BIDDING AU REVOIR TO THE HUNGRY I

After nearly four decades in business, The Hungry I at 71 Charles St. served its last meal Sept. 14, The Boston Globe reported. The venerable French bistro, which opened in 1981, was ranked one of the city’s most romantic restaurants by Zagat and Time Out in 2018 and 2019, respectively. The 3,000 square-foot space with three apartments sold for $2.6 million on Sept. 30 while the former restaurant’s seven-day, full liquor license remains for sale with an asking price of about $479,000. A book store and café will reportedly move into the space.

Hill resident battles cancer in charity boxing event

By Dan Murphy

Beacon Hill resident Katie Callann was one of 32 courageous women set to step into the ring to fight cancer in Haymakers for Hopes’ “Belles of the Brawl VII” charity boxing event last night, Wednesday, Oct. 9, at the House of Blues Boston.

A 30-year-old Hampton, N.H., native, Callann was inspired to participate after watching a co-worker fight in a men’s boxing bout to benefit the Boston-based nonprofit. “Having been to that event, I knew it was a terrific atmosphere with lots of adrenaline and a really great crowd...so it really motivated me to sign up,” she said.

Under the auspices of the Empire Charitable Foundation, “Belles of the Brawl VII” featured 16 pairings of women and was set to shatter a $450,000 fundraising goal.

(BOXING, Pg. 7)
## Real Estate Transfers

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**ATTENTION TO DETAIL**

*By Penny Cherubino*

**THIS WEEK’S ANSWER**

The dormer in the last clue is on 60 Pinckney Street built in 1845 and designed by Gridley James Fox Bryant. “Building Victorian Boston” author Roger G. Reed noted of Bryant that 152 buildings he had designed were burned down in the Great Boston fire of 1872. In a show of client confidence, he was commissioned to rebuild 110 of them.

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

**THIS WEEK’S CLUE**

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**COMPASS**

Your home is our mission.

Eve Dougherty  aceteam@compass.com
The Beacon Hill Architectural Commission will hold a public hearing on Oct. 17, at 5 p.m., at the Boston City Hall, Piemonte Room, fifth floor. The following will be discussed:

Subject of the hearing will be applications for Certificates of Design Approval on the agenda below, reviews of architectural violations, and such businesses as may come before the commission, in accordance with Chapter 772 of the Acts of 1975, as amended.

Applications are available for review during business hours at the office of the Environment representatives are required to at the office of the Environment for review during business hours in accordance with Chapter 772 of the Acts of 1975, as amended. Applications are available in accordance with Chapter 772 of the Acts of 1975, as amended.

I. VIOLATIONS

VIO # 20.010 BH 86 Chestnut Street:
Applicant: Dustin Nolan
Proposed Work: Ratification of unapproved removal of rear garage door and installation of front light, door handle, and alarm bell without BHAC approval.

APP # 20.347 BH 24 Joy Street: (Violation 19.078) Applicant: Kristie Ausubel; Cobblestone Convenience LLC.
Proposed Work: Replace existing window signage with new signage.

II. DESIGN REVIEW HEARING

APP # 19.777 BH: 45 Beacon Street
Applicant: Robert E. McLaughlin Sr. Esq.
Proposed Work: Install asphalt berm at rear wall of Carriage barn. (Remanded to Commission for reconsideration per Order of Superior Court)

APP # 20.409 BH 28 Pinckney Street:
Applicant: Sander A. Rikleen; Sherin and Lodgen LLP
Proposed Work: Install new roll up garage door.

APP # 20.209 BH 9 Willow Street:
Applicant: Deborah Thomas
Proposed Work: At all facades, repaint wood windows, trim, and bays in kind.

APP # 20.283 BH 92 Pinckney Street:
Applicant: Steve Calandrilla CM
Proposed Work: At North, West and South Facades replace all windows (historic and replacement) with proper pane configuration to match existing.

APP # 20.362 BH 88 Charles Street:
Applicant: Sophie Stokes; Sophie Hughes Inc.
Proposed Work: At front façade, install new blide sign.

