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FRIDAY, APRIL 25, 2025



THE BEACON HILL TIMES

T H E R E A R E N O T I M E S L I K E T H E S E T I M E S



BELOVED BOSTON SWAN BOATS RETURN

MAYOR'S OFFICE PHOTOS
BY JOHN WILCOX

Mayor Michelle Wu attends
the 148th Swan Boat open-
ing at the Public Garden on
April 19.



BHAC approves application for Sevens Ale House

By Dan Murphy

The Beacon Hill Architec-
tural Commission unanimously
approved a design review appli-
cation for The Sevens Ale House
at its monthly public hearing held
virtually on Thursday, April 17.

This application included
plans for a new proposed sign
to hang below the existing blade
sign for the longstanding neigh-
borhood bar at 77 Charles St.
The new wood sign would have
'And Daughters,' along with '77,'
emblazoned in gold, carved wood
lettering on a black background.
Besides reflecting the color scheme
of the existing sign, the new sign

would also share a similar font.

Additionally, the application
proposed new spotlights for both
the existing and new signs, as well
as a new lighting fixture, which
would hang inside the doorway.

The motion to approve the
application as submitted was put
forth by Chair Mark Kiefer and
supported unanimously by him-
self, along with Vice Chair Arian
Allen and Commissioners Annette
Given and Sandra Steele.

This determination came with
several provisos, including that
with respect to the new sign, the

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Boston's climate champions hosts Climate Leaders Awards

Special to the Times

Mayor Michelle Wu and the
City of Boston's Environment
Department last week hosted the
inaugural Boston Climate Lead-
er Awards at Millennium Part-
ners' Winthrop Center, honoring
individuals, organizations, and
institutions making extraordinary
contributions to the city's climate
and sustainability goals. The event
brought together civic leaders,
community partners, advocates,
businesses, and innovators to re-
cognize climate action across build-
ings, energy, climate resilience,
and environmental protection.

"Our first-ever Climate Lead-
er Award recipients represent the
best of Boston's commitment to
environmental justice and commu-

nity-driven action," said Mayor
Michelle Wu. "From neighbor-
hood organizers to major institu-
tions, these leaders are building
a more sustainable, resilient, and
equitable city for all. Their inno-
vation and passion power Boston's
climate leadership and fuel our
collective progress to confront the
climate crisis head-on."

Awardees were selected for
their exemplary efforts to reduce
emissions, prepare for climate
impacts, and protect Boston's
natural resources. This commu-
nity-led process received 117 nomi-
nations for various individuals and
organizations. Applicants went
through multiple iterations of

See CLIMATE Page 7

BEACON HILL CIVIC ASSOCIATION COMMUNITY CORNER

28th Annual Beacon Award

As part of the Diamond Jubilee Year (1922-1997), The Beacon Hill Civic Association instituted an annual Beacon Award to honor those people or groups deserving of particular recognition for significant and sustained contribution to the Beacon Hill community. Such a contribution may include working with children or the elderly in the neighborhood, beautifying local spaces, improving safety on the Hill,

or preserving and enhancing the quality of life for residents and businesses alike. The recipient may be an individual, group, committee, business, institution, or organization, and the community is defined as the Beacon Hill neighborhood.

Continuing tradition, we invite nominations from the entire community to help select the recipient of the 2025 Beacon Award. The 2025 Beacon Award will be presented at the BHCA Annual

Meeting on May 22, 2025, at Hampshire House. Nominations must be received by the BHCA by Friday, April 25th. Contact the BHCA office or visit bhccivc.org for the nomination form.

Traffic & Parking Committee Hosts meeting

The BHCA Traffic & Parking Committee, chaired by Ben Starr, met on Tuesday to discuss

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EDITORIAL

EARTH DAY: MANY BATTLES WON, BUT THE WAR IS LOST

This week marks 55 years since the first Earth Day on April 22, 1970. The genesis of the first Earth Day had begun a few months earlier when the Cuyahoga River in Cleveland literally caught fire because of the chemicals that had been dumped into the river by nearby industrial plants. The blaze was broadcast on national TV news, sparking (no pun intended) the environmental movement.

Earth Day led to the creation of the Environmental Protection Agency by President Richard Nixon, including the landmark legislation of the Clean Air Act and the Clean Water Act.

For those of us who were around at that time, Earth Day gave us hope that we had reached a turning point in the effort to eliminate the air and water pollution that threatened the health of every American, not to mention the impacts upon sensitive environmental areas and wildlife.

To be sure, there have been many victories since that first Earth Day. We recall that in our youth growing up on Pt. Shirley in Winthrop, swimming was forbidden in Boston Harbor because of the high levels of pollution emanating from the untreated waste from the MDC's sewer plant on Deer Island, not to mention the untreated effluents spilling out of sewer pipes throughout the Metro Boston area. Paint peeled from homes and cars in Winthrop, Chelsea, and Revere because of the fumes emanating from adjacent waterways.

The famous 1960s rock song Dirty Water, an homage (of sorts) to the high level of pollution in the Charles River, is a cultural reminder of that era.

The creation of the Mass. Water Resources Authority in the mid-1980s eventually resulted in the beautiful and clean Boston Harbor environment that we enjoy today.

However, when that first Earth Day was observed in 1970, the term "climate change" did not even exist. It was later in that decade that scientists at major oil companies determined that the carbon emissions from their products would cause the climate to warm, but those companies hid that information from the public, much like how the tobacco companies had kept secret their data establishing the link between smoking and lung cancer.

Today we know that climate change is both real and accelerating -- and it also is generally acknowledged that there is nothing we can do to reverse it. In 1975, the world's total carbon emissions were 17 billion tons, of which the U.S. was responsible for a bit more than 25% with 4.4 billion tons. Today, the U.S. essentially is at that same level with 4.8 billion tons of carbon emissions. However, the rest of the world's output has increased from 12.6 billion tons to 32.2 billions tons. The U.S. could become carbon-neutral tomorrow, yet the amount of emissions would be more than double what they were in 1975.

Another cultural icon from that era, the 1967 movie The Graduate, ironically highlighted another product that was becoming ubiquitous in our lives and that would come to haunt us 50 years later. The most famous line in the movie was one word: "Plastics," which was the career advice given to Dustin Hoffmann's character Benjamin by a neighbor who told him that the future lay in the plastics industry.

Little did we know then that by the first part of the 21st century, microscopic nanoplastics would be detectable in every organ (including our brain) and tissue of every human and animal on the planet. Plastics are in the air we breathe (especially in our homes), the food we eat, and the water we drink.

So yes, it's nice that we can swim in Boston Harbor today. But that small pleasure provides little comfort given the inevitability of the dire consequences of climate change and the conversion of our bodies into toxic waste sites that have occurred since that first Earth Day in 1970.

