

# THE BEACON HILL TIMES

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PHOTO BY SEBASTIAN GONZALEZ QUINTERO ON BEHALF OF THE ESPLANADE ASSOCIATION

Participants taking part in River Fit yoga on the Esplanade.

## Esplanade Association's free River Fit Fitness Series returns

By Dan Murphy

The Esplanade Association's free River Fit Summer Fitness Series returns this week.

"We are thrilled to bring back our River Fit series of free summer fitness classes for another season while expanding to offer more opportunities than ever before," said Samuel Englert, Programs and Partnerships Manager for the Esplanade Association. "This has annually been one of our most popular programs with thousands of annual participants. This year's eight week schedule will include options for many different fitness interests, from heart-pounding

Zumba to senior-focused classes and sunrise stretches and more."

River Fit comprises a range of outdoor fitness classes, including dance classes, senior workouts, yoga and more, which are taught for a range of experience levels and abilities. People of all ages and fitness-levels are invited to get fit for free in the park while enjoying scenic riverfront views with instructors from Healthworks, 'Froca, B/SPOKE, Kick It by Eliza, and Cindy Sullivan Fitness.

Classes are regularly held on Mondays, Tuesdays, Wednesdays, and Fridays until Friday, Sept. 2. Register at <https://www.eventbrite.com/cc/river-fit-2022-669399>.

Zumba, led by Healthworks, takes place on Mondays through Aug. 29 from 6 to 7 p.m. at the Hatch Shell Memorial. Using Latin rhythms and easy-to-follow moves, routines are led by Healthworks instructors and feature interval training sessions where fast and slow rhythms are combined with resistance training. Register at <https://www.eventbrite.com/e/river-fit-2022-zumba-led-by-healthworks-at-the-hatch-shell-tickets-359526091217?aff=odcleoeventsincollection>.

'Froca takes place on Tuesdays through Aug. 30 from 6 to 7 p.m.

(RIVER FIT Pg. 5)

## Workers hospitalized after Bowdoin Street transformer explosion

By Dan Murphy

Two workers were sent to the hospital Tuesday, July 12, following a transformer explosion at 37 Bowdoin St., WCVB-TV reported.

At about 5:55 p.m., emergency respondents arrived at 37 Bowdoin St. – the address of Grotto restaurant – after receiving reports of smoke emanating from a man-

hole in the area, followed by loud noises.

Paramedics transported two Eversource workers from the scene to Mass General Hospital for treatment, with one of them reportedly suffering from life-threatening injuries.

"At this time, our focus is on our employees' well-being and making sure they receive the med-

ical treatment and support they need," according to a statement from Eversource released in the immediate aftermath of the incident.

An Eversource spokesperson said they were performing routine maintenance on a piece of underground equipment in the area, according to WCVB-TV.

## Beacon Hill gets new polling location following the city's October reprecincting effort

By John Lynds

In October of last year the City of Boston conducted a reprecincting initiative to restructure polling locations in neighborhoods across the city aimed at increasing voter participation and equity as well as reducing wait times in some wards.

Last week, Mayor Michelle Wu announced a new polling location in Beacon Hill and new polling locations in other neighborhoods based off of the precinct realignment completed last year.

Wu said the new precinct in Beacon Hill was redrawn in October to increase voting accessibility by distributing voters equitably across the precinct.

New voting locations will be added throughout the City as a result of new precincts being creat-

ed and the new proposed location in Beacon Hill is the Beacon House at 19 Myrtle St. in Ward 3

The City previously created 20 new voting precincts for municipal elections last fall—increasing the number of voting precincts from 255 to 275.

"This new structure is a big deal for voter access and I look forward to working with the State and our Elections department to ensure that every registered voter knows where to vote," said Wu.

Before the process completed in October of last year, Boston last redrew its precincts in 1924, when a commission appointed by the state legislature created the wards and precinct structure. Because of this, some of the City's precincts had disproportionately higher numbers of voters, which posed

(POLLING LOCATIONS Pg. 3)

## BHV appoints Executive Director

By Suzanne Besser

Paul C. Duffy, a resident of South Boston's Seaport District, now sits at the helm of the Beacon Hill Village (BHV), an organization he calls 'trailblazing.'

BHV's mission is to provide information and services, sponsor activities and foster a strong sense of community so that older adults can live their lives independently in their own homes. To his new role as executive director, Duffy brings twenty years of experience working with seniors through cultural travel, senior living, and senior services programs.

Formerly as the principal and founder of Compass Eight, a proj-

ect management, marketing and sales consulting firm, he specialized in senior living start-up and expansion projects.

On the senior management team of North Hill Communities in Needham, he was responsible for brand re-development, communications strategy and management. He used the above-mentioned skills in supporting the \$180M expansion of this established senior living community.

Prior to that position, he served as director of program and market development for Road Scholar, formerly known as Elderhostel, the world's largest creator of expe-

(BHV Pg. 3)

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# EDITORIAL

## SUMMER IS HALF OVER --

## MAKE THE MOST OF WHAT'S LEFT

We realize that most of the kids have been out of school for only a few weeks, but in terms of what we think of as the full summer season from Memorial Day to Labor Day, this coming weekend will mark the midpoint of the Summer of '22.

Thus far we have been blessed with generally perfect weather -- dry, with lots of sun; warm, but not too hot -- for outdoor activities of every kind.

Admittedly, for those among us who crave the heat and humidity (which is how we liked it when we were younger), the weather has been a bit on the cool side. But the flip part to that is that our electric bills have been low because we rarely have needed to use the air conditioning.

Those of us who are fortunate to live along the coast have been able to keep our windows open at night to bring in the cool sea breezes, which have been more prevalent this year than usual, to fill our homes.

In addition, the above-normal ocean temperature -- we noticed the warmer temps in the middle of May -- have allowed for the sort of refreshing dip for which we typically have to wait until late July and August.

Compared to much of the rest of the country, which has seen extreme weather with record-setting heat domes, wildfires, drought, and powerful winds, our corner of the world here in the Northeast has been idyllic.

But we know that Mother Nature is unpredictable and that in the end, things always even out, so to speak.

So we urge our readers to make the most of the second half of the Summer of '22 with our family, friends, and loved ones and to create memories that will last a lifetime.

The nice thing about summer is that in our experience, we've found the most memorable moments often are the simplest, such as getting an ice cream with the kids or just spending a day at the beach or going to a big summer movie, whether with the family or a date.

We will leave with these words from the song by the great Nat King Cole from the early 1960s that captures what summertime is all about:

Roll out those lazy, hazy, crazy days of summer

Those days of soda and pretzels and beer

Roll out those lazy, hazy, crazy days of summer

You'll wish that summer could always be here

## GUEST OP-ED

## Airline travel woes, flying is frustrating

By Dr. Glenn Mollette

Airline travelers have experienced frustration since the 2021 holidays as covered by national news. Travel delays and even trip cancellations have been aggravating experiences for travelers. If you only have a weekend and your trip includes a flight on Friday and a return flight on Sunday you are chancing a lost weekend. Being delayed from Friday to Saturday is surely to sour your trip.

