who became an icon for the civil rights movement, on Feb. 13; a conversation about "Respect," a film available on Amazon Prime that follows the rise of Aretha Franklin's career from a child singing in her father's church's choir to international superstardom, on Feb. 20; and "Paying it Forward: The Negro Spiritual Royalties Project," which looks at how United Parish in Brookline is recognizing and paying "royalties" to the Black creators of Negro spirituals commonly sung in churches by directly supporting the development of young Black musicians on Feb. 27.

In anticipation of the final Community Hour on Feb. 27, Keane said, "Old South Church is just starting to get educated on what reparations mean and finding a starting point for the dialogue."

The (G)RACE Speaks Committee will also be hosting a four-part anti-racist curriculum on the last two Sundays of this month - Feb. 20 and 27 - as well as the second and third Sundays of next month: March 13 and 20, said Keane.

Learn more about Old South Church's programming, committee, and projects on racial justice at [oldsouth.org/racial-justice](https://oldsouth.org/racial-justice)

To promote Black History Month at Old South Church, Jamie Garuti, the church's multimedia director, is creating a poster to spotlight each week's musical theme, which will be posted outside the church at the corner of Boylston and Dartmouth streets.

Minister of Music, Mitchell Crawford, is also selecting psalms for each Sunday sermon that are pertinent to each week's music genre.

"We're taking a holistic approach to how we're doing this," said Keane.

The ministers preaching each Sunday throughout February are even peppering their sermons with references to the selected genre.

Rev. Nancy S. Taylor, senior minister at Old South Church, preached on the topic of Spirituals during her Feb. 6 sermon.

Members of the church were descendants of four enslaved individuals, so for her sermon, Rev. Taylor said she touched on "how Spirituals would've spoken to them and how life-affirming they were."

"Spirituals were everything to the enslaved," she said. "They were the hope that had been denied by their oppressors, they were an open door, and they were a taste of freedom."

Moreover, Spirituals come largely from the Bible, as Rev. Taylor is quick to point out.

"Look at Daniel in the Lion's Den, when the slaves would say, 'if God can save Daniel, why can't he save us?' and 'if God can free the Israelites from slavery in Egypt, why can't they free us from slavery on this soil?'" she said.

In her sermon, Rev. Taylor also looked at the legacy of Howard Thurman, who become the first dean at a mostly white university when he was named the dean of Marsh Chapel at Boston University, and was a mentor to Rev. Martin Luther King Jr. when the future civil rights leader was pursuing his PhD in systematic theology at BU.

Thurman once described the Spiritual as "proof of us, also existence of songs is a monument to one of most striking instances on record in which a people forge a weapon of offense and defense out of a psychological shackle," while Rev. Taylor defines the genre as "redemptive music helped oppressed people rediscover real Christianity."

Meanwhile, Keane encourages the public to take a tour of Old South Church in February to "get a history lesson during Black History Month."

To learn more about Black History Month at Old South Church, visit <https://oldsouth.org/black-history-month>.

## SEND US YOUR NEWS

The Times encourages residents to submit engagement, wedding and birth announcements, news releases, business and education briefs, sports stories and photos for publication. Items should be forwarded to our offices at 385 Broadway, Revere, MA 02151. Items can also be faxed to 781-485-1403. We also encourage readers to e-mail news releases and photos to

[deb@reverejournal.com](mailto:deb@reverejournal.com).

# Upstairs Downstairs Home celebrates a trio of anniversaries

This year, Upstairs Downstairs Home at 69 Charles S. will mark three important milestones for the venerable antique and home décor store.

First, the store will be celebrating the 30th anniversary of its founding in 1992. Secondly, Laura Cousineau will be celebrating her 11th year as sole owner of the store, and finally this January is the first anniversary of the store's move to its new and spacious location at 69 Charles St.

On Saturday, Feb. 12, from 10 a.m. to 6 p.m., Laura Cousineau and all her employees will be on hand to host day-long festivities with special sales, food and refreshments all to welcome, honor and thank the many wonderful customers and friends who have made and have kept Upstairs Downstairs Home a popular and important community business and has thus enabled the store to return their loyalty and generosity by giving back to many charities important to the neighborhood. To celebrate the store will offer all items at a 10-20 percent discount including artwork! For any look-

ing for that special gift for Valentine's Day, you will find many treasures!