Fifty five years after the first Earth Day, the state of the planet and our environment is this: The present is bad and the future will be worse -- and there is nothing we can do about it.

A FIRST TASTE OF SUMMER

With temperatures reaching the 80s this past Saturday, our region felt its first taste of summer. But, as always is the case at this time of year along the Massachusetts coast, Saturday's balmy air provided just a fleeting glimpse of the summer season to come. Within 24 hours, our temperatures were back to normal.

Still, the warmth of the sun just felt so good on Saturday after our unusually cold winter season, whetting our appetite for the summer days to come.

POPE FRANCIS

The passing this week of Pope Francis will leave a deep void in the conscience of our world.

Pope Francis, a native of Argentina who became the first Jesuit and Latin American pope, fought for a more inclusive Roman Catholic Church, much to the chagrin of the conservative members of the church.

Pope Francis also was a forceful voice on the world stage on issues ranging from his support of migrants to his warnings about climate change.

Pope Francis will be missed, not only by his fellow Catholics, but by all of us who seek to make the world a better and more just place.

May he rest in peace.

BHCA (from pg. 1)

potential speed humps on Beacon Hill. Councilor Sharon Durkan joined Maccon Bonner from ONS, well as representatives from City Councilor At-Large Henry Santana's office and State Representative Jay Livingstone's office, and many neighborhood residents and business owners for this meeting. The goal of this city project is to prevent Beacon Hill from being a cut through to other neighborhoods, and to keep drivers at the speed limit.

These humps will not affect parking and will make the streets safer for everyone. The city will come back to us with the names of the streets where humps can be installed (streets that have upcoming repair or utility work and streets that are too steep may not be eligible.).

Neighborhood Cleanup rescheduled for May 10th

The Beacon Hill Civic Association (in collaboration with the Beacon Hill Business Association) will be hosting a neighborhood cleanup on Saturday, May 10th from 9am to 12pm. More details will be available in the next couple of weeks.

BHCA Job Opportunity

The Beacon Hill Civic Association is seeking an Assistant to the Executive

Director. For more information and job requirements, please contact Patricia Tully at patricia.tully@bhcivic.org.

Upcoming Meetings

Events Committee – Tuesday, April 22nd, 6pm at 74 Joy Street

Annual Meeting of Members – Thursday, May 22nd, 8am, Hampshire House

Save the Date!

The 3rd annual Members Reception on the Valiant will take place on Wednesday, May 28th, at 6:30pm leaving from Rowes Wharf. This fabulous event sells out quickly so plan to purchase your tickets when they go live on April 23rd on bhcivic.org! Call the BHCA office to sign up/confirm your membership today!

Join the BHCA!

We invite you to join our growing membership of friends - young and old - who are contributing to make life better on the Hill. Your membership allows us to continue our efforts to preserve our unique and historic neighborhood, and your voice adds strength to our mission as advocates for Beacon Hill residents. Join or renew your membership today at bhcivic.org or by calling us at 617-227-1922!

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*Text or attachments emailed to
deb@thebostonsun.com are preferred.*

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THE CENTENNIAL FOUNTAIN IN THE STORROW LAGOON WORKING AGAIN

DEREK KOUYOUMJIAN PHOTOS

The Centennial Fountain was first installed in 1993 on the Esplanade in the Storrow Lagoon to celebrate the 100 year anniversary of the MDC. Since 2015 the fountain was in bed of repairs and was shut down. Now, after new

equipment was connected to the existing infrastructure, the Centennial Fountain is spraying its 3 plumes of up to 24 feet tall with 500-700 gallons per minute. The fountain will help spread oxygen in the water and control mosquito.



Massachusetts State Rep Jay Livingstone with Solomon Foundation co-founders Herb Nolan and David Solomon.



The Centennial Fountain working again after several years of being shut down.



Former MDC Commissioner Ilyas Bhatti.



Noah Stern, Sidaulia Lyons, Chelsa Tift, Anna Braun, Evan McCarty, and Kate Myler with Community Boating.



Boston City Councilor Sharon Durkan, DCR Commissioner Brian Arrigio, former MDC Commissioner Ilyas Bhatti, David Solomon, Esplanade Association Director of Projects and Planning Alison (Ali) Badrigian with Executive Director Jen Mergel (right), and Massachusetts State Rep Jay Livingstone cut the ribbon.

Oral history focuses on environmental and climate activist Vivien Li

Special to Times

Longtime Back Bay resident and former President of The Boston Harbor Association Vivien Li is the subject of an oral history by University of California Berkeley's Bancroft Library.

The five, two hour segments of Li's oral history details her life-long environmental advocacy, starting with high school activism in the early 1970s; her work with Massachusetts Public Health Commissioner to reduce pesticide levels in apple products consumed largely by children; and her advocacy which resulted in funding to enhance Boston Harbor beaches, completion of a 43-mile Harbor-Walk public access system, and public attention and policy on climate change.

To mark the release of her oral history, Li is spending April and Earth Day on April 22 on educational programs and activities to create greater environmental and climate awareness.

"As part of the first Earth Day in 1970, we organized and participated in 'teach-ins' to make the public aware of what was at stake and what individuals could

do to make a difference," reflected Li. "Right now, it seems most productive to focus on local and state actions that address climate action as well as efforts to reduce pollutants and improve the health status of all people."

Li has been reaching out to a broad range of audiences. On April 16, she spoke to the Greater Boston Chamber of Commerce's young professionals. On Earth Day, Beacon Hill Village, which supports adults 50 years and older, is hosting Li in a "Conversation With..." On April 26, in the Children's Room of the Boston Public Library, Li will be sharing with young readers a book about environmentalist Wangari Maathai, followed by seed plantings. On April 28, Li will be having classroom discussions with The Learning Project students and faculty. More programs are planned for the Fall.

In recognition of Li's leadership and commitment to Boston's public spaces and waterfront, the Emerald Necklace Conservancy will honor her with the 2025 Liff Spirit Award at this year's Party in the Park on May 14.



PHOTO COURTESY CAROLINE LI HOLLAND

Vivien Li speaks at an April 16 'City Awake' event at the Boston Chamber of Commerce.

SPRING IN BLOOM AT PHILLIPS STREET PLAY AREA



ROB WHITNEY PHOTO

Flowers planted by kids last fall at Phillips Street Play Area have begun to blossom.

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Copley Square Park partially reopens for Marathon

Special to the Times

Copley Square Park was partially reopened in time for the 2025 Boston Marathon on Monday, April 21.

The newly completed part of the park includes the Plaza and Raised Grove areas, which reopened on April 10. This follows the reopening of the northeast triangle of the park on New Years Day 2025 for the City's annual First Night celebration. The fountain, lawn areas, and perimeter sidewalks are scheduled for completion by September 2025. The partial reopening is in time for the Boston Athletic Association (B.A.A.) to utilize the space for the weekend of the Boston Marathon, like in years past.