My wife and I have flown a few times and it seems as if there is a new devil at every level. Last Spring, we hoped for a few days in Florida. We booked our flight from Indiana to change planes in Atlanta before going on to Florida. We checked our luggage and had minimum provisions in our backpacks. We arrived in Atlanta on a Saturday afternoon only to learn that our plane on to Florida was cancelled because of weather. We also heard from fellow disgruntled travelers and a TSA agent that the cancellation was really due to problems with air traffic controllers. We also heard that Delta was very short-staffed. After standing in line at a ticket counter for two hours I was told the next available flight was two nights later at 7PM. We were advised that our luggage was already on another plane to our destination.

We had no choice but to find a hotel room. Thousands of other flights were delayed or had been cancelled that day. Hotel rooms were not easy to find. We finally found one. We were forced to get a taxi and stay two nights in Atlanta with minimal provisions. Needless to say, it was an extra unplanned expense.

When we finally arrived in Florida, I knew we were good on transportation. I had paid in advance for a rental car. We got the car pretty fast. However, I wasn't told that our upfront payment was forfeited because we didn't pick up the car within a 24-hour time frame of the reservation date. I didn't realize I was paying a second time until I reviewed my bank statement later. Since I had paid for the car up front, I did not think that Budget would care if we were delayed. I thought wrong. According to Budget you have to let them know within 24 hours if your plans change. I learned something new. Education is always expensive. I disputed the charge but my bank stood with Budget.

All in all, my wife and I had a good time in Ft. Myer's Beach, Florida. Except, flying was miserable that time around. Delta Airlines made no offers to compensate us with any new or free tickets. They felt no obligation to cover any of the additional expenses we

incurred in Atlanta. Budget Rent A Car made double money for an old Camry they rented me. The car was a take it or leave it. They said it was all they had available when I arrived.

Are there any answers? Sure. Stay home. Or, try to find flights that are direct if possible. This seems harder and harder. Buy a small suitcase that fits the legal carry-on dimensions. Then you will have your bag with you. If you can handle your trip without a rental car, you might be happier. Sometimes this is impossible but not always. We recently traveled to Baltimore and stuck with Taxis. We saved quite a bit because we didn't pay for a rental car and we didn't have to pay parking fees at the hotel.

I don't like to fly in storms. I do want the airlines to make my safety a priority. I would rather arrive late than never. Just be aware that in the age we currently live in flying can be frustrating.

*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.*

## LETTER to the Editor

### TAX REBATE PROPOSAL MISSES THE MARK

To the Editor,

The Massachusetts Legislature's proposal to send \$250-\$500 checks to a particular income range (38-150k) is economically misguided and fails to meet the moment.

Under this proposal:

-A widowed mother of two kids making \$30,000 a year in the service industry gets \$0... but a dual-income, no kids married couple in their late 20s making \$135,000 a year gets \$500. (Why???)

-With a historic opportunity to invest in things we've long ignored, like our transportation system, crumbling public housing and a

lack of affordable housing generally, a lack of affordable childcare, and our public higher education system that keeps increasing tuition on MA residents --- \$500 million will be sent out, without a penny going to the most needy, in a short-term way that will not make a lasting impact.

-During a period of inflation, money is given to the income range most likely to spend it on supply-constrained goods and services, thus making inflation worse.

I 100% get trying to help families facing the crunch of inflation right now, but a short-term cash infusion increases demand, which increases inflation... what would actually fight inflation would be increasing the supply of things that are driving cost of living up - like housing and childcare.

If the Legislature feels the best use of the state's surplus is tax cuts rather than investing it in public goods, then let's do actual tax cuts that are permanent and promote long-run economic growth.

The state could increase the earned-income tax credit or the child tax credit, cut the sales tax, reduce filing fees and licensing fees on small businesses, or marginally reduce business taxation in general on small businesses... all kinds of things that have a long-term impact, rather than a sugar high that is only appropriate in a time of urgent need for short-run economic growth, which is not the situation we are in right now, as any economist left, right or center would attest to.

(LETTER Pg. 3)

## THE BEACON HILL TIMES

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## POLLING LOCATIONS (from pg. 1)

challenges for administering elections.

Following the 2020 U.S. Census, the City's Election Department worked with community groups and the state legislature on the adopted precinct changes. These changes focus on equity in the voting populations of each precinct to reduce wait times and increase voter access.

"Voting is an essential part of democracy," said Elections Commissioner Eneida Tavares. "The

equalization of the city's voting precincts is fundamental to the proper conduct of elections, and ensures that every voter has easier access to the ballot box on Election Day."

The City of Boston is advising voters that they may experience a change in their precinct and polling location. The Elections Department will be conducting outreach in the coming months to ensure that residents are aware of any change to their polling location

ahead of the elections.

The City of Boston held four virtual community engagement sessions regarding the new precinct lines and how the realigned voting precincts will impact voting in the 2022 elections. The sessions were held on Tuesday, June 28 and Thursday, June 30.

For more information about the new precinct structure, please visit [www.boston.gov/elections](http://www.boston.gov/elections).

## BHV (from pg. 1)

rential learning opportunities.

One of twenty applicants evaluated, Duffy was an easy choice for BHV not only because of his technical qualifications but also his personality, according to President Allan Hodges who chaired the search committee. "The committee felt Paul was a perfect fit for the staff and the BHV culture," he wrote in a letter introducing Duffy to BHV members.

Duffy said he looked forward to

the opportunity to represent and work with the 'trailblazing organization - one that has imagined, deployed, and expanded a new paradigm for healthy aging. "It is the culmination of a career path, and a true joy for me professionally and personally," he said.

His family has a 'long and happy history' on Beacon Hill, said Duffy, whose parents once lived on Mount Vernon and Chestnut streets, he on Charles Street,

and his niece on Chestnut Street. Currently he lives in South Boston's Seaport District.

"I see BHV as a wonderful reflection of the neighborhood's character: community engagement built through respect for the individual and no small amount of intellectual curiosity," he said.

Duffy succeeds Gina Paglucia Morrison who served as executive director for three years.

## LETTER (from pg. 2)

I disagree with Governor Baker's proposed suite of long-term tax reductions, many of which would predominantly help upper-income earners, but at least there's a logic to them, in terms of promoting the state's economic competitiveness

in the long-term.

This proposal is deeply unserious, short-term thinking, which wildly misses the opportunity we have to make investments in the state's future -- all to try to conveniently time checks around elec-

tion time, even though more than half of the Legislature doesn't even have an opponent. For the sake of thinking long term about MA's future, I hope it is sunk.

Joe Gravellese

# Conor Newman appointed as Special Assistant of the Mayor's Office of Neighborhood Services

Staff report

Conor Newman has been named as the special assistant of the Mayor's Office of Neighborhood Services (ONS), according to a press release from the city.