APP # 20.371 BH 151-153 Charles Street:
Applicant: Thomas Maguire
Proposed Work: At side yard visible from Charles Street, replace wooden picket fence gate with metal diamond plate.

APP # 20.377 BH 75 Hancock Street:
Applicant: Megan Morgan; Payne/Boucher
Proposed Work: At front façade, install custom window security grill for front street level window.

APP # 20.379 BH 10 Otis Place:
Applicant: David Doyno
Proposed Work: At rear façade facing Storrow Drive, replace existing barred wire fence with a cedar privacy fence.

APP # 20.380 BH 71 Beacon Street #5:
Applicant: Andrew Hamilton
Proposed Work: At rear façade level four, replace five, wood, 6 over 6 original windows with five, 6 over 6, simulated divided light windows.

APP # 20.381 BH 33 Bowdoin Street:
Applicant: Jan Steenbrugge
Proposed Work: At front façade, change the previously approved (App: 16.931) replacement windows from the existing shade of white to black.

APP # 20.382 BH 150 Mount Vernon Street:
Applicant: Simon Boyd
Proposed Work: At front façade, replace existing electronic lock and key set, and door knob- er. Replace existing door numbers, at side door, replace existing mail slot.

APP # 20.273 BH 10 Walnut Street:
Applicant: Tim Sheehan
Proposed Work: At front façade, replace 14 original double hung 6 over 6 wood windows. Install horn, fire strobe, and sprinkler connection (See additional items in administrative review).

APP # 20.294 BH 37 Beacon Street: At ground level, front and side façades replace five, 8 over 1, and 8 over 1, wood, windows at front and one window at side façade with 8 over 8 wood, true divided lites. Exterior to be painted Navajo White to match existing.

APP # 20.306 BH 41 Beacon Street: At West (side) façade, remove and replace gutter with new copper gutter.

APP # 20.322 BH 41 Beacon Street: At main entrance to 41 and 41A Beacon Street and stone softfit, repair and clean stonework using SEI Chemical Limestone Cleaner AR-104-5. At façade, remove rust from base of wrought iron fencing where it joins granite using SEI Chemical Masonry Rust Remover AR 103-5. Repoint stonework using type 5 mortar. Color, style and tooling made to match existing.

APP # 20.293 BH 91 Beacon Street #3: At front elevation level four, replace two, wood, non-original bowed 2 over 2 windows with two, bowed 2 over 2 windows painted black to match existing.

APP # 20.322 BH 39 Brimmer Street: At front entrance, cut and restore existing masonry, seal with Tremco Building Sealant with color to match existing. Restore base of left column brownstone with cast stone, with integrated color to match existing. Seal top steps with Tremco sealant. At left side of steps, cut and repair cracks, seal with Tremco sealant integrat- ed color to match existing.

APP # 20.320 BH 77 Charles Street: At front façade all levels, remove headers and sills as need- ed, clean façade with sure clean 600, coat headers and sills with Tammscoat, sand and repaint all window trim to match existing, seal existing gutters.

APP # 20.272 BH 44 Chestnut Street: At rear façade, scrape and repaint wood trim with BM Aura Exterior Paint, low lustre.

APP # 20.391 BH 67 Chestnut Street: At front façade, remove all slate and copper; install high temp ice and water shield, install new slate. Slate is to match existing in color, style and shape. Install new copper gutters, new copper dor- tor tops, down spout and window pans. At front façade, replace all decorative trim and sills in kind with like materials.

APP # 20.308 BH 10 Derne Street: At front façade scrape and repaint entryway front and secondary door. Paint to match exist- ing color; BM Regal Select.

APP # 20.326 BH 20 Grove Street: At front façade, cut and repoint brick using mortar type “N” and lime sand, mortar joints to match existing.

APP # 20.336 BH 11 Irving Street: At front façade, level 3. Replace 3 non-original wood 6 over 1 windows with 3, wood, 6 over 1 windows.

APP # 20.387 BH 45 Mount Vernon Street: At front façade third floor, repaint brick to match existing.