"Copley Square Park will forever be an important landmark and gathering space that invites everyone in to enjoy our city," Mayor Michelle Wu said in a press release. "I'm thankful to our Parks and Rec team and all who helped to renovate this beloved community space for the next generation, and in time to reopen a key portion for the Boston Marathon."

Copley Square Park has been under renovation since July 2023. The \$18.9 million renovations will enhance accessibility, functionality, and community use. Key improvements include the renovation of the iconic fountain, increasing the existing tree canopy through a raised grove with shaded seating, updated pathways and lighting, and new flexible event spaces to accommodate events including the Boston Marathon and the Copley Square Farmers Market, as well as daily public use.

Improvements to Copley Square Park were designed by Sasaki and construction is being completed by W.E.S. Construction Corporation. The project budget is \$18.9 million including design and construction.

"We're proud to welcome runners and spectators back to the improved Copley Square Park in time for the 2025 Boston Marathon," added Boston Parks Interim Commissioner Liza Meyer. "The new plaza and raised grove areas help make this historic space more accessible, welcoming, and functional for both everyday use



PHOTO COURTESY OF THE CITY OF BOSTON

The newly reopened portion of Copley Square Park.

and major events. We can't wait to unveil the full improvements later

this year."

For updates and inquiries, visit

the project website at boston.gov/copley-improvements.

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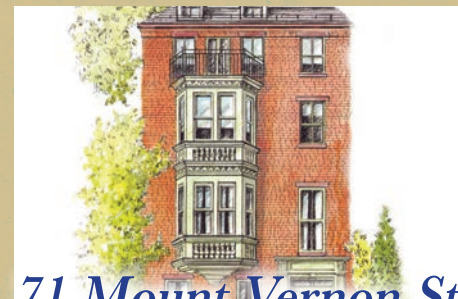
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Wu announces return of Boston Playoff Hub on Canal Street

Special to the Times

Mayor Michelle Wu announced the return of the Boston Playoff Hub on Canal Street, creating a car-free zone for fans to gather before and during home playoff games at TD Garden.

“As the city of champions, Boston is lucky to have another round of playoff games to watch at TD Garden. With the Boston Playoff Hub on Canal Street, we’re again making it easier to gather with friends and family to cheer on the Celtics,” said Mayor Michelle Wu. “I encourage basketball fans to celebrate responsibly and enjoy what makes Boston so special.”

The Playoff Hub will be free and

open to the public, providing more space for residents and visitors to gather outdoors and celebrate the Celtics. Canal Street closure times will vary based on game day start times and will be posted on boston.gov. Canal Street will remain closed to traffic through one hour after the game ends. Parking regulations will be posted on Saturday, April 19 ahead of the first Celtics playoff game. Vehicles in violation of posted regulations will be towed.

“The City continues to find new ways to partner with important stakeholders like the Boston Celtics and the Downtown North Association in order to bolster its efforts to revitalize our downtown core

and to bring a needed infusion of energy to support the lifeblood of our economy: our small businesses,” said Segun Idowu, Chief of Economic Opportunity and Inclusion. “The Boston Playoff Hub on Canal Street is an important way to advance Mayor Wu’s vision of a Boston that is a home for everyone. We look forward to Canal Street and TD Garden becoming a welcoming space for visitors, residents, and a new championship banner.”

“Few places capture the excitement of game day like TD Garden, especially with the Celtics in the playoffs,” said Rich Gotham, Boston Celtics Team President. “We’d like to express our gratitude to

Mayor Wu and the City of Boston for reintroducing the Playoff Hub on Canal Street, giving fans the chance to come together, rally behind the team, and shine a spotlight on local businesses. We’re looking forward to another strong playoff run with the best fans in the world.”

“We are proud to once again welcome the NBA Playoffs to TD Garden,” said Glen Thornborough, president of TD Garden and COO of the Boston Bruins. “Celtics playoff basketball is an incredible experience and we are grateful to Mayor Wu, City of Boston and the Downtown North Association for bringing the Playoff Hub back to Canal Street. It extends

the exhilarating and electric atmosphere that defines our venue into the community and enhances the excitement for neighborhood and local businesses.”

“The Downtown North Association is excited to see the return of Canal Street as the Playoff Hub. We look forward to welcoming Celtics fans to the area and to create an exciting festive atmosphere,” said Jay Walsh, Downtown North Association Director. “We are grateful to Mayor Wu and the City of Boston and we look forward to seeing the Celtics defend their championship.”

Massport announces new hires for Climate and Resilience, and Strategic Planning Officers

Special to the Times

The Massachusetts Port Authority (Massport) is pleased to announce Jill Valdes Horwood as the Authority’s first Chief Climate and Resilience Officer, and Emir Skokic as Chief Planning Officer.

“We are thrilled to welcome Jill Valdes Horwood and Emir Skokic to our leadership team at Massport,” said Massport CEO Rich Davey. “Jill brings a strong track record in climate policy and advocacy that will be critical as we continue our Net Zero initiatives and prepare for the long-term impacts of climate change. Emir’s strategic insight and broad experience across complex industries will strengthen our planning efforts and support key projects across aviation, maritime, and real estate. Their leadership and expertise will be invaluable as we continue to position Massport for a more sustainable and resilient future.”

As Climate Chief, Horwood will focus on Massport’s various Net Zero initiatives as well as preparing for and successfully managing the impacts of climate change. Previously, Horwood served as the director of the Boston Waterfront Initiative at the Barr Foundation. Prior to joining Barr, Horwood served as Boston Harbor Now’s Director of Policy. In this capacity, she worked closely with City and State permitting agencies and waterfront stakeholders on all state, municipal and federal waterfront policy issues affecting Boston’s waterfront, harbor and islands, especially regarding waterfront development, public access, and climate preparedness. Before shifting her focus to Boston Harbor, she did legal work to support students with special education needs, victims of domestic violence, and underserved populations facing court-ordered media-

tion foreclosure proceedings.

Horwood holds a J.D. with a certificate in Public Interest Law from DePaul University College of Law and an LL.M. in Maritime Law from the University of Miami where she also received her undergraduate degree in Psychology. She also holds a Master of Science in Maritime Business Management at Massachusetts Maritime Academy. Horwood serves on the boards of the Disability Law Center and City Parks Alliance. Horwood was proud to serve as Conservation Commissioner for the City of Boston, appointed by Mayor Martin J. Walsh.