Throughout the years looking for industry expertise or comments regarding the business environment or the handling of covid, Upstairs Downstairs has become the go to for television interviews, print articles, and movie productions from coast to coast...But as owner Laura Cousineau says, "Our primary concern, responsibility and joy is to service our local community with the very best of products at the very best prices we can to ensure that each customer can furnish their homes in the tasteful and practical manner they imagined. Over the years we have received many wonderful comments and we pledge always to try and live up to the high praise we have received. Here are a few":

"What a charming find. The staff was very welcoming and friendly. The store was full of fun and beautiful items. I found the perfect memento of my visit to Boston...a painting by a local artist for my home. I love that there is a mix of new and old. I look

forward to visiting again and to see what wonderful treasures they have to offer" - Leah D.

"My wife and I visited Upstairs Downstairs today and were really impressed with the selection and prices. Laura and the rest of the staff were incredibly helpful and responsive. We ended up picking a few really great pieces to help furnish our new apartment and were very happy with our purchase. AND, in the time of covid everyone was wearing masks and they provided complimentary hand sanitizers (even multiple options) which made us feel very safe." - James A.

"I just had the pleasure of visiting Upstairs Downstairs Antiques on Charles Street. The owner's sophistication and good taste in artwork, home furnishings and table décor means that there is something for everyone. I love this store and would recommend it highly when you visit Beacon Hill. There is something special for everyone in the store at all different prices." - DeLacy C.



COURTESY OF UPSTAIRS DOWNSTAIRS HOME

Laura always searching the horizon for something unique, new and different for her loyal customers.

## LOCAL STUDENTS EARN ACADEMIC HONORS

### PATEL NAMED TO DEAN'S LIST AT ITHACA COLLEGE

Ithaca College student Ajan Patel of Beacon Hill was named to the Dean's List for the fall 2021 semester.

Founded in 1892, Ithaca College is a residential college dedicated to building knowledge and confidence through a continuous cycle of theory, practice and performance. Home to some 6,500 students, the college offers more than 90 degree programs in its schools of Business, Communications, Humanities and Sciences, Health Sciences and Human Performance, and Music.

### BEGLEY NAMED TO THE UNIVERSITY OF NEW HAMPSHIRE'S DEAN'S LIST

Clark Begley of Beacon Hill has been named to the Dean's List at the University of New Hampshire for earning High Honors for the

fall 2021 semester. Begley is majoring in Undeclared.

Students named to the Dean's List at the University of New Hampshire are students who have earned recognition through their superior scholastic performance during a semester enrolled in a full-time course load (12 or more graded credits). Highest honors are awarded to students who earn a semester grade point average of 3.85 or better out of a possible 4.0. Students with a 3.65 to 3.84 average are awarded high honors and students whose grade point average is 3.5 through 3.64 are awarded honors.

The University of New Hampshire inspires innovation and transforms lives in our state, nation and world. More than 16,000 students from all 50 states and 71 countries engage with an award-winning faculty in top-ranked programs in business, engineering, law, health and human services, liberal arts and the sciences across more than 200 programs of study. A Carnegie Classification R1 institution, UNH partners with NASA, NOAA, NSF and NIH, and received \$260 million in competitive external funding in FY21 to further explore and define the frontiers of land, sea and space.

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# Where are the Women? Pursuing equity when developing new medical treatments with Hadine Joffe, MD, MSc

Dr. Hadine Joffe will discuss the medical community's shocking failure to conduct research and clinical trials that reflect the obvious fact that women are different from men. As a result, providers don't know the role of gender for the vast majority of medical conditions and for their treatment. Filling this knowledge gap has the potential to transform health care delivery for women and for men.

Dr. Hadine Joffe, MD, MSc is the Executive Director of the Mary Horrigan Connors Center for Women's Health and Gender Biology at Brigham and Women's Hospital and the Paula A. Johnson Professor of Psychiatry



Dr. Hadine Joffe.

in the Field of Women's Health at Harvard Medical School. She is an internationally recognized researcher, educator and clinician

in the field of women's health focused on researching the unique and combined impact of gender, biology and economic, social and cultural factors on women's health and using that new knowledge to transform health care delivery for women.