APP # 20.376 BH 81 Myrtle Street: At rear façade, replace slate mansard slate with like slate in color, shape and pattern. Install new copper gutter, flashing, and downspout, reset existing fire escape.

APP # 20.316 BH 11A Revere Street: At front façade garden level 1, replace 2, 1 over 1 , wood windows in kind.

APP # 20.291 BH 23 Pinckney Street: At rear façade, repair and repoint bricks using type N. Repair brick line under gutter, replace deteriorated window sill as needed. Replace all window trim in kin repaint trim to match existing. Repaint steel post on deck rail to match existing.

APP # 20.310 BH 112 Pinckney Street: At front façade Unit 34; replace 8 cracked window panes, repaint windows black to match existing.

APP # 20.273 BH 10 Walnut Street: At front façade, patch slate roof as needed, replacements to match existing. Replace copper gutter and downspout in kind. Remove 2 storm doors and 3 storm windows at penthouse level (See Additional Items in Design Review).

APP # 20.327 BH 89-91 West Cedar Street: At front façade, cut and repoint using mortar type N. At fifth floor replace 3 over 1, wood windows with three over 6 wood windows.

APP # 20.370 BH 9 Willow Street: At penthouse level west elevation, replace wood arched win- dow in kin. At southern façade, level 7, replace three 6 light casement- ment windows in kind. Windows are only slightly visible from the Willow Street.

IV. RATIFICATION OF 9/19/2019 PUBLIC HEARING MINUTES & 09/12/2019, 09/19/2019 & 10/22/2019 subcommittee meeting minutes.

V. STAFF UPDATES

VI. PROJECTED ADJOURNMENT: 9:00PM.
TAKE A HIKE THIS HOLIDAY WEEKEND

With all of the turmoil that is occurring both in our country and across the world today, it is no wonder that Americans are feeling more stressed out than at any time in our recent history.

Although the economy has been operating at full employment for quite a while, polls reveal that more Americans than ever are feeling financially insecure.

Psychologists tell us that we are living in an Age of Anxiety, attributable in large part to the way in which modern life is not good either for our mental or physical health. Life expectancy for white males in America actually has decreased in this decade for the first time since such records have been kept.

And more of our fellow Americans than ever are on some kind of medication, whether antidepressants (for mental health issues) or other drugs (for physical conditions) that have depression as a side effect.

A recent article in the New York Times suggested that attaining happiness in life under our present circumstances is an elusive goal. However, the writer suggested that instead of focusing on trying to figure out how to be happy, we should strive to attain moments of joy in our daily lives.

It struck us that this prescription is a version of the phrase carpe diem -- seize the day -- used by the Roman poet Horace to express the idea that one should enjoy life while one can.

So with the weatherman forecasting nice weather for most of the long, Columbus Day weekend, here's our Rx for de-stressing: Take a long walk, preferably a hike, whether along the shore, or in the mountains, or even as nearby as the Blue Hills.

We promise that just being outside and taking in the natural world in the crisp air, away from the noise of our daily lives, will do wonders for our emotional and physical well-being.

We wish all of our readers a joyful -- and stress-free -- Columbus Day weekend.

Guest Op-Ed

In Boston, we defy stereotypes and we are strong

By Mayor Martin J. Walsh

Boston has always been known as a strong city. A lot of our strength comes from our older residents, who represent a broad diversity of cultures and backgrounds, and who helped to make our city what it is today. That's why we recently changed the name of the Elderly Commission to the Age Strong Commission. It better reflects the work we do, and the strong Bostonians we serve.

We also launched the City's first-ever Age Strong Public Awareness campaign. It's an effort to combat negative stereotypes about aging, and highlight some of the incredible older adults showing what it means to age strong in our neighborhoods.

Older adults are one of our fastest-growing populations. In 2010, there were more than 85,000 residents over the age of 60 living in Boston. By 2030, this number is expected to exceed 130,000. As our population changes, the way we think and talk about aging should, too.