As Strategy Chief, Skokic will guide big-picture planning for transportation and environmental systems, leading key projects that support Massport’s main areas of business: aviation, maritime, and real estate. He has extensive experience in management consulting, primarily with Boston Consulting Group (BCG), where he has held roles ranging from Associate to Principal since 2012. His work spans large-scale transformations, growth strategy, cost optimization, and operational improvement across industries such as transportation, chemicals, food ingredients, and beverages. Notable achievements include leading cross-functional teams to develop strategic plans, conducting market and competitive diligence for acquisitions, and driving cost savings and operational efficiencies. Skokic earned a Master of Business Administration from the University of Chicago Booth School of Business, with concentrations in strategy and entrepreneurship. He also holds a Bachelor of Arts from Harvard University, majoring in Government with a minor in Economics.

Massport’s sustainability initiatives build on a strong legacy

of environmental leadership and green innovation. In her role as Climate Chief, Horwood will not be starting from scratch but will instead expand on the strong groundwork already laid. Massport has had a climate resiliency program in place for over a decade, and Boston Logan was among the first airports to adopt a resiliency plan, including operational guides and a Floodproofing Design Guide.

Climate Change

Climate change is causing significant impacts in New England, such as rising sea levels, extreme storm events, heavy precipitation, coastal flooding, and extreme heat. As a result, Massport protects critical infrastructure and surrounding communities to ensure it can maintain its role as an essential economic engine for the region, and protect the quality of life of our neighboring communities.

Net Zero

In 2022, Massport announced an ambitious goal of Net Zero by 2031, the Authority’s 75th anniversary. Since announcing a goal to achieve Net Zero, Massport has made significant progress, paving the way for continued advancements in sustainability. Massport joined the MIT-led Zero Impact Aviation Alliance to establish an SAF (sustainable aviation fuel) hub in the Northeast. Boston Logan has the highest percentage of passengers taking HOV/ transit modes of any major airport in the U.S. The airport has the most airside EV chargers of any major airport in the U.S. with 372, and our airline partners are responding by transitioning more of their airside equipment to electric. Logan Express (LEX) served a record number of passengers in 2024, with over 2.5 million passengers utilizing the five services.

Massport has committed over \$500M in investments to Net Zero

projects over the next five years, which will set the groundwork for future reductions. These investments allow the Authority to lay the groundwork for the “big ticket” items coming in the years ahead – by working to secure renewable energy sources, expand its capacity to support electric vehicle charging, and bring large scale infrastructure

– like its Central Heating Plant – from plan to building. In November, the Authority announced an additional \$60 million project in South Boston to bring shore power to two berths at Flynn Cruiseport Boston, which will make Boston the first port in New England to have it.

NEIGHBORHOOD ROUNDUP

UPCOMING PROGRAMMING AT THE ATHENAEUM

The Boston Athenaeum, located at 10½ Beacon St., will offer ‘Evolving the Art of Dwelling’ – an Author Talk with Hutker Architects – on Wednesday, April 30, at 6 p.m.

At this time, architects Mark Hutker, Jim Cappuccino, Thomas McNeill, and Ryan Alcaindinho of Hutker Architects will present lessons learned as they’ve navigated the challenges and rewards of creating design narratives and addressing client requirements—all while artistically bringing to life a home and sanctuary that their clients fall in love with. The panel discussion will pull examples from recent project that illustrate ‘the evolution of dwelling’ from Mark Hutker’s latest book *New England Coastal: Homes That Tell a Story*, including projects in Connecticut, Rhode Island, and Cape Cod.

Tickets are free for members and their guests, and \$20 each for visitors. Visit <https://events.bostonathenaeum.org> to register for and for more information on this event.

The Athenaeum will offer ‘The Editor’ – an Author Talk with Sarak Franklin – on Monday, May

12, at 6 p.m.

At this time, best-selling writer Franklin will join Boston-based writer Jessica Carbone, for a discussion on Franklin’s newest biography, ‘The Editor,’ about legendary editor Judith Jones, the woman behind some of the most important authors of the 20th century—including Julia Child, Anne Frank, Edna Lewis, John Updike, and Sylvia Plath. The book outlines the decades of Judith Jones’ work, starting with her career-defining publishing of ‘Anne Frank: The Diary of a Young Girl,’ through her role at the forefront of the cookbook revolution.

Tickets are free for members and their guests, and \$20 each for visitors. Visit <https://events.bostonathenaeum.org> to register for and for more information on this event.

The Athenaeum will offer ‘Pressing Matters: The Impact of Print Across the Atlantic,’ featuring UMass Boston students, on Wednesday, May 14, at 5:30 p.m.

Admission is free. Visit <https://events.bostonathenaeum.org> to register for and for more information on this event.

The Athenaeum will also sponsor a music offering – ‘Redefining

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review by various City of Boston departments.

The Emerald Skyline Award (Buildings) - Awardees decarbonizing Boston's new and existing buildings.

The winner of the Emerald Skyline Award in the Business and Institution Category is: Boston University.

Boston University is leading on climate action with a goal of net zero direct emissions by 2040, already 65% of the way there, powered entirely by renewable electricity—including its own wind farm—and home to Boston's largest fossil fuel-free, carbon-neutral building, the Duan Family Center for Computing & Data Sciences.

The winner of the Emerald Skyline Award in the Community Engagement Category is: LISC Massachusetts.

LISC Massachusetts is building resilient, equitable communities by supporting sustainable affordable housing, clean energy careers, and local solutions, partnering with nearly 100 housing providers and training over 60 households for green jobs.

The winner of the Emerald Skyline Award in the Individual Category is: Caitlin Robillard, Allston Brighton CDC.

Caitlin has led efforts to secure over \$16 million in climate funding to decarbonize affordable housing, cutting energy use by 64% across four buildings and generating over 225 kW of solar power, advancing climate and housing affordability in Boston.

The Boston Bright Future Award (Energy) - Awardees transforming the energy grid to more renewable sources.

The winner of the The Boston Bright Future Award in the Business and Institution Category is Found Energy.

Found Energy is a Charlestown-based MIT spinout, transforming unrecyclable aluminum scrap into zero-emission heat and hydrogen to decarbonize heavy industry, scaling its clean energy systems over 100-fold since 2022 and proudly advancing a circular, Boston-built climate solution.

The winner of the Boston Bright Future Award in the Community Organization Category is: IBEW Local 103 - The Greater Boston Joint Apprenticeship Training Center.

IBEW's primary mission is to develop the most skilled, responsible and responsive Electricians and Technicians in the United States of America with a particular focus on efficient and sustainable buildings.

The winner of the The Boston Bright Future Award in the Individual Category is: Dr. Anna Goldman, BMC/Clean Power Pre-

scription Program.

Dr. Anna Goldman's Clean Power Prescription Program at BMC uses solar energy to reduce electricity costs for patients, advancing climate resilience, energy equity, and healthcare solutions that align with Boston's renewable energy and climate justice goals.