This virtual program is part of Beacon Hill Village's Living Well Ending Well series offered in partnership with the Boston Public Library. In order to receive the Zoom link, registration is required online or by calling Beacon Hill Village at 617-723-9713. Links will go out a day or two before the event. Free and open to the public.

# Public hearing for MBTA fare tariff changes Feb. 17

The MBTA will host a virtual public hearing on Thursday, February 17, at 6 p.m. to discuss fare change proposals that aim to improve equity by closing gaps in existing fare structures for Reduced Fare Riders, to minimize pandemic-related revenue implications and budget uncertainties while increasing ridership where possible, and to simplify fare tariff rules as the MBTA's Fare Transformation Program moves forward. These changes include:

- Making the 5-Day FlexPass on mTicket for Commuter Rail permanent;
- Reducing the price of the 1-Day LinkPass;
- Expanding second transfers on Local Buses, Express Buses, and/or

Subway; and  
• Proposed changes for Reduced Fare Riders that include:

- Introducing the 7-Day LinkPass for Reduced Fare Riders;
- Introducing Monthly Passes for Reduced Fare Riders on Commuter Rail, Ferry, and Express Bus; and
- Expanding the validity of the LinkPass for Reduced Fare Riders to Commuter Rail Zone 1A and Inner Harbor Ferry.

The MBTA welcomes public comment on these proposals. During the meeting, attendees will have the opportunity to ask questions and provide input.

The meeting will be held via Zoom. Members of the public can register for the meeting online. The

meeting will be recorded and posted online for those who cannot attend.

A virtual public meeting will also be held next Thursday, February 10, at 6 p.m..

If approved by the full MBTA Board in March, these fare changes would go into effect on July 1, 2022. The public is welcome to submit comments online through Thursday, March 3, 2022, at [mbta.com/2022FareChanges](http://mbta.com/2022FareChanges) or by email to [publicengagement@mbta.com](mailto:publicengagement@mbta.com). The Title VI analysis will be shared with the MBTA's Board and posted to [mbta.com](http://mbta.com) prior to the scheduled March 24, 2022, Board meeting.

# TEAMWORK



COURTESY OF LAURA COUSINEAU  
Neighbors Milena Delvecchio of Follain and Laura Cousineau of Upstairs Downstairs Home made a good team shoveling out on Charles Street following the blizzard that hit Boston on Jan. 29.

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# Winter Landscapes from the 19th century to the present exhibit at Fabled Antiques

Fabled Antiques announces *Snowbound: Winter Landscapes from the 19th c. to Present*, an exhibit of paintings depicting the rugged snow-covered beauty of Boston and New England in the heart of winter.

The exhibition features works by noted nineteenth- and twentieth-century artists Arthur Clifton Goodwin (1864-1929), Aldro T. Hibbard (1886-1972), Henry Martin Gasser (1909-1981), James King Bonnar (1885-1961) and more. The exhibit also includes contemporary New England artists Erik Koeppel, William R. Davis and Dave Dodge.

From iconic Boston Common and Boston Harbor snowy views to bluebird-day New England landscapes and coastal scenes, the experience of winter is captured in these works.

Many of the artists featured typically worked en plein air — outdoors and on site. Winter painting en plein air presents wonderful opportunities and unique challenges to artists. From brisk sunny days to blinding blizzards, the invigorating snow-covered scenery holds tremendous appeal for artists to portray nature's beauty. For en plein air artists, there are not only cold temperatures to contend with — which can mean frozen stiff fingers leading to limited dexterity — but also there are issues of paint and other art supplies freezing, paint not drying, and frozen brushes. Oil paints become less malleable, and falling snow doesn't mix with oil paint. Contemporary artists can avail themselves to today's high-tech cold weather gear to somewhat help brave the



ARTHUR CLIFTON GOODWIN  
*Arthur Clifton Goodwin (1864-1929), Boston Harbor T Wharf, oil on canvas.*

bitter temperatures. Nineteenth- and early twentieth-century artists would layer up in wool, fur and make-shift contraptions, such as "The Hibbard Mitten," a term coined from Aldro T. Hibbard's innovation of wearing layered socks on his hands and poking his paintbrush through the wool.