We have all heard negative and inaccurate messaging about aging. In Boston, we are confronting harmful labels like senile, inactive, helpless, and frail. These words don't accurately describe Boston's older adults, so we decided to combat these stereotypes by highlighting the positive, empowering side of aging through a bold public awareness campaign.

This fall, you will see the faces and stories of older Bostonians displayed on bus shelters, at City Hall, in our libraries, and on social media. This campaign features older adults from throughout Boston's neighborhoods, including Sandra Harris, 68; Irene Morey, 103; Harry Pierre, 67; Vinny Marino, 83; Leo Romero, 84; Judy Yee, 70; Smiler Haynes, 86; and Rob Quinn, 59. These Bostonians have great stories to tell and important messages to share.

This is what I know about older Bostonians: they are leaders, changemakers, and problem solvers. They start trends and fight for causes they care about. Older residents contribute a lot to their communities, their families, and our city as a whole, and we are grateful for their energy and experience.

We invite everyone, of all ages, to join this conversation. Visit www.boston.gov/age-strong to learn more, and share how you age strong. Together we can make Boston the most age-friendly city in America, where all generations are included, valued, and empowered.

Mayor Martin J. Walsh is the Mayor of Boston.
Halloween on the Hill –
October 31.
Garlands & Greens –
November 13.

Visit the Beacon Hill Civic Association website bhcia.org or call the office (617-227-1922) for further details on any of these events, and for information about joining the BHCA.

Gary Drug pharmacist offers affordable alternatives to ‘vaping’

By Dan Murphy

In response to Gov. Charlie Baker’s four-month ban on “vaping,” the pharmacist at Gary Drug Co. is encouraging customers to come into the drug store at 59 Charles St. for free or low-cost nicotine patches and gum depending on their insurance.

“The products are always available,” Dan Greenfield said.

And while the verdict is now out on the long-term effects of “vaping,” he encourages people to be cautious.

“We don’t know yet so it’s best to now avoid all ‘vaping’ products,” he said.

Shriners Hospitals for Children
Boston, Massachusetts

ABRAHAM THALL & SADYE STONE THALL
EDUCATIONAL SYMPOSIUM

BEST PRACTICES IN PEDIATRIC BURN CARE

Featuring Dr. Robert Sheridan, Interim Chief of Staff and Chief of Burn Surgery at Shriners Hospitals for Children — Boston.

THURSDAY | OCTOBER 17 | 2019
10:00 A.M. - 2:30 P.M.
51 Blossom Street, Boston, MA

REGISTER TODAY
BY EMAILING MELISSA GORMAN AT MGORMAN@SHRINENET.ORG

This activity has been submitted to ANA Massachusetts. For more information regarding contact hours, please call Melissa Gorman at 617-371-4846.
Burst hydrant briefly displaces Myrtle Street residents

By Times staff

A fire hydrant burst on Saturday morning, tearing through the foundation of a 120-year-old building and flooding Anderson Street with thousands of gallons of water.

The faulty hydrant at Anderson and Revere streets gave way shortly after 8 a.m., which led to the evacuation of approximately a dozen residents of 89A Myrtle St.

The incident caused a brief disruption to water service in the area until about 5 p.m. that day, according to the Boston Water and Sewer Commission.

Inspectorial Services Department spokeswoman said the city instructed the proprietor of 89A Myrtle St. "to hire a structural engineer to file a report."

Right, four units at 89A Myrtle St. were temporarily vacated Saturday after a fire hydrant malfunctioned.

Let's treat addiction with a PLAN, not a Band-Aid.

Jenn lost her brother to drug addiction. For her the fight is personal.

- More treatment
- Build the Long Island Bridge and reopen the facility
- Increase family counseling
- Aid existing hospitals and shelters
- Work with foster care agencies
- More community outreach
- Programs in our schools

JENNIFER
NASSOUR
for BOSTON CITY COUNCIL
DISTRICT 8

VOTE November 5
jenn4boston.com
@jenn4boston

VISIT WWW.BEACONHILLTIMES.COM
Flaherty gets top spot on the ballot for November election

Boston City Councilor At-Large Michael F. Flaherty’s name was drawn for the coveted first spot on the ballot in a public ballot drawing held by the City of Boston’s Elections Department. The ballot drawing, which was held on Thursday, October 3, 2019 at 11:00 a.m. at City Hall, set the stage for the citywide general election scheduled for Tuesday, November 5, 2019.