Resilient Boston Award (Climate Preparedness and Resilience) - Awardees working to prepare our City for the impacts of climate change, including sea level rise, severe weather events, and extreme heat.

The winner of the The Clean, Green City Award in the Business and Institution Category is: Boston Building Resources.

Boston Building Resources has been a cornerstone of Boston's circular economy for over 30 years, diverting more than \$2 million in reusable materials annually from the waste stream while empowering residents with the skills to maintain affordable, climate-friendly homes.

The winner of The Clean, Green City Award in the Community Organization Category is: Mass Audubon's Boston Nature Center.

Mass Audubon's Boston Nature Center in Mattapan achieved net zero in 2023 and continues to lead on climate and environmental justice, restoring 67 acres of urban wildlife habitat, planting microforests, and educating Boston youth and residents on sustainable living and climate action.

The winner of The Clean, Green City Award in the Individual Category is: Bill Masterson of Tree Eastie.

Tree Eastie is an all-volunteer nonprofit, which has helped plant over 500 trees in East Boston and engaged thousands of residents, advancing environmental justice and cooling a community on the frontlines of heat, flooding, and pollution.

The Clean, Green City Award (Environmental Protection) - Awardees working to reduce waste in Boston, and/or working to protect the natural environment.

The winner of Resilient Boston Award in the Business and Institution Category is: A Better City.

A Better City brings together nearly 130 businesses and institutions to build a greener, more resilient Boston, partnering on climate efforts like B-COOL, PowerCorps Boston, Deployables Day, and BERDO, and proving the power of public-private collaboration to drive lasting change.

The winner of Resilient Boston Award in the Community Organization Category is: Boston Harbor Now.

Boston Harbor Now is leading

the charge on coastal resilience—from re-imagining the 43-mile Harborwalk to shaping regional and statewide climate strategies—advancing bold, community-driven solutions to protect Boston's shoreline and future generations.

The winner of Resilient Boston Award in the Individual Category is: Chancellor Marcelo Suárez-Orozco of UMass Boston.

Chancellor Marcelo Suárez-Orozco of UMass Boston is spearheading a global effort on climate resilience, linking local and international action through regional summits, including one in Boston, and shaping a worldwide framework for a more sustainable future.

"The leaders we recognized tonight are showing us what climate leadership looks like at every scale—from energy efficiency retrofits and green jobs training, to urban tree planting and climate-smart healthcare," said Brian Swett, Chief Climate Officer. "Accomplishing our climate agenda in Boston requires leadership in every corner of the City, and we're proud to uplift their work and deepen our partnerships as we accelerate toward our carbon neutrality goals."

Nominees were evaluated based on their sustainability impact, climate innovation, and benefits to environmental justice communities. The award program reflects Boston's whole-of-government approach to climate action, prioritizing community collaboration and bold, systems-level change.

"We launched the Climate Leader Awards to shine a light on the people and organizations advancing real solutions," said Oliver Sellers-Garcia, Environment Commissioner And Green New Deal Director. "Every honoree is proving that Boston's climate future is not just possible—it's already in progress, whether it's a start-up with a promising new idea or a long-standing institution stewarding our environment."

Boston continues to lead by example with bold initiatives that make climate action tangible and visible in our communities. Programs like the newly launched Boston Energy Saver, the City's innovative small building energy efficiency upgrade initiative, and net zero carbon zoning for new development are pushing Boston toward a cleaner energy future. At the same time, award-winning climate-resilient parks like Langone Park and Martin's Park are transforming public spaces into models of green infrastructure and coastal protection, making neighborhoods more vibrant, accessible, and prepared for a changing climate.

ROUNDUP *(from Page 6)*

Home,' with Rasa String Quartet and Brian Shankar Adler, on Thursday, May 15, at 7 p.m.

Spanning from evocative Indian ragas and mysterious Argentine tangos to spirited Celtic fiddle tunes, this concert will culminate in the world premiere of a new work for string quartet and percussion by Brian Shankar Adler, inspired by this unique collaboration.

Tickets for members and their guests are \$20. Visitor tickets are \$35 and include first-floor admission. Visit <https://events.bostonathenaeum.org> to register for and for more information on this event.

VIRTUAL PUBLIC MEETING TO DISCUSS TWO PROPOSED OFFICE-TO-RESIDENTIAL CONVERSIONS

The city's Planning Department will sponsor a virtual public meeting to discuss two proposed projects that would both repurpose West End office space for residential purposes on Monday, April 28, from 6 to 8 p.m.

Equity Residential, the developer for both proposed projects, intends to convert a property 20,060 square feet of office space at 1 and 10 Emerson Place into 33 residential apartment units, as well as to convert approximately 13,164 square feet of office space at 1 Longfellow Place into 24 residential apartment units.

Register for the virtual meeting in advance at https://www.zoomgov.com/meeting/register/DtzvqA7FTOGb38HGB_tf4Q#/registration.

WECA SET TO MEET MAY 8 AT AMY LOWELL APARTMENTS

The West End Civic Association (WECA) will meet on Thursday May 8, at 6 p.m. in the Community Room of the Amy Lowell Apartments, 65 Martha Road.

All West End residents are welcome. Bring your voice to West End concerns. Masks are encouraged.

MAYOR'S NEIGHBORHOOD COFFEE HOUR SET TO RETURN MAY 15

Mayor Michelle Wu will join the Office of Neighborhood Services and the Boston Parks and Recreation Department for the return of her annual Neighborhood Coffee Hours, including an event for the Beacon Hill and Back Bay communities on Thurs-

day, May 15, from 10- 11 a.m. on the Commonwealth Avenue Mall (near the Arlington Street entrance).

The Mayor Neighborhood Coffee Hours, presented in partnership with Dunkin' and Star Market, offers Boston residents the opportunity to speak directly with Mayor Wu and staff from city departments about city services and resident concerns. Leadership and staff from the Community Engagement Cabinet will attend each Coffee Hour, and attendees will have the opportunity to meet their neighborhood liaisons, who will deliver remarks focused on city improvements in each neighborhood.

In the event of rain, the Mayor's Neighborhood Coffee Hour for the Beacon Hill and Back Bay communities will take place on Thursday, May 15, from 10- 11 a.m. in the Central Branch of the Boston Public Library, located at 700 Boylston St.

Visit boston.gov/coffee-hours for more information and a complete schedule of Mayor's Neighborhood Coffee Hours.

WOMEN'S LUNCH PLACE TO HOLD GALA MAY 16 AT MANDARIN ORIENTAL

Women Lunch Place's annual fundraiser and networking luncheon, 'eat LUNCH give,' will take place on Friday, May 16, from 11:30 a.m. to 1:30 p.m. in the Oriental Ballroom at the Mandarin Oriental hotel.