In this role, Newman, who previously served as the city's Allston-Brighton liaison, will oversee the department's public processes including but not limited to the Zoning Board of Appeals, the Boston Cannabis Board, and the Boston Licensing Board while supporting the liaisons as they facilitate these meetings. He will serve under the Director and Deputy Director of the Office of Neighborhood Services and also spearhead special projects in the office.

"Conor has served Allston-Brighton with positivity and a passion for making connections in the community, and I'm thrilled to see he'll be using these skills in a new role that represents our entire City," Mayor Michelle Wu said in a press release. "As Conor transitions, Allston-Brighton will be in good hands with Francis [Mendoza]. His advocacy work in the neighborhood and time as a resident will make for a strong start on day one."

Added Director of Neighborhood Services Enrique Pepen: "I am thrilled to witness Conor's growth in the Office of Neighborhood Services and his continued contributions to the people of Boston. Additionally, I am positive that the Allston-Brighton neighborhood is gaining someone committed to their community in Francis. He is ready to hit the ground running and serve his neighborhood and we are happy to have him."

Newman was born and raised in Arlington and went on to graduate from Stonehill College with a Bachelor's in Political Science. After college, he moved to Bos-



PHOTO COURTESY OF CITY OF BOSTON  
*Conor Newman, newly appointed Special Assistant of the Mayor's Office Of Neighborhood Services.*

ton and worked on a number of local campaigns and statewide referendums. Newman served as the liaison for Allston-Brighton in the Office of Neighborhood Services for four years. Before that, he worked as a constituent advocate for Boston 311, the Mayor's constituent services hotline. He brings to the new special assistant role an extensive background and passion for community engagement and public service.

"From working as a constituent advocate with 311 to serving as a neighborhood liaison at the Office of Neighborhood Services, it will be a great privilege to continue working with the Community Engagement Cabinet in a new capacity," Newman said in a press release. "I am looking forward to bringing my experience and passion for serving the public to the role of special assistant."

When outside of the office, Newman pursues such activities as frisbee golf, adding more vinyl to his record collection, and cheering for his favorite soccer team — Glasgow's Celtic Football Club, according to the city.

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## Mass General seeking Pet Therapy Volunteers

Furry friends are needed at Massachusetts General Hospital! Mass General Volunteer Department is seeking volunteers for its expanding Pet Therapy Program. Candidates must have a very well-behaved dog and want to bring joy to the patients in the hospital.

Must have an ability to come to the hospital for a scheduled weekly shift and be very committed. Pet Therapy is held during weekdays from 8am-7:30pm but hours can be flexible. Each daily shift is 1 ½ hours. You can choose which days you would like to come in. The dog must be a minimum age of one year and must pass a required screening by our designated organization.

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# Parks Department recognized with preservation and climate change awards

The Boston Parks and Recreation Department's mission of protecting the City of Boston park system's storied legacy while embracing sustainability for future generations has been recognized with a pair of awards in historic preservation and climate resiliency.

The Boston Preservation Alliance recently announced that the Shaw 54th Regiment Memorial on Boston Common is one of six 2022 Preservation Award recipients that will be recognized at their 34th Annual Preservation Achievement Awards ceremony being held October 20 at the historic Charles River Speedway Complex in Brighton.

A ceremony was held on Boston Common June 1 as the Shaw 54th Regiment Memorial was rededicated after a comprehensive \$2.8 million restoration project undertaken by a partnership including the Friends of the Public Garden, the Boston Parks and Recreation Department, the National Park Service, and the Museum of African American History. The scope of work included restoration of the bronze relief and surrounding stone, reinforcement and seismic protections, and plaza improvements to increase accessibility and

access to the monument.

Considered one of the preeminent works of public art in the country, the Memorial honors the 54th Massachusetts Regiment, one of the first Black regiments to serve in the Civil War, and its white colonel, Robert Gould Shaw. As dramatized in the 1989 film "Glory," the 54th served most notably at the Battle of Fort Wagner in South Carolina. News of their courage and determination on the battlefield spread and led to other Black regiments being formed, and by the end of the war 10% of the Union Army was made up of Black soldiers.

In 1865, Black businessman Joshua Benton Smith called for a memorial to be constructed in Boston and in 1883 artist Augustus Saint-Gaudens was commissioned. Dedicated to perfection, Saint-Gaudens did not complete the sculpture until 1897. By the late 20th century the Memorial was in extremely poor condition due to corrosion and vandalism. In 1981, the Friends of the Public Garden led a campaign for the monument's restoration and to establish an endowment for its care. That partnership continues to



PHOTO BY MICHAEL DWYER

The restored Shaw 54th Regiment Memorial on Boston Common is lifted back into place in time for its public unveiling on June 1.

## Beacon Hill, surrounding area's weekly COVID positive test-rate increases to nearly 13 percent

By John Lynds

Beacon Hill and the surrounding area's weekly positive test rate is back on the rise and jumped to nearly 13 percent last week as another summer surge of the COVID omicron sub variants takes hold across the country.

According to the latest data by the Boston Public Health Commission (BPHC), 677 Beacon Hill, Back Bay, North End, West End and Downtown residents were tested for the virus last week and 12.8 percent were positive--this was a whopping 31 percent

increase from the 9.8 percent that tested positive between June 27 and July 4.

Eighty seven additional residents contracted the virus between July 4 and July 11 and there have now been 11,531 confirmed cases in the neighborhood since the start of the pandemic.

Boston's citywide weekly positive test rate also increased last week

According to the BPHC, 9,604 Boston residents tested citywide and 8.1 percent were positive—a 7 percent increase from the 7.6 percent that tested positive between

June 27 and July 4.

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 0.62 percent last week and went from 194,604 to 195,825 confirmed cases since the start of the pandemic.

There were 15 additional deaths in Boston from the virus in the past week and the total number of COVID deaths is now at 1,493.

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We also encourage readers to e-mail news releases and photos to

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## RIVER FIT *(from pg. 1)*

at the Hatch Shell Memorial. A celebration of songs and dances from across Africa and the Caribbean, ‘Froca is set to popular African and Caribbean music and draws on movements and dances rooted in deep tradition, along with steps that have gained popularity in recent years. ‘Froca was created by Sylver Rochelin Randrianantaina, a professional dancer and choreographer from Madagascar. Register at <https://www.eventbrite.com/e/river-fit-2022-froca-registration-366826376567?aff=odcleoeventsincollection>.

Yoga with B/SPOKE takes place on Wednesdays through Aug. 31 from 7:30 to 8:30 a.m. at Fiedler Field. Each session will begin with guided breath work and end with a mindful moment that will allow each participant to take the intention of class outside the studio and into their own life. Register at <https://www.eventbrite.com/e/river-fit-2022-yoga-with-bspoke-registration-359534486327?aff=odcleoeventsincollection>.

Kick It By Eliza takes place on Fridays from July 15 through Sept. 2 from 7:30 to 8:30 a.m. at Fiedler Field. Kick It’s a 13-round, music-driven and kickboxing-inspired fitness method, with no equipment needed except for a yoga mat, if desired. Some rounds target specific body parts (such as legs or arms), but most of the class is cardio focused. There are plenty of options to modify are provided along the way, so this class truly is for everyone. Register at <https://mail.google.com/mail/u/0/#inbox>.