Getting to the painting locations in the winter is also a challenge for en plein air artists. Weather conditions make driving to remote locations difficult, and often artists hike into nature to get to their favorite spots. In the nineteenth century and early 1900s, this would've been accomplished with horses, sleds, snowshoes, or on foot, all while hauling their painting sup-

plies as well as provisions with them. Artists would even catch rides with loggers going deep into the forest.

Understanding these hardships lends a greater appreciation for the fine examples of works on exhibit in *Snowbound: Winter Landscapes from the 19th c. to Present*, on view now through March 15, 2022.

Fabled Antiques features five rooms of fine art, antiques, quality smalls and vintage finds. The shop is located at 93 Charles St., Boston, and is open Monday through Saturday from 11 a.m. to 6 p.m., and Sunday noon to 5 p.m. For more information, please call (617) 936-3008 or visit online at @fabledantiques on Facebook and Instagram.



ALDRO T. HIBBARD  
*Aldro T. Hibbard (1886-1972), After a Winter Snow, oil on canvas.*



HENRY MARTIN GASSER  
*Henry Martin Gasser (1909-1981), Winter Coastal Scene, watercolor on paper.*



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# The team behind Immersive Van Gogh directs its lens to the life and work of Frida Kahlo

Special to the Times

Lighthouse Immersive, North America's leading producer of ground-breaking experiential art exhibits, and Maestro Immersive Art today announce its newest immersive art installation, Immersive Frida Kahlo. On the heels of its critically acclaimed blockbust-

er Immersive Van Gogh (now on-view in 15 cities), the Lighthouse Immersive team has set their sights on the art and life of Frida Kahlo (1907-1954), the beloved 20th century Mexican artist best known for compelling self-portraits and radiant pieces inspired by her life in her native country of Mexico.



PHOTOS BY MICHAEL BROSILOW

The exhibition features some of the artist's best-known works "brought to life" by the world-renowned master of digital art, Italy's Massimiliano Siccardi, again accompanied by composer Luca Longobardi's resonant score. Vittorio Guidotti is the Art Director.

A brilliant, bold and uncompromising painter, Kahlo's work is globally recognized for its raw emotional vitality, vibrant color work and unflinching intimacy.

Immersive Frida Kahlo arrives in Boston at the Lighthouse ArtSpace at the Castle (130

Columbus Avenue) Thursday, February 10 through Sunday, May 8, 2022. Ticket prices start at \$39.99 with timed and flexible options available.

For more information about Immersive Frida Kahlo, visit [immersive-frida.com](http://immersive-frida.com).



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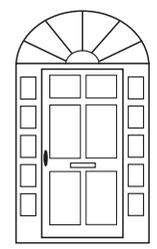
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# Boston elected officials of color condemn hate directed at Mayor Wu

By John Lynds

There's a fine line between freedom of speech where one's opinion is expressed during a peaceful protest and using hateful and inflammatory language to express one's views.

Since implementing the city's vaccine mandate for all indoor venues in Boston Mayor Michelle Wu has been exposed to some vile language from a group of anti-vaxxers that have camped outside her home as well as City Hall.

One can argue the language used against the City's first Asian-American female Mayor is not to express a point of view nor a disagreement with Wu's policies but language intended to intimidate.

"To have a chance at healing and building community, we can't keep normalizing hate," Wu recently tweeted. "They've shouted on megaphones that my kids will grow up without a mom because I'll be in prison. Yesterday at dinner my son asked who else's

birthday it was because the (morning) chant was "Happy Birthday, Hitler."

Anti-vaxxers outside the Mayor's home have also been heard yelling "communist c---" and a "piece of s---," as she leaves for work in the morning and returns home at night.

At a recent press conference with Wu, City Councilor Ed Flynn, who was all too familiar with protesters outside his Southie home when his father, Ray, was Boston Mayor, said the attacks against Wu are different on many levels.

"The level of intensity that's happening today wasn't there when my father was there, and I honestly believe some of it is related to an anti-Asian sentiment that we have in this country," he said.

Since announcing the mandate Wu has been quoting as saying, "There's constant calls associating me with the same hateful racist xenophobic language that the former president used in describing the virus and its origins and who was to blame."

Senator/City Councilor Lydia Edwards, who supported Wu for Mayor, was an early ally that jumped to the Mayor's defense.