This special luncheon will include a delicious meal, an exciting raffle, and the opportunity to hear about the great work and mission of WLP from some of Boston's brightest leaders.

Visit womenslunchplace.org/elg to view tickets and sponsorship information.

FREE LESSONS IN AMERICAN MAHJONG OFFERED AT ST. JOSEPH CHURCH

The Volunteer Instructors for the American MahJong Community are offering free lessons for new and experienced players.

The group meets on Wednesdays from 1:30 to 3:30 p.m., on the first and third Wednesdays of each month in the Community Room at St. Joseph Catholic Church, 68 William Cardinal O'Connell Way.

To sign up or for more information, email Audrey Tedeman (artedeman@gmail.com), or Julia Forbes (jmfaorbes@gmail.com) or Sandy Connor (ssconnor46@gmail.com).

The Chestnuts Group – PWAP Newborn Necessities

Story & Photos by Marianne Salza

The Chestnut Group – a non-profit social organization for Boston women over 50-years-of-age – held its Party with a Purpose (PWAP) fundraiser on April 10 at The Vincent Club (TVC) to support their Newborn Necessities program.

The Vincent Club’s Newborn Necessities committee began in

2008, and serves disadvantaged new mothers at MGH’s Chelsea HealthCare Center. A majority of the women are unemployed and uninsured, are often homeless, or immigrants confronted with hardships such as a language barrier.

“There is great need,” emphasized Sandy Bigelow, Chairperson, Newborn Necessities, The Vincent Club. “We work with social workers, and they choose supplies.

Once a month, we get together and send a full bag. This year, members have given 40 knit hats. They say, ‘handmade especially for you with love from Newborn Necessities.’”

Prior to the pandemic, Newborn Necessities would deliver maternity clothes to the clinic and help mothers choose items they were most in need of. Now the cause focuses on providing mothers with the essentials: diapers,

wipes, ointment, onesies, fleece and swaddling blankets, a package of baby clothes, books, and even cribettes for families living in shelters.

“We so appreciate the supplies,” expressed Bigelow, who misses getting to meet and hold the infants. “It shows that somebody cares about them and is thinking about them.”

Beacon Hill Chestnuts, Lea

DeCosta and Jill Severino, agreed that Newborn Necessities was the perfect charity to be recognized for their first PWAP as co-chairs of the group because the two organizations share many members and philanthropic ideas.

“This is such a great space and organization,” beamed Severino, who is also a Vincent Club member. “The Vincent Club has been around for over a century and supports research. We fund the salary



Martha McAllister, President, The Chestnuts Group, with Diane Rooney, and Gayle Slattery.



Julie Morse, Tricia Lloyd, and Gayle Slattery.



Genean Stec, Sandy Bigelow, and Melanie Bertani.



Party with a Purpose Co-Chairs Jill Severino and Lea DeCosta.



Carolyn Shannon and Susie Shafer.

See CHESTNUTS Page 9

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CHESTNUTS (from pg. 8)

for the women who help women with post-partum depression.”

The mission of The Vincent Club, a women’s organization located in Beacon Hill, prioritizes the health and wellness of women. Its educational and fundraising opportunities support the Vincent Department of Obstetrics & Gynecology at Massachusetts General Hospital.

“Newborn Necessities is what we’re raising money for tonight to help underserved new moms,” said Severino. “They provide necessities to women who can’t afford to get them. Both of us know how important it is to have support when babies are newly born.”

As mothers themselves, Severino and DeCosta understand how critical a strong foundation is to begin a child’s future, and were touched by The Chestnut’s immediate eagerness to participate in the fundraiser.

Parties with a Purpose started some nine years ago as large gatherings hosted at the home of a Chestnut. Members would contribute towards the hosts’ costs; but now, since The Chestnut Group collects nominal dues, the organization pays for the party so that members can support the local charity being sponsored.

Parties with a Purpose typically occur some five times a year, and have been held in Beacon Hill, Downtown Boston, the Seaport, and Back Bay. The events have raised thousands of dollars for local non-profits.

In addition to Party with a Purpose events, The Chestnut Group gathers for luncheons, walks, cooking, travel, book and documentary film discussions, special events, and more.

“The Chestnuts is a great organization for women over 50 to find each other and get together in the community and area,” said DeCosta. “You can go to any Chestnut event and people will come up and talk to you. You can be involved as little or as much as you like. There are so many things to do.”

Severino, who moved to Boston a couple of years ago, describes The Chestnuts as a “welcoming and friendly” group. She enjoys attending Small Spots because she can comfortably engage in conversation in the intimate gathering of four to 12 members over drinks.

“It opened up this whole group of friends,” smiled Severino, who now feels like Boston is her home. “It’s a great place to find new friends and do fun things together.”



Sandy Bigelow, Chairperson, Newborn Necessities, The Vincent Club, with The Chestnuts Group Party with a Purpose Co-Chairs, Lea DeCosta and Jill Severino.



Cheryl Lynch, Melanie Bertani, Julie Morse, Jill Stansky, and Monica Noether.



Melanie Bertani, Jill Stansky, and Julie Morse.



Chestnuts enjoying the Newborn Necessities Party with a Purpose fundraiser at The Vincent Club.



Melissa Winters, Claudia Liberatore, Anna LeBlanc, and Regina Fuertes.

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COMMUNITY BOATING HOLDS OPEN HOUSE

DEREK KOUYOUMJIAN PHOTOS

Community Boating held an open house for visitors to tour their facility, learn more about the organization and programs offered, and enjoy complimentary

sailing on the Charles River. If you missed this open house, no need to fear, they're offering another item house May 17.



An Accessible Boat is being readied for use. Community Boating prides itself on offering anyone regardless of mobility an opportunity to go boating on the Esplanade.



Experienced boater Douglas Williams folds a sail.



Visitors get to enjoy complimentary use of the boats to enjoy the warm day on the Esplanade.



Community Boating Board President Nick Miller greets visitors.



Visitors get to enjoy complimentary use of the boats to enjoy the warm day on the Esplanade.



COMMUNITY BOATING HOLDS OPEN HOUSE

DEREK KOUYOUMJIAN PHOTOS



Volunteer Bill Card gives visitors a seminar on making knots used in maritime activities.



Volunteer Eric Goldman greats a group of visitors.



Visitors get to enjoy complimentary use of the boats to enjoy the warm day on the Esplanade.



Emily Granoff enjoys her first trip or on the Esplanade in 5.5 months.



Community Boating prides itself on offering anyone regardless of mobility an opportunity to go boating on the Esplanade.