The second of two Fresh Air Fitness with Cindy pop-up sessions takes place on Tuesday, Aug. 9, from 10 to 11 a.m. at Fiedler Field. (The first session took place

on July 12.) This fun, outdoor class on the Esplanade will include a full-body workout that prioritizes the needs of seniors, with focused attention on efficient body mechanics and injury prevention. It will also offer a variety of exercises to increase muscle strength, range of motion, and make participants more durable for daily activities. Fresh Air is hosted with Cindy in collaboration with Beacon Hill Village. Register at <https://www.eventbrite.com/e/river-fit-2022-fresh-air-fitness-with-cindy-tickets-372207080397?aff=odcleoeventsincollection>.

For more information on River Fit, visit <https://esplanade.org/fitness/>.

Additionally, the Esplanade Association is also offering its Music and Movement program in partnership with the nonprofit Boston Music Project, with two 45-minute sessions every Friday from July 15 through Sept. 2 at 10 a.m. and 1 p.m., respectively, at the Stoneman Playground. During this interactive music program designed for children and their caregivers, kids will sing songs, dance to music, and enjoy storytime led by trained Boston Music Project teaching artists. Caregivers are encouraged to attend and take part in the music games with their children. When registering, caregivers should select tickets for both themselves and their child/children; register at <https://www.eventbrite.com/e/music-movement-on-the-esplanade-tickets-379839559347>.

To learn more about this program, visit <https://esplanade.org/musicandmovement/>.



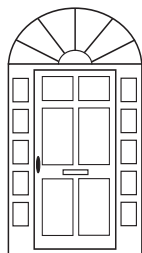
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Participants taking part in River Fit yoga on the Esplanade.



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# Esplanade Association's 11th annual Summer Dock Party returns Thursday, July 21

By Dan Murphy

An eagerly awaited highlight of summer returns when the Esplanade Association's 11th annual Summer Dock Party comes again to the Community Boating docks on Thursday, July 21, from 6:30 to 10 p.m.

"We are very happy to be hosting our 11th Annual Summer Dock Party at Community Boating on the Esplanade, which has traditionally been one of our most popular fundraisers to support the park," said Samuel Englert, Programs and Partnerships Manager for the Esplanade Association. "Hundreds of guests will have the opportunity to drink, dine, and dance the evening away while the sun sets along the riverfront docks and gardens of the Esplanade.

And we're grateful to event partners Archer Roose and Night Shift Brewing for providing support to this event!"

The festive night typically draws around 400 guests each year to the Charles, and it will include dinner, beer, and wine, as well as live music courtesy of Joe Sax Boston and Peter Perfect, in addition to a live deejay. The funds raised at this year's event will support the Esplanade Association's work to revitalize, enhance, program, and maintain the park, while providing the community with free summer programming.

Tickets cost \$100 for members and \$125 for nonmembers and are available at <https://www.eventbrite.com/e/11th-annual-summer-dock-party-tickets-311790633177>.



PHOTOS BY SEBASTIAN GONZALEZ QUINTERO ON BEHALF OF THE ESPLANADE ASSOCIATION

Revelers enjoying a past Summer Dock Party sponsored by the Esplanade Association at the Community Boating docks.

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# Beacon Hill Friends House’s annual Summer Cookout returns Saturday, July 16

By Dan Murphy

Beacon Hill Friends House’s longstanding annual Summer Cookout returns Saturday, July 16, from 11 a.m. to 3 p.m. at 8 Chestnut St., and unlike the past two years when it was limited to residents due to the pandemic, the event will again be open to the broader community.

“Since it’s the summer, and with the pandemic slowing down, we can start having outdoor groups back into the space and also have our own events to get others back into the space,” said Nils Klinkenberg, executive director of the Friends House, a self-described “independent Quaker nonprofit that provides opportunities for spiritual deepening, personal growth, and collective action,” as well as a cooperative residence that is home to 20 residents.

Friends, family, board mem-

bers, and others connected to the Friends House are all welcome to join residents at this open house event, which will offer “food, fellowship, and even some ping-pong,” according to the organization’s website. All guests will be asked to show proof of vaccination upon entry, and masks, which will be available for guests, are required inside of the Friends House itself. Potluck contributions of non-refrigerated side dishes, desserts, and snacks are appreciated but not required. (Please note this is an alcohol-free event.)

The cookout is an opportunity for the Friends House to bring its message to the broader, as well as to bring the outside community into the house to join neighbors, past residents, and supporters, said Klinkenberg.

R.S.V.P. is requested but not required, and can be made at <https://lu.ma/bhfh-cookout-2022>.



PHOTOS COURTESY OF BEACON HILL FRIENDS HOUSE

Community members gather (above and below) at a past Beacon Hill Friends House Summer Cookout.



## LOCAL STUDENTS EARN ACADEMIC HONORS

### BEGLEY NAMED TO THE DEAN'S LIST

Clark Begley of Beacon Hill has been named to the Dean's List at the University of New Hampshire for earning Highest Honors for the spring 2022 semester. Begley is majoring in RMP:Outdoor Leadership & Mgmt.

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 is a flagship research university that 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, liberal arts and the sciences across more than 200 programs of study. UNH's research portfolio includes partnerships with NASA, NOAA, NSF and NIH, receiving more than \$100 million in competitive external funding every year to further explore and define the frontiers of land, sea and space.

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# FOPG's Summer Party returns July 27 to UMass Club

By Dan Murphy

For the first time in three years, the Friends of the Public Garden's Summer Party will return on Wednesday, July 27, from 6 to 8 p.m. to the top floor of the UMass Club.

"We are so thrilled to host the

Summer Party again after three years," said Liz Vizza, President, Friends of the Public Garden. "It will be wonderful to see everyone, celebrate the summer season and connect again in-person. These social occasions are wonderful in every way, to enjoy the company of friends, neighbors, and mem-

bers and to help support our work in the three parks."

Park supporters and Friends alike are encouraged to break out their favorite summer wear for the event at the UMass Club overlooking the Boston Common, the Public Garden, and the Commonwealth Avenue Mall. This annual summer bash, sponsored by Cambridge Trust Company, raises funds for the #threeparks and supports the Friends' work to renew, care, and advocate for these iconic downtown greenspaces.

Also, keep an eye out for our #FOPG flower sign — take a photo and share to social media with the hashtag #FOPGParty for a chance to win two tickets to the Friends' Annual Winter Party at the Union Club.

Tickets are \$95 each and include generous hors d'oeuvres and a selection of beer and wine. Visit <https://friendsofthepublicgarden.org/2022/06/13/july-27-2022-the-summer-party/> to purchase tickets and for more information on the event.



Leslie Adam (right) and Liz Vizza, respective board chair and president of the Friends of the Public Garden at the group's 2018 Summer Party on The Roof of the TAJ Boston Hotel.