Councilor Flaherty, who is seeking another term as a Boston City Councilor At-Large, had a strong showing of results in field of 15 candidates leading into the preliminary election and thus securing a spot for the general election.

With less than 5 weeks remaining until the general election, Councilor Flaherty continues to reach out to voters across Boston. “Residents in Boston want to build on the work we’ve accomplished—increased access to affordable housing, closing the opportunity gaps, and stabilizing our neighborhoods through community preservation efforts,” stated Flaherty. “In order to continue these efforts and more, I will need your continued support as we campaign for the November election.”

As a husband, father, neighbor and proud lifelong Bostonian, Boston City Councilor At-Large Michael F. Flaherty is committed to ensuring that Boston is an accessible, equitable, and inclusive city for our residents to work, play and live in. For more information on his campaign and his work on the Boston City Council, visit www.MichaelFlaherty.com.

BOXING (from pg. 1)
goal. Participants joined the program with no previous amateur boxing experience, and after four months, each fighter was strategically paired with a boxing gym and coach to guide them through a rigorous regimen: Callahan trained at Everybodyfights in the Financial District after applying to fight in April and learning she had been accepted to the program the following month.

Since its initial 2011 fundraising event, Haymakers for Hope has raised more than $11.5 million for cancer research, awareness, survivorship and care. The organization has featured more than 650 extraordinary amateur fighters to date, with last year’s event, raising $408,731.57 for cancer research, awareness, survivorship and care, and this year’s group of fighters is expected to exceed this benchmark.

“We are beyond impressed by both the fundraising and the training amongst this group of brave fighters,” Haymakers for Hope founder Andrew Myerson stated in a press release. “Between the commitment to the cause and the hard work inside of the gym, this is definitely going to be one of our best events to date.”

Meanwhile, the charity allows each fighter to donate to a specific cancer-related 501c(3), so Callahan selected First Defense, a nonprofit offering outdoor adventures to cancer patients and survivors. “Losing both my father and grandfather to cancer was a huge motivator for me,” she said.

And while Callahan admitted to having pre-fight jitters before stepping into the ring, she reveled in knowing she would have a team of supporters rooting her on during her first fight.

“I’m a little worried about the adrenaline rush, but I know I’ll have a lot of friends and family in the audience whose cheers will motivate me,” she said.

Visit https://haymakersforhope.org/event/boston2019/belles-brawl-vi/katie-callan for more information and to donate to the cause.

“Through the Grapevine”

This will be the first installation in a series of pieces on the subject of wine.

Wine, books and music all share this wonderful capacity to exist in the future as an artifact of time preserved still with a specific stamp of place, person, and moment. For most of us, music was likely our first encounter with an artifact of time, and while we were probably unaware of it in our extreme youth, there it was. And as time goes on, the touch of an old book’s spine, with it’s weathered linen cover, the possibility of illumination races through our head. One acknowledges the profound feeling at arriving to this dance.

Wine in its essence, is the variation of time, person, and place. Each demarcated piece of land on earth that is planted to the vine, produces a crop (almost) each year that if grown with care and rigorous back breaking work, holds the possibility of transmitting the truth of that fruit.

Wine is personal. It matters. These are real people, real art, real places. That spirit of locale is intrinsic to the very reason why one should drink wine. In a world full of polarization on all fronts, look for the opportunity to take truth on your terms. Martyrly we are not. So unless you have a delorean stashed in the garage, we’ll see you soon.