"Despite this recent rash of anger and hatred, the majority of people voted for Michelle (Wu), who supported this vaccine passport mandated when she was a candidate. So I believe the majority of people in Boston support what is going on."

However, the hateful rhetoric hasn't seemed to slow prompting a coalition of Boston elected officials of color to condemn the hate directed at Wu.

Last week a letter signed by Edwards, Sen. Sonia Chang-Diaz; U.S. Congresswoman Ayanna Pressley; City Councilors Julia Mejia, Ruthzee Louijeune, Ricardo Arroyo, Kendra Lara, Brian Worrell and Tania Fernandes Anderson; Suffolk County District Attorney Kevin Hayden; Suffolk County Sheriff Steven Tompkins; as well as State Representatives Russell Holmes, Brandy Fluker Oakley, Chynah Tyler, Liz Miran-

da, Jon Santiago, and Nika Elu-gardo condemning the ongoing threats of violence and hateful attacks directed Wu.

"From the halls of Congress, to the steps of the State House, to the chamber of Boston City Hall, we must be unapologetic in rooting out white supremacy, racism, misogyny and hate in all of its forms," read the letter. "Make no mistake, the relentless threats of violence and hateful attacks on Mayor Michelle Wu and her family have no place in our society and are a far cry from the political debate and peaceful dissent that is welcomed and necessary in a healthy democracy. Since beginning her term, Mayor Wu has met the moment and worked tirelessly to address many of the greatest challenges facing our communities—including combatting the ongoing pandemic that has robbed us of more than 1,600 lives across the City of Boston alone. It is due to her brave and steadfast leadership, her commitment to science and the public health—including

her common-sense and life-saving vaccine mandates—that the City of Boston is making necessary progress to combat this pandemic and protect our most vulnerable."

The group continued that to remain silent is to be complicit, and as elected officials of color across the City of Boston, they will not stand by and watch as openly racist, anti-Asian and sexist rhetoric is normalized in our community.

"This type of vitriol, toxicity and hate is far too common for women of color in politics, and we can't help but wonder if the same toxicity and vitriol would be directed at a mayor who wasn't a woman, a person of color, or an unapologetic history-maker like Mayor Wu is," they wrote. "We stand in solidarity with her and call for an immediate end to this dangerous and hateful behavior."

Wu said she knows the city is doing the right thing in order to curb the latest COVID surge.

"I won't be intimidated out of doing the right thing," she said.

# Beacon Hill, surrounding areas weekly COVID positive test increase slightly

By John Lynds

The group of anti-vaxxers camped outside Mayor Michelle Wu's home are going to have to admit sooner rather than later that her vaccination mandate for indoor venues is working to combat the latest COVID surge in the city.

Less than a month after the mandate went into effect the infection numbers in Beacon Hill and across the city have been on a steady decline. The city's anti-vaxxers are going to have to come to the realization that the science is correct and being vaccinated against COVID is the best tool we have to end the pandemic.

Those still unwilling to get the vaccine should realize they are taking a big gamble with their lives by continuing to mix with the general public because the risk of severe disease among the unvaccinated is very real.

A month ago nearly 3 out of every 10 Beacon Hill residents and residents in neighboring communities tested for the virus turned out to be positive but last week only 1.3 out of every 10 residents tested were positive.

According to the weekly report released Monday by the Boston Public Health Commission (BPHC), 2,104 Beacon Hill,

North End, Back Bay, West End and Downtown residents were tested and 13.4 percent were positive. This was a slight 7.2 percent increase from the 12.5 percent that tested positive between January 24 and January 31. However, the weekly positive test rate has decreased 28 percent in the area overall since January 24.

Two hundred eighty two additional residents have been infected with the virus between January 31 and February 7 and the total number of cases in the area increased to 8,230 cases overall since the pandemic began.

The citywide weekly positive test rate decreased last week. According to the BPHC 18,703 residents were tested and 10.6 percent were COVID positive--this was a 38 percent decrease from the 17 percent that reportedly test-

ed positive for the week ending on January 31. The weekly positive test rate has now decreased 56 percent in Boston since January 24.

The statistics released by the BPHC as part of its weekly COVID19 report breaks down the number of cases and infection rates in each neighborhood. It also breaks down the number of cases by age, gender and race.