PHOTOS BY PIERCE HARMAN PHOTOGRAPHY

Revelers gathered on The Roof of the TAJ Boston Hotel on July 18, 2018, for the Friends of the Public Garden's Summer Party.

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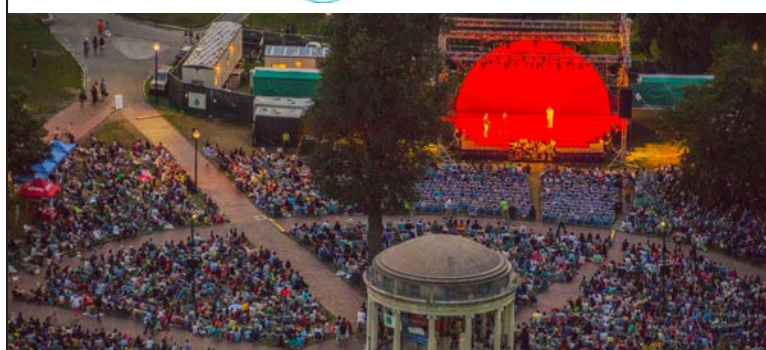


Photo courtesy of Commonwealth Shakespeare Company.



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# Real Estate Transfers

BUYER 1	SELLER 1	ADDRESS	PRICE
<b>BACK BAY</b>			
Peterson, Kevin	GK 7 RT	220 Boylston St #1415	\$6,700,000
Rossey, Jacqueline	RDB Clarendon St LLC	46 Clarendon St #1	\$2,650,000
Binnie, Dylan	Pfieffer Beth K Est	75 Clarendon St #16	\$160,000
Jian, Lubin	Kane, Michael	186 Commonwealth Ave #24	\$690,000
Whitson, Jonathan	Dewilde, Michel	81 Dartmouth St #2	\$845,000
Smith, Barry	Hansen, Eric J	21 Fairfield St #4	\$2,025,000
Narvaez, Ana J	Wynlea Close LLC	400 Stuart St #21C	\$1,750,000
Cronin, Douglas J	Trautman, Courtney L	505 Tremont St #424	\$2,755,000
Heim, Andrew D	Blinn, Willia H	215 W Canton St #1	\$1,915,000
Nowtash, Ashkan	Carpenter, Gail	298 Commonwealth Ave #201	\$640,000

<b>BEACON HILL</b>			
Grish&Lakshmi Juneja	Peltz, Benjamin	10 Bowdoin St #512	\$1,220,000
Gay, Courtney	Maloney, Edward M	22 Charles River Sq	\$5,250,000
XG 51 Hancock St LLC	Coleman, Gloria	51 Hancock St #11	\$640,000
Milbury, Corinne L	Glover, John	43 Mount Vernon St #5	\$1,515,250
Constantin, Linda	Barry, John	15 River St #501	\$990,000

<b>BAY VILLAGE/SOUTH END/KENMORE</b>			
Porter, Mark	Paul S Moore RET	17 Braddock Park #1	\$1,862,000
Agnieszka-Dorata, Kierner	Glazman, Lev	27 Isabella St #4	\$2,085,000
Bhat, Sujata	1091 Boylston 37 LLC	1091 Boylston St #37	\$370,000
Hurley, Frederick J	Brook, Christopher D	521 Columbus Ave #6	\$926,000
Gitschier, Brian M	Cormier, Timothy	58 E Springfield St #5	\$646,500
Levell, Julian R	79 Gainsborough T	79 Gainsborough St #408	\$868,000
Reitz, Leslie	Ehrsam-Gatica, Robert M	700 Harrison Ave #412	\$341,359
V M&K K Gaxiola RET	Pasquariello, Joseph W	82 Jersey St #2	\$510,00
Chen, Zhiyuan	Zhou, Jing	702 Massachusetts Ave #7	\$373,000
Popa, Mihai T	Kocon, Lori B	85 Park Dr #9	\$530,000
Ryan, Trisha K	Div Shawmut LLC	100 Shawmut Ave #607	\$1,611,000
Wall, Ashley	Moshkevich, Solomon	441 Shawmut Ave #3	\$735,000
Andler, Samuel	Schnitzer, Thomas M	140 W Concord St #1	\$2,737,500
Anderson, Ryan T	Barnwell, Ilene	196 W Springfield St #1	\$3,600,000
20 Wellington LLC	Dedousis, Anthony L	20 Wellington St	\$3,363,000

<b>WATERFRONT/DOWNTOWN</b>			
Ricke, Sadia	Stein, Robert	99-105 Broad St #8A	\$1,060,000
Formichella, Alyson	Estia Properties LLC	85 E India Row #8A	\$705,000
Gelerman, Susan B	Beame LLC	580 Washington St #212	\$980,000
T D Gaillard RET 2012	Handart T	151 Tremont St #18E	\$2,550,000
Parrish, Susan B	Monaghan, Matthew	134 Beach St #2A	\$1,415,000
Canesi, Jennifer	Mugherini Jr, Richard	51 Commercial Wharf #7	\$2,699,000
Brochetti, Wendy	Tsolakis, Nicholas G	85 E India Row #14G	\$1,025,000
Hanxon FT	Estia Properties LLC	85 E India Row #8B	\$1,800,000
Dotsias, Georgia	Yatata 1 LLC	1 Franklin St #2011	\$1,395,000
Hu, Yangming	Tower Realty 3107 LLC	1 Franklin St #3107	\$2,125,000
Porter, Mark	Williamson 3rd, William	300 Pier 4 Blvd #3K	\$2,100,000
Salsburg, Payal	Crik Tremont LLC	151 Tremont St #11H	\$725,000
Tan Tan 2018 RET	Margaret S Gaillard RET	151 Tremont St #15F	\$1,690,000

# Attention to Detail

PHOTOS AND TEXT BY PENNY CHERUBINO

## THIS WEEK'S ANSWER



The curved corner in the last clue is on 93 Revere Street constructed circa 1850 according to the Massachusetts Historical Commission. In the 1920s and 1930s, it was owned by Boston University and used as student housing. It later became a lodging house and today it contains four condominiums.

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

## THIS WEEK'S CLUE





## BEACON HILL ARCHITECTURAL COMMISSION

The Beacon Hill Architectural Commission will hold its monthly public hearing on Thursday July 21, at 5 p.m.

Attention: This hearing will only be held virtually and NOT in person. You can participate in this hearing by going to our online meeting or calling 1-929-205-6099 and entering meeting id # 847 5967 7066. You can also submit written comments or questions to BeaconHillAC@boston.gov.

The public can offer testimony. Discussion Topics

1. Design Review APP # 22.0444 BH 21 Branch Street

Proposed Work: New location of condensers.

APP # 22.1182 BH 25 Charles Street Previously Reviewed at 5-2022 Hearing

Proposed Work: New signage and window decals, new awning.

APP # 22.1096 BH 44 Phillips Street Previously Reviewed at 6-2022 Hearing

Proposed Work: Rebuild transom light, rebuild garden level openings.