PATRIOT DAY PARADE LAUNCHES BOSTON 250 CELEBRATION

MAYOR'S OFFICE PHOTOS BY ISABEL LEON

This year's Patriot Day Parade marked the 250th anniversary of Patriots' Day and the launch of Boston 250 celebrations. The parade began at City Hall Plaza with a brief speaking program at the flagpoles led by Mayor

Michelle Wu. The parade then marched from City Hall Plaza to Tremont Street, halted at the Old Granary Burial Ground where historic figures were honored and then continued through Downtown and into the North End on

Hanover Street, ending at the Paul Revere Mall. A brief speaking program took place at Paul Revere Mall followed by the handing of the scrolls to Paul Revere who then embarked on the reenactment ride.



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BHAC (from pg. 1)

final design be compliant with the city's sign code and not hang any lower than 10 feet above the sidewalk; that the completed sign be no larger than 24 square feet in total; that the font of the new sign match the existing sign; that the new light fixture for the doorway be a ceiling-mounted model manufactured by Fourteenth Colony Lighting, with a brass finish;

and that the final position for the placement of the spotlights in the upper-most corner of the reconstructed storefront be delegated to staff (Nicholas Armata) for final approval.

Regarding the approval for new exterior lighting, Chair Kiefer noted that The Sevens is a business that operates primarily during nighttime hours.



The Sevens Ale House at 77 Charles St.

The applicant said they would be returning before the commission at a later date to address an outstanding violation for the unapproved rebuild of the storefront.

In another matter, the commission voted unanimously to approve a design review application for The Whitney Hotel at 170 Charles St., with proposed work including the replacement of outdoor planters.

The application also included plans to update outdoor tables and chairs, but since this street furniture is located on private property, it was determined to be outside of the commission's purview.

Meanwhile, a design review application for 121 Mt. Vernon St., with proposed work including the installation of two security cameras and painting them to match the installation surface, also appeared on the hearing agenda, but that application was withdrawn at the applicant's request.



The Whitney Hotel at 170 Charles St.

D. MURPHY PHOTOS

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NORTH WASHINGTON STREET BRIDGE

CONSTRUCTION UPDATE

Project Advisory: Modified Traffic Configuration at Keany Square Intersection in North End

What is Happening?

The Massachusetts Department of Transportation (MassDOT) is announcing a re-aligned traffic configuration at the Keany Square intersection on the North Washington Street/Bill Russell Bridge, as crews complete the final stage of full-depth construction and paving operations at the Keany Square intersection of Causeway Street and Commercial Street. This is Stage 3, the final stage to complete this work. Stage 3 work will take place Saturday, April 19, through Saturday, April 26. Traffic will not be impacted on Sunday, April 20, and Monday, April 21.

How Will This Affect You?

The inbound/southbound traffic lanes coming from the bridge leading into the Keany Square intersection will remain in the current alignment.. The right turn/slip lane from Commercial Street is anticipated to be closed from the evening of Thursday, April 24, through Friday, April 25. Motorists seeking to take a right from Commercial Street in the outbound/northbound direction should proceed to the intersection and take a right at the traffic signal.

Travel Tips

Appropriate signage, law enforcement details, and advanced message boards will be in place to

guide drivers through the work area. Drivers traveling through the affected areas should expect delays, reduce speed, and use caution. All scheduled work is weather dependent and subject to change without notice.

How can I find more information?

Stay up-to-date and informed by following @MassDOT on X, formerly known as Twitter, and Mass 511 for real-time updates, visiting the project website, or emailing us with any questions.

Project website www.mass.gov/north-washington-street-bridge-replacement


Project email NorthWashingtonStreet@dot.state.ma.us

Beacon Hill Times
Pick-Up Locations

- Antonio’s 288 Cambridge St.
Simmon’s Liquors 210 Cambridge St.
Jobi Liquors..... 170 Cambridge St.
7-Eleven..... 122 Cambridge St.
West End Library..... 151 Cambridge St.
Charles St. Liquors143 Charles St.
U.S. Post Office.....136 Charles St.
Gary Drug53 Charles St.
Bank of America.....39 Charles St.
Charles St. Supply.....54 Charles St.
Cobblestones30 Charles St.
DeLuca’s 11 Charles St.
Nuts Factory..... Charles St.
Beacon Hill Wine Charles St.
UPS Charles St.
Remax 119 Charles St.
Cheers..... 84 Beacon St.
Emerson Place 10 Blossom St.
Beacon Hill Market..... 61 Anderson
Beacon Capitol Market 30 Myrtle St.
City Convenience..... 23 Beacon St.
Capital Coffee House 122 Bowdoin St.
Richdale FoodBeacon & Bowdoin St.
River House..... 145 Pinckney St.
West End Place 150 Stanford St.

Apartment Building locations:

- | | |
|-------------------|-----------------|
| 8 Whittier Place | 1 Emerson Place |
| 6 Whittier Place | 0 Emerson Place |
| 150 Stanford St. | 45 Temple St. |
| 1 Longfellow | 10 Bowdoin St. |
| 4 Longfellow | 122 Bowdoin St. |
| 5 Longfellow | 144 Bowdoin St. |
| 2 Hawthorne Place | 130 Bowdoin St. |
| 3 Hawthorne Place | 45 Myrtle St. |
| 9 Hawthorne Place | 19 Myrtle St. |
| Emerson Place | 65 Martha Rd. |
| 4 Emerson Place | |



City of Boston
Planning
Department

Virtual Public Meeting

MAY


1

6:00 PM

8:00 PM

CHARLESTOWN NAVY YARD FLOOD RESILIENCE STUDY

Register: bosplans.org/CNYPublicMeeting1
Toll Free: (833) 568 - 8864
Meeting ID: 16108834416




Contact:
Sabit Nasir
Planning Department
One City Hall Square, 9th Floor
Boston, MA 02201
sabit.nasir@boston.gov
617.918.4226

Website:
bit.ly/4j5whCa

DESCRIPTION: Join us for a virtual community webinar introducing the Charlestown Navy Yard/Little Mystic Channel Flood Resilience Mitigation Planning, Feasibility & Design Study—an initiative by the City of Boston Planning Department to address coastal flood risk and strengthen long-term resilience in Charlestown.

Building on the 2022 Coastal Resilience Solutions for Charlestown and East Boston Phase II report, the study will assess vulnerabilities and develop feasible district- and building-scale adaptation strategies to protect key assets, including waterfront properties, historic sites, public spaces, and infrastructure.

The webinar will provide an overview of the study’s purpose, timeline, and expected outcomes. We’ll also seek input on flood-related concerns, design priorities, and engagement preferences. This meeting kicks off an inclusive community process to shape design recommendations that reflect local needs, values, and long-term goals for a more resilient Charlestown.