Citywide positive cases of coronavirus increased 2.2 percent last week and went from 157,675 cases to 161,136 confirmed cases in a week.

There were 32 additional deaths in Boston from the virus in the past week and the total COVID deaths is now at 1,656. Deaths decreased 11 percent in Boston last week--four less than the 36 deaths reported by the BPHC two weeks ago.

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## Attention to Detail

PHOTOS AND TEXT BY PENNY CHERUBINO

THIS WEEK'S ANSWER



The words, "Beacon Hill" in the last clue are on the awning for Beacon Hill Chocolates at 91 Charles Street. Since 2006, this shop has been offering the community treats for the special people in your life, year-round, and for Valentine's Day!

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THIS WEEK'S CLUE



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# Pressley introduces bill to bolster mental health resources for children and families

Congresswoman Ayanna Pressley (MA-07), alongside Congressman Mark DeSaulnier (CA-11) and Congresswoman Doris Matsui (CA-06), introduced legislation aimed at boosting and expanding mental health services for low-income children and families.

The Early Childhood Mental Health Support Act (H.R. 6509) would require the U.S. Department of Health and Human Services (HHS) to work with area experts to compile and make public evidence-based mental health, social-emotional, and behavioral health interventions for young children. The bill also provides grants to Head Start programs to implement these interventions in an effort to ensure every child has access to comprehensive health care.

“From poverty to housing, food, and health care insecurity, low-income children in my district are more vulnerable to trauma-inducing experiences that, when left unaddressed, can lead to health problems, relationship challenges, and mental health and substance use disorders,” said Congresswoman Pressley. “The Early Childhood Mental Health Support Act would provide critical resources to prevent and address childhood trauma for low-income children and families, using best practices and culturally-competent solutions. As we recover from this pandemic and the unprecedented emotional burden on young people, this bill would provide necessary early intervention to help chil-

dren heal and thrive. I am proud to join Rep. DeSaulnier in introducing this legislation and look forward to working with him to fight to pass this bill.”

“The importance of strong behavioral health support from an early age cannot be overstated,” said Congressman DeSaulnier. “Like many families across the country, I have seen firsthand that the sooner children receive support, the better their outcomes. I am proud to work with Reps. Matsui and Pressley in ensuring these services are available at Head Start and other early education facilities, which will have a positive, lasting impact on the health and wellbeing of millions of children and families while helping to support teachers.”

“Head Start programs have proven benefits—from academic achievement to improved social skills—that provide children with a strong foundation to grow and thrive in their earliest years,” said Congresswoman Matsui. “Mental health is an important part of that foundation, and every Head Start location in the country should have access to the evidence-based tools and resources they need to best serve the behavioral health needs of children under five. I am proud to again join Congressman DeSaulnier in reintroducing the Early Childhood Mental Health Support Act, legislation that supports Head Start programs in carrying out this vision and expands access to mental and behavioral health care for young children.”

The Centers for Disease Control and Prevention (CDC) estimates that one in five children have a diagnosable mental disorder. Unfortunately, many of these children never receive a diagnosis and do not receive the behavioral health services they need. This lack of access to care can have serious consequences for children, contributing to learning challenges, difficulty forming meaningful relationships, and an increased likelihood of developing more serious mental illnesses later in life.

The Early Childhood Mental Health Support Act is supported by: National Alliance on Mental Illness, American Psychological Association, Massachusetts Head Start, Mental Health America, Trust for America’s Health, Zero to Three, American Foundation for Suicide Prevention, First Five Years Fund, First Focus Campaign for Children, and Association of Maternal and Child Health Programs.

“Early intervention is one of our best tools to help realize better outcomes for children at risk of developing mental health conditions. Increasing the availability of evidence-based interventions in school settings like Head Start programs is critical to helping children and families. NAMI is grateful to Congressman DeSaulnier for his leadership in bringing the Early Childhood Mental Health Support Act forward to increase the mental health services available to our nation’s children,” said Hannah Wesolowski, Chief Advocacy

Officer of the National Alliance on Mental Illness.