APP # 22.1068 BH 141 Cambridge Street

Proposed Work: Install mailbox.

APP # 22.1359 BH 81 Pinckney Street

Proposed Work: New deck rails at rear of the property.

APP # 22.1369 BH 114 Mount Vernon Street

Proposed Work: Remove existing unapproved sconces and replace with pendant light.

APP # 22.1419 BH 71 Mount Vernon Street

Proposed Work: Replace all windows with like windows (2 over 2) for most of front façade, (1 over 1 for front bay), rebuild rear deck in kind (with condenser placed in same location), Remove rear shed roof and re-build rear half of roof to be flat for new roof deck and elevator overrun and concealed roof drains. Access to roof deck through bulkhead with operable glass roof hatch, Rebuild rear 5th floor facade to be coplanar with face of wall below. Replace brick veneer with slate tiles; Re-build the existing balcony on front bay in kind (See Additional Items under Administrative Review).

APP # 22.1428 BH 7 Louisburg Square

Proposed Work: Replace front dormer windows and rear el win-

dows/Juliet balconies. Enlarge one window at rear el. (See Additional Items Under Administrative Review).

2. Administrative Review/ Approval APP # 22.1434 BH 35 Bowdoin Street: Replace asphalt shingle roof in kind.

APP # 22.1374 BH 5 Chestnut Street: Repaint front bay in kind

APP # 22.1311 BH 13 Chestnut Street/50 Mount Vernon Street: Paint with exterior latex paint in existing colors all window and door trim (Benjamin Moore House Paint Custom Mix 21102A 0Y-1X10 BK20 RTI X8 GY1816 high gloss), doors and shutters (BM Essex Green High Gloss) and iron work (BM Black High Gloss) on 13 Chestnut facade of property and (b) prep and paint with exterior latex paint in existing colors all window and door trim, and gutters and balustrade (BM Custom Mix 21102A 0Y-1X10 BK20 RTI X8 GY1816 high gloss) and shutters, doors and downspouts (BM Black high gloss) on 50 Mt Vernon facade of the property. All shutters shall be removed for painting off-site and subsequently re-installed.

APP # 22.1295 BH 19 Garden

Street: Repoint partition wall in kind.

APP # 22.1393 BH 22 Hancock Street: Remove old fire escape, cut and repoint, remove and install new lintels. Type O mortar will be used.

APP # 22.1428 BH 7 Louisburg Square Install small EV port in sidewalk in front of property, rebuild sidewalk to install ice melt system no visible changes (See Additional Items Under Design Review).

APP # 22.1320 BH 20 Louisburg Square: Replace the front copper roof with 20oz. red copper. We will be removing and reinstalling the existing snow guards in the same location.

APP # 22.1292 BH 39-41 Mount Vernon Street: Cut and repoint all masonry joints. Re-pointing along with replacing any spalled or broken bricks, matching existing bricks.

APP # 22.1419 BH 71 Mount Vernon Street: Restore front door and sidelights, spot repoint masonry, clean masonry (See Additional Items Under Design Review).

APP # 22.1352 BH 85 Mount Vernon Street: Remove and replace

the front gutter in kind. Replace rotted wood window sills to match existing in dimensions and color. Remove and replace badly spalled brick at fountain wall in courtyard, brick and mortar to match existing.

APP # 22.1336 BH 19 Myrtle Street: Masonry Restoration of the North (Alleyway); Cut and repoint masonry and stone joints, replace damaged brick, rebuild outer wythe damaged masonry, remove replace deteriorated steel lintels, clean masonry and stone, sealant replacement, all in kind to match existing adjacent construction.

APP # 22.1406 BH 133 Myrtle Street: Repaint first floor windows and bay in kind with BM black on muntins and BM Corinthian on bay.

APP # 22.1409 BH 5 West Cedar Street: Remove and replacing lintels, remove/reset brick wythe, inserting helical ties, re-grouting, repointing, repairing/ replacing trim and repainting (all work to match existing)

3. Ratification Of May 19, 2022 and June 16, 2022 Public Hearing Minutes

4. Staff Updates

# Nucci elected to serve another term on Massport Board

By John Lynds

The Massachusetts Port Authority Community Advisory Committee (Massport CAC) voted unanimously to reappoint John Nucci to another seven-year term as the committee's appointee to the Massport Board of Directors.

Nucci was sworn in to his second term on the board by Gov. Charlie Baker during a virtual ceremony Tuesday.

"It is an honor to be unanimously reappointed to the Massport Board for a second term by the Massport CAC, and to be sworn in by Governor Baker," said Nucci. "I, once again, pledge to do my best to represent the interests of those neighborhoods impacted by the Authority as well as maintain my fiduciary responsibility to the Authority."

Nucci is the Senior Vice President for External Affairs at Suffolk University and has more than 40 years of experience in Boston government and community relations.

Nucci has been an effective advocate for a number of community and non-profit organizations, as well as an incredible asset to Suffolk University.

He was first appointed to the Massport Board in 2016 and said at the time his new role reflects his

enduring commitment to giving back to his community and serving the citizens of the Commonwealth.

Members of the Massport CAC represent 35 diverse communities that surround Massport facilities, as far north as Salem and as far west as Worcester. The duties of the Massport CAC members include making recommendations to Massport, the Governor of Massachusetts and the state legislature regarding Massport's programs, budget and annual report, and to appoint a member to the Massport Board.

Nucci was appointed to Massport CAC by Mayor Martin J. Walsh as a Boston representative six years ago and represents the CAC on the board.

Throughout his career, Nucci has demonstrated an ability to bring community partners together with government so that both benefit. This past summer, Nucci and his team negotiated a partnership with the community and the City of Boston for the Suffolk University athletic teams to use the East Boston Memorial Park for their home games. As part of the agreement the university will make improvements to the park and provide other resources, such as funding for East Boston High School athletics programs.

The Massachusetts legislature,

under the leadership of former Speaker Robert DeLeo, voted to establish the Massport CAC in 2013.

The Massport Board is a seven-member group that oversees the financially independent authority, which owns and operates Boston Logan International Airport, the public container and cruise terminals in the Port of Boston, Hanscom Field, Worcester Regional Airport as well as real

estate holdings and public parks in South Boston and East Boston. Board members are not paid for their service.

Nucci is a former At-Large Boston City Councilor having served from 1992-1995. Nucci was elected Suffolk County Clerk in 1994 and served in that office for a decade. He also served the Boston School Committee as a member from 1984-1990 and was President for one term. Since

1992 he has taught at Suffolk University as an Adjunct Professor of Public Management. He is a board member of a number of professional affiliations including the Boston Business Improvement District and the Boston Municipal Research Bureau, among others. Nucci received a B.A. from Boston College and a Master's degree in Public Administration from Suffolk University.

## CONSTRUCTION UPDATE

### North Washington Street Bridge construction look-ahead to July 23

#### WORK HOURS

• Most work will be done during weekday daytime hours (6:00 a.m. – 4:00 p.m.)