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Azar, Rabin R	Bagley, Craig	163 Beacon St #10	\$562,000
Cornellissen, Anna	Zamorano, Oscar	85 Marlborough St #4	\$515,000
Palisade Relty LLC	Zang, Xiaochen	534-538 Commonwealth Ave #5D	\$635,000
St Pierre, Gabrielle	Zimmerman, Elise	47-49 Saint Joseph St #2	\$720,000
567 Tremont LLC	Cloud Nine T	557 Tremont St #10	\$1,100,000
567 Tremont LLC	Cloud Nine T	557 Tremont St #9	\$1,100,000
BEACON HILL			
Njeri Gichohi T	Plahm, Hyon C	10 Bowdoin St #513	\$924,000
Casey, Dennis J	Brown, Sharon	21 Bowdoin St #2B	\$420,000
Corbett, Robert A	Casey, Dennis J	21 Bowdoin St #1B	\$396,975
Mullin, Catherine	Dionne, Audrey	97 Green St #1	\$880,000
Sun, Jenny J	Vittoria, Jens C	9 Hawthorne Pl #90	\$517,500
Beacon Hill Pad LLC	Henson, Roger W	15 River St #803	\$775,000
BAY VILLAGE/SOUTH END/KENMORE			
Puliafico, Stephen	Mmai LLC	220 Boylston St #1214	\$1,525,000
Gould, Jonathan C	Hingtgen Lt	38 Montgomery St	\$3,235,000
Schwartz, Brian	Lohmar Ft	103 Warren Ave	\$4,595,000
Sasha T	Zu, Yong	188 Brookline Ave #20F	\$1,220,000
Iovanna Ft	Putnam 234 Associates LL	234 Causeway St #823	\$780,000
Chang, David	Quinn South End LLC	370-380 Harrison Ave #PH1E	\$2,999,000
Asai, Yukako	Thomas Nolan RET	771 Harrison Ave #308	\$949,000
WATERFRONT/DOWNTOWN			
Furnival, James	Schwartz, Brian	49 Milford St #3	\$2,100,000
Ferrara Jr, Cahrles J	Barker, Anne E	24 Peterborough St #12	\$530,000
106 Colonial Rd Rt	Puliafico, Stephen	45 Province St #9N	\$2,475,000
Valdes, Larissa M	Sarna, Jeremy	64 Queensberry St #401	\$539,000
Mcclarey, Angel	Barrie, Sarah R	655-659 Tremont St #1	\$725,000
Phillips, Tara E	Asrat, Zack Z	656 Tremont St #6	\$600,000
343 L&s Realty LLC	Louis O Martin Jr RET	333 Washington St #203-5A	\$160,000
343 L&s Realty LLC	Louis O Martin Jr RET	333 Washington St #203-6	\$90,000
Shapiro, Peter J	Lillano LLC	3531 Washington St #315	\$810,000
Poisson, Alain D	Doran, Christopher R	25 Worcester St #1	\$1,175,000
WATERFRONT/DOWNTOWN			
Omara, Heidi	Heser LLC	134 Beach St #5	\$2,000,000
Humberto T Landeros Ft	Mcaf Winthrop LLC	240 Devonshire St #4305	\$1,975,000
Riordan, Marcy B	Natalie S Robinson Lt	85 E India Row #18C	\$1,165,000
Garofalo, Annuziato	Oak Hill Park LLC	4-8 Franklin St #201	\$630,000

Attention to Detail

PHOTOS AND TEXT BY PENNY CHERUBINO

THIS WEEK'S ANSWER



The double doors in the last clue are on the side of Amos House at 141 Cambridge Street. It was designed by architect Charles Bulfinch and built in 1795 for Harrison Gray Otis. Today, it is the headquarters of Historic New England, who have its architecture beautifully lighted after dark.

Do you have a favorite building or detail you would like featured? Email Penny@BostonZest.com with your suggestion.

THIS WEEK'S CLUE



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INTERNATIONAL REALTY

FRESH AND LOCAL

Old-fashion food

By Penny & Ed Cherubino

In these uncertain times, we may find comfort in caring for ourselves, our families, our friends, and our neighbors. When faced with shortages, increasing prices, a lack of oversight, and dangerous Federal practices, we can step in and manage our budgets and health, and support local businesses by turning to old-fashioned foods and habits.

Historical Perspective

The convenience of prepared foods, fast food, food delivery, and easy take-out has changed how we think about meals. The American Heart Association, in its article “Too Much of a Food Thing,” interviewed Dr. Marion Nestle, professor emerita of

nutrition, food studies, and public health at New York University.

“Nestle said that after the war, processed products started appearing in packages that resembled the original foods that they came from less and less, with an ‘enormous’ emphasis on convenience.”

“There was a real concerted effort to make cooking look like drudgery and to take away the idea that cooking was something that was fun and pleasant that you wanted to spend time on,” she said.

Making some of your food at home will cost time and effort. However, it will save money and calories and reduce exposure to the salts, sugars, chemicals, and taste enhancers that make ultra-processed food addictive and unhealthy.



We’ve added many older cookbooks from used bookstores and library book sales to our bookshelves.



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SATURDAY
MAY 3, 2025

TIME
9 TO 11 A.M.

LOCATION
EVERETT HIGH SCHOOL
FRONT ENTRANCE
100 ELM STREET

Oldways

The group Oldways’ (www.oldwayspt.org) mission statement is, “We inspire people to embrace the healthy, sustainable joys of the ‘old ways’ of eating.” They provide the resources we need to eat better by embracing heritage diets from around the world with recipes, cooking classes, and food tours.

Other sources of recipes include family recipes on index cards or notebooks. One of Penny’s cousins published a book of family favorites. Older family members may have older cookbooks from before the world turned to processed foods. We’ve added many older cookbooks from used bookstores and library book sales to our bookshelves.

Of course, changing how you source your food means changing to some old-fashioned habits, too. That begins with shopping. We often recommend reading the labels and buying items with the fewest ingredients. To help guide you to better choices, researchers at Mass General Brigham have created a database (www.true-food.tech) to help you identify the most and least ultra-processed foods in many categories.

Shop Local

The historians who traced the changes as large corporations

replaced small businesses in supplying food to us noted how this increased the growth of ultra-processed foods. Before supermarkets, out-of-season foods flown worldwide, and “big-agra” businesses, people shopped at small family-owned grocers, butchers, bakeries, and general and hardware stores.

We can take advantage of today’s opportunity to keep our dollars local. Ask around, and you will find recommendations for places with high-quality products and personal service. Remember that prices will be higher at some of these businesses and farms because they face economic uncertainty, cuts in government programs, and increased prices for goods and labor. But you will protect our local farmshed of fresh food when you sign up for a CSA or visit markets and farm stands.

Finally, don’t waste the food you buy. Nothing was wasted in the olden days, especially in times of scarcity. Sunday’s roast dinner became hash on Monday, tacos on Tuesday, or a big pot of soup or stew ready to accept more vegetables to feed more people when needed.

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

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