“Early childhood is a critical period in development that sets the stage for long-term mental health. APA applauds Rep. DeSaulnier’s leadership in promoting children’s healthy social and emotional development by creating opportunities for Head Start centers to expand evidence-based interventions for parents and children through best practices, enhanced curricula and increased training,” said Arthur C. Evans Jr., Ph.D., CEO of the American Psychological Association.

“These past two years have laid bare the immediate need for expanded evidence-based mental health supports for our Commonwealth’s most vulnerable young children and families. Head Start and Early Head Start programs deserve access to all layers of interventions, resources, and funding to comprehensively wrap around children at this critical time,” said Michelle Haimowitz, Executive Director of Massachusetts Head Start.

Throughout her career, Congresswoman Pressley has been a tireless advocate for trauma-conscious policymaking. In June 2021, Rep. Pressley reintroduced the STRONG Support for Children Act, her landmark legislation that takes a holistic and community-based approach to addressing the growing crisis of childhood trauma.

In December 2021, Rep. Pressley and Rep. Bonnie Watson Cole-

man (NJ-12) led their colleagues in urging President Biden and HHS Secretary Xavier Becerra to prioritize the needs of children who have lost parents and caregivers to COVID-19.

In October 2021, Rep. Pressley, along with Reps. Dina Titus (NV-01), David McKinley (WV-01) and Peter Meijer (MI-03), unveiled the Post-Disaster Mental Health Response Act, legislation to expand mental health supports for survivors of natural disasters and terrorist attacks that do not receive a “Major Disaster” declaration by the Federal Emergency Management Agency (FEMA).

In March 2021, Rep. Pressley sent a letter to President Biden calling on him to address the nation’s growing trauma crisis and laying out a series of steps the administration should take to confront the far-reaching hurt plaguing our communities and our nation. In April, she published an op-ed where she reflected on the collective pain experienced by communities in her district over the past year.

In July 2019, Rep. Pressley worked with Chairman Cummings to convene the first-ever Congressional hearings on childhood trauma. Watch Congresswoman Pressley’s full question line and follow-up questions here and here.

As a Boston City Councilor, she convened the Council’s first-ever listening-only session to hear directly from those impacted by the trauma of community gun violence.

## LEGALS

### LEGAL NOTICE

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To all interested persons: A Petition for S/A - Formal

Probate of Will with Appointment of Formal Personal Representative has been filed by Michael K. Gillis of Newton, 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: Michael K. Gillis of Newton, MA be appointed as Personal Representative(s) of said estate to serve Without 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 03/09/2022.

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: January 26, 2022 Felix D. Arroyo Register of Probate

2/10/22  
BH

### 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. SU21P2567EA  
Estate of: George Hancock Nofer  
Also known as: George H. Nofer  
Date of Death: 04/19/2021  
To all interested persons: A Petition for Appointment of Formal Personal Representative has been filed by Paul G. Nofer 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: Paul G. Nofer of Boston, MA be appointed as Personal Representa-

tative(s) of said estate to serve Without 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 03/03/2022. 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: January 25, 2022 Felix D. Arroyo Register of Probate

2/10/22  
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ADVERTISE IN THE TIMES. CALL 781-485-0588

# BHV offers tips on how to get a senior still living on their own to accept help

By Dan Murphy

When it comes to convincing an aging parent still living on their own to accept help in even the most-simple ways, their adult children are often first met with obstinate resistance.

“Many seniors are fiercely independent, and they want to stay on their own to their own detriment,” said Gina Paglucia Morrison, executive director of Beacon Hill Village (beaconhillvillage.org), a membership-based organization that provides programs and services for residents of the Back Bay, Beacon Hill, Downtown/Waterfront, Fenway/Kenmore, and the North End, South End, and West End, over 50, who want to continue living healthy and vibrant lives in their own homes.

The initial challenge is often just getting seniors to accept help in the first place, which should focus on making their homes safer for them, according to Paglucia Morrison.

“We could try all the preventive things, but [some seniors] are totally resistant,” she said. “You need to find things that you could



COURTESY OF BEACON HILL VILLAGE  
*Gina Paglucia Morrison, executive director of Beacon Hill Village.*

get an older adult to work with to make their homes safer. It takes collaboration and trying different things.”

First, Paglucia Morrison recommends getting a home safety assessment, or a home safety checklist by Googling the CDC, AARP, or the National Council on Aging to “find things that you could get an older adult to work with to make their homes safer.” They go through every room in the house, she said, making sugges-

tions like installing a grab-bar or two in the bathroom, or keeping throw rugs to a minimum in other rooms.