#### TRAVEL TIPS

For everyone using the temporary bridge, please help share the space: walk to the right, walk bikes, and be mindful of people coming from both directions, if walking in a large group.

Drivers should take care to pay attention to all signage and move carefully through the work zone. Police details, lane markings, temporary barriers, traffic cones, signage, and other tools will be used to control traffic and create safe

This is a brief overview of construction operations and impacts for the North Washington Street Bridge Replacement Project. MassDOT will provide additional notices as needed for high-impact work and changes to traffic configurations beyond those described below.

#### SCHEDULED WORK

• Forming the East bike barrier at the northern approach (Charlestown workzone)

• Install rebar for the bike barrier

• Install electrical boxes in the location of the bike barrier

work zones.

The Tudor Wharf Walkway (under the bridge next to the water in Paul Revere Park) will be intermittently closed for safety during construction operations, with access provided via the Water Street underpass. The Boston Harborwalk under the bridge and eastern/harborside bridge sidewalk remain closed until rebuilt.

For your awareness, the following events are scheduled during this look-ahead period:

• EVENTS: 7/12 at 8:00 p.m., 7/15 at 8:00 p.m., 7/16 at 8:00 p.m., and 7/22 at 7:45 p.m.



# BLO brings free orchestral music to Hatch Shell

Staff Report

Boston Landmarks Orchestra, under the direction of Music Director Christopher Wilkins, brings its annual summer series of free, live orchestral concerts to the iconic DCR Hatch Memorial Shell on the Esplanade, with a special focus on concerts in East Boston, Chelsea, Roxbury, and Mattapan. Rooted in the mission “we build community through great music,” Landmarks Orchestra is thrilled to present a concert series of free events which showcase a diversity of music and cultures.

Programming this summer celebrates a dazzling array of composers and music. Highlights include the world premiere of “Many Mansions,” a new orchestral and choral work by Diane White-Clayton based on Roland Carter’s arrangement of “In Bright Mansions Above”; the Boston premiere of William Dawson’s “Negro Folk Symphony”; Beethoven’s 9th Symphony with the One City Choir, Coro Allegro, and vocal soloists; a new partnership with the Four Strings Academy; and the announcement of cuatrista Fabiola Méndez as Composer-In-Residence for 2022-23 to work with Boston students on composition and performance workshops.

Music Director Christopher Wilkins says “The 2022 season is filled with music the whole family will enjoy—works by Gershwin and Bernstein, the William Tell Overture, a performance of Pines of Rome in the series finale, and much more. There are great monuments of the orchestral literature, including the Beethoven ‘Ninth’ and Berlioz’s Symphonie fantastique. And as always, per-

formances fulfilling Landmarks Orchestra’s unique cultural mission, addressing Boston history, cultural diversity, and conflict and reconciliation. We are also thrilled to begin an exciting long-term collaboration with Puerto Rican cuatro virtuoso, Fabiola Méndez.

Following a strategic planning process led by Chair of the Board of Advisors, Jean Sorrow and Landmarks Orchestra Board Chair Emmett G. Price III, the organization is embarking on a 10-year strategic plan. Primary goals stemming from the plan are to increase the diversity of audiences, ensembles, and staff to be more representative of the residents of the City of Boston; bring more community-based programming into Boston neighborhoods; and develop deep and authentic partnerships with partner communities within the next decade.

New Partnerships and Community Outreach

At the heart of each Landmarks Orchestra season is the spirit of community and collaboration.

This year’s partnerships and collaborations include:

- A new relationship with Four Strings Academy, a music training institution founded by Mariana Hill. Students from the Academy will join Landmarks principal string players for a Prelude Performance on July 20.

- Partnering with the Hyde Square Task Force and Ágora, founded by Elsa Mosquera Sterenberg, led to a grant from the Yawkey Foundation to fund our first Composer in Residence—cuatrista Fabiola Méndez. She will spend a year in residence, working with students to create a new work that will premiere on the

Landmark’s 2023 summer season. A preview concert of the work will happen in January 2023 (details TBA).

- A grant from The Cummings Foundation which will support Landmarks Orchestra’s Music & Memory program with performances in assisted living centers which specialize in care for patients with memory loss and dementia.

- In partnership with Carnegie Hall, Link Up introduces students grades 3-5 to an orchestra by helping them become part of it. Students are given the opportunity to join Boston Landmarks Orchestra in a highly participatory program in which they learn to sing or play an instrument in the classroom, with a culminating performance. Landmarks Orchestra is the only orchestra in the state to work with Link Up.

- Landmarks has partnered with longtime Performing Arts ASL Interpreter with the Orchestra, Christopher Robinson, who will lead a group of advisors to develop strategies which will make Landmarks events more accessible. This summer’s performances will include ASL interpreters at many performances, and SUBPAC’s will be available at select performances. SUBPAC is a patented tactile audio system that provides a high-resolution immersive experience by quietly and accurately transferring deep bass frequencies to create an immersive, physical, full-body experience.

2022 Summer Concerts and Events

An ASL interpreter will be present at many performances; see the website for current details.

TELLING TALES

Wednesday, July 20, 2022, 7pm ET | Hatch Shell

Boston Landmarks Orchestra, Christopher Wilkins, conductor

Prelude Concert: Four Strings Academy with Landmarks Orchestra Principal Strings

Bedich Smetana, “The Moldau” from Ma Vlast (My Fatherland)

Ethyl Smyth, The Wreckers Overture

Paul Dukas, The Sorcerer’s Apprentice

Hector Berlioz, Symphonie fantastique

## SWEET SORROW

Wednesday, July 27, 2022, 7pm ET | Hatch Shell

Boston Landmarks Orchestra, Christopher Wilkins, conductor

Giuseppe Verdi, Nabucco Overture

Florence Price, Ethiopia’s Shadow in America

Boris Lyatoshinsky, Symphony No. 3 in B minor, Peace Shall Defeat War

Andante maestoso—Allegro impetuoso (1st movement)

Jan Sibelius, Finlandia

David Amram, Symphony: Songs of the Soul (Shiray Neshtama)

Freilekh (Dance of Joy) (3rd movement)

Piotr Ilyich Tchaikovsky, Romeo and Juliet Overture-Fantasy

## BEETHOVEN’S 9th SYMPHONY

Saturday, August 6, 2022, 7pm ET | Hatch Shell

Boston Landmarks Orchestra, Christopher Wilkins, conductor

Sirgourney Cook, soprano

Tichina Vaughn, mezzo-soprano

Ethan Bremner, tenor  
Phillip Bullock, baritone

David W. Hodgkins, chorus master

One City Choir

Coro Allegro

Gioachino Rossini, William Tell Overture

Johann Strauss, Jr., To America: Fair Columbia Waltzes

Diane White-Clayton, Many Mansions (world premiere performance)

Ludwig van Beethoven, Symphony No. 9 in D minor, op. 125

Wednesday, August 17, 2022, 7pm ET | Hatch Shell

Boston Landmarks Orchestra, Christopher Wilkins, conductor

Fabiola Méndez, cuatro

George Gershwin, Cuban Overture

Georges Bizet, L’Arlésienne (excerpts from original version)

Carlos Chávez, Sinfonia india

Florence Price, Folksongs in Counterpoint (selections)

Fabiola Méndez, Bomba pa’ la diaspóra and other selections

Felix Mendelssohn, Symphony No. 4 in A major, “Italian”

## THE VIRTUOSO ORCHESTRA

Wednesday, August 24, 2022, 7pm ET | Hatch Shell

Boston Landmarks Orchestra, Christopher Wilkins, conductor

Leonard Bernstein, Candide Overture

William Dawson, Negro Folk Symphony (Boston premiere)

Georges Enesco, Romanian Rhapsody in A major, op. 11, No. 1

Ottorino Respighi, The Pines of Rome

## OBITUARIES

All obituaries and death notices will be at a cost of \$150.00 per paper. Includes photo.No word Limit. Please send to [obits@reverejournal.com](mailto:obits@reverejournal.com) or call 781-485-0588

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## CITY PAWS

# Pets are good for us

By Penny & Ed Cherubino

Those of us who live with animals worry about friends when they tell us of the death of a furry family member. We know this loss can mean changes in their day-to-day activities, and that a lack of emotional support from their pet may endanger their well-being.

### The Research

The Centers for Disease Control and Prevention (CDC) says, "There are many health benefits of owning a pet. They can increase opportunities to exercise, get outside, and socialize. Regular walking or playing with pets can decrease blood pressure, cholesterol levels, and triglyceride levels. Pets can help manage loneliness

and depression by giving us companionship."

The National Institutes for Health (NIH) sponsors research to learn more about ways animals can help specific people in specific ways. For example, one study examined how therapy dogs working in hospitals or nursing homes help reduce patients' stress and anxiety. Another study found, "... caring for fish helped teens with diabetes better manage their disease." The routine of feeding the fish and cleaning the tank made them more responsible for checking their blood sugar levels.

The day may come when medical professionals prescribe watching fish swim about, walking a dog, or playing with a cat as readily as they now prescribe pills or

physical therapy.

### Seniors and Pets

The CDC has found that loneliness and social isolation put older adults at risk for dementia and other medical conditions. Research tells us that pets reduce these risks. Those of us with dogs know how many friends and acquaintances were introduced to us by our dogs.

A friend who had lived alone adopted a cat. We can see the positive change in her attitude and mood. She connects with the dog people in her life by showing cat pictures. She likes having a reason to go home and being responsible for another creature.

At any age, we should carefully consider the type of animal that is best for us. Think about your likes and dislikes, lifestyle, and budgetary and physical limitations. Another friend of ours adopted a cat after she lost a large dog. The cat is good company. She doesn't have to take it out for walks on snowy winter days. It is easier for her to travel and have a pet sitter come in and take care of the kitty on a daily visit.

We all should consider our animals' futures and have a plan to care for them if we are unable to



Trudy (on a squirrel hunt) is a star in our album of dogs who make us smile.

do so. Some seniors see this as a reason they can't add an animal to their lives. Sometimes this is a wise decision. However, that does not mean they can't enjoy the benefits animals provide. Perhaps they can help a friend, family member, or neighbor care for a pet.

### Community Benefits

Penny takes a lot of photos of dogs on her morning walk. We have an album of dog photos that make us smile. Our neighbor's silly puppy, Trudy, made Penny laugh when she posed full-length up a tree chasing a squirrel. We also laugh when that photo pops up on

a computer screen.

On our dog walks, we connect with neighbors, exchange information, and share a few minutes of our dog's time with those who miss their pets. We file reports on the Boston 311 app for items that require city action. We've called 911 to report a person needing help, an auto accident, or to report needles and other drug paraphernalia. Dog walkers can be the eyes and ears of their neighborhood.

*Do you have a question or topic for City Paws? Send an email to [Penny@BostonZest.com](mailto:Penny@BostonZest.com) with your request.*



### Free Concerts @ Hatch Shell

Wednesday, July 20th

**Sorcerer's Apprentice & Symphonie Fantastique**

Wednesday, July 27th

**Finlandia & Romeo and Juliet**

Saturday, August 6th

**Beethoven's 9th Symphony**

Wednesday, August 17th

**Mendelssohn & Fabiola Méndez**

Wednesday, August 24th

**Pines of Rome**

For more information go to  
[www.LandmarksOrchestra.org](http://www.LandmarksOrchestra.org)

## Eight alternative ways to keep cool without AC

Motorists are being given suggestions on how to cope with the heat this summer - when they don't have the luxury of using an air-con.

The holiday car rental experts at StressFreeCarRental.com have outlined eight ways to keep cool and improve your driving experience while travelling over the summer.

Although most new cars come with a sufficient climate control system, many drivers are still having to put up with sweltering conditions while they're out on the road.

There's nothing worse than being trapped in a hot car for a long journey, however it's sometimes unavoidable, especially if you're commuting to work or going on a road trip.

Those who have ACs but are looking to cut back on their motor-ing expenses should also consider alternatives, because using air-con can increase fuel consumption by as much as 20%.

Among those making the list of suggestions are freezing water bottles to use as ice packs and shielding your car from the sun with a dashboard cover.

A spokesperson for StressFree-

CarRental.com said: "Driving in the blazing sun can cause motorists to feel dizzy and ill from heat exhaustion, which in return is dangerous for all the road users.

"There are some cost-effective alternatives that help motorists tackle the heat and prevent accidents while they're out and about on a hot day."

Here are StressFreeCarRental.com's best tips for cooling down without the help of an air-con:

#### Stay hydrated

Make sure to bring a refreshing cold beverage with you on your journey to avoid dehydration and store it under the seat to maintain its cool temperature.

#### Hang a wet rag over the vent

The air blown out will be much cooler, but make sure you have a few wet rags ready to replace it with as it will dry out quite quickly. Also remember to take them out of your car and wash them afterwards to prevent mildew.

#### Freeze water bottles to use as ice packs

Wrap a frozen bottle in a towel and rest it against your seat behind your neck. Once it defrosts, you'll have ice cold water to drink and cool off too.

#### Park in the shade

There's nothing worse than getting into a boiling hot car at the end of the day, so be mindful of where you leave your vehicle. Under trees is the obvious choice - but you can also try to find a large truck or lorry for shade.

#### Get a mini-fan

A portable fan can make all the difference, even on the hottest summer days. These fans are small but mighty when it comes to cooling yourself down while you're stuck in a hot car.

#### Get cold packs

Although cold packs don't provide a long-term solution, they can be used as a quick relief from the heat.

#### Use a dashboard cover

Put on a dashboard cover on your car's windshield to keep sunlight away from the car's interior. You won't feel as overwhelmed by the heat if you don't have to touch hot vinyl surfaces.

#### Keep windows slightly cracked

It's obviously not a good idea to open your windows all the way but leaving just a small crack will promote ventilation and help to keep your car cool.