“Falls are a big risk, but what can you do to prevent them?” asked Paglucia Morrison. “The biggest thing that leads to people having to leave their homes, is they fall, then their health deteriorates, and their mobility goes down.”

A medical alert system can be a lifesaver in the event of a fall, but many seniors resist wearing one.

“Apple Watch has a fall detector, or other new devices are less offensive [than the old ones],” said Paglucia Morrison. “I hope that the devices get friendlier, and that more people are willing to use them.”

Besides home safety, the next biggest concern for seniors living on their own is personal health, and one option for this is to arrange for a home health-aid via elder healthcare providers, such as Ethos or Boston Senior Home Care.

“You can get an aid a couple of times a week for a few hours

each time, and they’ll work with you regardless of your income,” said Paglucia Morrison. “And if you can get older adults to accept a little help around the house – and there is help available, too – it could be a good segue way that then, maybe they need more help.”

Loneliness and lack of companionship are emotional hardships faced by many seniors, said Paglucia Morrison, and for them, the Boston nonprofit Friendship-Works, a Boston nonprofit that matches seniors with volunteers for a “friendly visit,” could offer a solution.

“Just having someone an hour a week on the phone or in person...or maybe just having some younger person take a walk with them, or run errands for them, is all it takes for an older person to have a connection,” said Paglucia Morrison, adding that connections might also notice a change in a senior’s health and alert others to it.

For seniors who can afford one, geriatric care counselors are hired consultants who give seniors an

overall assessment looking at all aspects of their lives, including their finances, to determine if they live at home; if they can afford to live there; and what kind of support they need to stay in their homes.

“These companies do everything,” said Paglucia Morrison. “They look at seniors’ finances and can help them find assisted living or a primary care physician. If the family wants to start planning in a very holistic manner, then this is an option. They can be you in another location, but it’s costly.”

In the end though, Paglucia Morrison said getting enough exercise is the key factor that enables seniors to continue living safely and independently in their own homes.

“It seems intuitive, but the more you can encourage seniors to exercise and stay active can also be preventative measure,” she said. “Exercise and fitness is super important and helps keep people independent, and there’s no question that movement can prevent falls.”

# Severe winter weather intensifying Red Cross blood crisis

As severe winter storms continue to move through the country, the American Red Cross asks those in areas unaffected by weather to schedule the ear-

liest-available blood or platelet donation appointments in their community.

Dangerous snow and ice conditions have contributed to more

than 20 blood drive cancellations since the beginning of the year, resulting in nearly 650 uncollected blood and platelet donations.

Since the Red Cross issued its first-ever blood crisis in January, thousands of generous donors have come forward to give, but patient care remains at risk. The threat of winter weather continues – as well as ongoing complications posed by the omicron variant – and could further complicate efforts to rebuild the blood supply.

More donors are needed to make appointments now for the weeks ahead to help ensure accident victims, cancer patients and new mothers experiencing complicated childbirths have access to lifesaving blood product transfusions without delay. Make an appointment to give blood or platelets by using the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

### Health insights for donors

At a time when health information has never been more important, the Red Cross is screening all blood, platelet and plasma donations from self-identified African American donors for the sickle cell trait. This additional screening will provide Black donors with an additional health insight and help the Red Cross identify compatible blood types more quickly to help

patients with sickle cell disease. Blood transfusion is an essential treatment for those with sickle cell disease, and blood donations from individuals of the same race, ethnicity and blood type have a unique ability to help patients fighting sickle cell disease.

Donors can expect to receive sickle cell trait screening results, if applicable, within one to two weeks through the Red Cross Blood Donor App and the online donor portal at RedCrossBlood.org.

### Blood drive safety

Each Red Cross blood drive and donation center follows the highest standards of safety and infection control, and additional precautions – including face masks for donors and staff, regardless of vaccination status – have been implemented to help protect the health of all those in attendance. Donors are asked to schedule an appointment prior to arriving at the drive.

### How to donate blood

Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or

driver’s license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation’s blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit redcross.org or CruzRojaAmericana.org, or visit us on Twitter at @RedCross.

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