What do you drink?
Nader Asgari-Tari
26 Bin 26 Wine Director
26 Charles Street
617.723.5939
www.bin26.com

BEACON HILL

A large front garden welcomes you to this magnificent, South facing, 6 bedroom single family townhouse, on the crest of Beacon Hill. 59 Mt. Vernon is a most admired example of Beacon Hill’s flourishing Greek Revival style. Built in 1837, the house has fine architectural detail, elegant curving staircase to the top floor, and a beautiful, sun filled, double living room with 2 fireplaces, marble mantles and 13 foot ceilings.

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Legacy of Rose Standish Nichols

By Suzanne Bosser

When Elizabeth ‘Biddy’ Owens steps up to receive the inaugural Rose Standish Nichols Award, she will be carrying forward the legacy of another of Beacon Hill’s strong women.

Owens will be honored for her dedication to historic preservation and her outstanding leadership, as well as her committed service to the Nichols House Museum and the community at a celebratory cocktail party to be held next Thursday, Oct. 17, in the Oak Room of The Union Club, 8 Park Street. To be held in lieu of the Museum’s annual Spring Fete, proceeds from the event will support the ongoing efforts of the museum. Tickets for the award reception are $150.

The award was established earlier this year to recognize individuals of outstanding achievement who embody the spirit of Rose Standish Nichols. A noted landscape designer, author and one of the founders of the Women’s International League for Peace and Freedom, Nichols was also known for her strength, leadership and passion for arts, antiques and historic preservation.

“We are thrilled to be able to have the first recipient of the award be a neighbor who has dedicated her volunteer time to so many organizations that preserve and maintain architecture, landscape and history for all to benefit,” said Kimberlea Jeffries, co-chair of the event. “Last year when the board made the strategic decision to adopt a different model for our annual fundraising event, it chose to have an event that could be nimble in its format and occur at the time of year best for the honoree. We’d like to keep the event fresh.”

Nichols’ legacy on Beacon Hill may best be remembered for her innovative garden designs. She was one of the earliest professional garden designers and an accomplished writer of garden history as well. While only one of her many gardens was located in Beacon Hill, her influence is still recognized in the neighborhood today.

For more information about the Rose Standish Award, the award reception at The Union Club and the Nichols House Museum, contact Linda Marshall, executive director, at 617-227-6993 or email info@nichols housemuseum.org.

New landscape design at Otis House

Following recent restoration of the facade at Otis House, Historic New England staff began implementing a new landscape design on the front terrace.

Gregory Lombardi Design created the landscape plan. The geometric forms of the evergreen holly and the boxwood shrubs play off the forms of the windows, draw attention to the front door, and provide four-season interest. The flowering hydrangeas add the bonus of fragrant blooms.

The perennials and herbs in the garden were selected based on hardiness and seasonality, and with a nod to the medicinal history of the building (Mrs. Mort’s “Patent Champoo Baths” occupied the house for a number of years starting in 1834). The garden incorporates healing plants such as allium, lamb’s ear, mint, salvia, and yarrow.

The project was funded in part by the Beacon Hill Garden Club and is part of Historic New England’s ongoing work to maintain this National Historic Landmark.

Plan your visit - Otis House is open for tours Wednesdays through Sundays from 11 a.m. to 4:30 p.m., with special evening hours on Wednesdays until 7:30 p.m. General admission is $10. Otis House is free for Historic New England members and Boston residents.
THE BEACON HILL TIMES

THE DEADLINE FOR LISTING EVENTS IS THE TUESDAY BEFORE PUBLICATION. CALL 617-523-9490 OR FAX 617-523-8668 OR EMAIL EDITOR@BEACONHILLTIMES.COM

TUESDAY, OCT. 15
CONCERT, Karen Beaumont on C.B. Fisk organ performing early dance music for the organ. King’s Chapel, 58 Tremont St., 12:15 p.m., suggested donation: $5, 617-227-2155 for more information

TUESDAY, OCT. 22
CONCERT, Denmark’s Camerata Chamber Choir performing Scandinavian choral music. King’s Chapel, 58 Tremont St., 12:15 p.m., suggested donation: $5, call 617-227-2155 for more information

TUESDAY, OCT. 29
CONCERT, Kyle Bertulli on C.B. Fisk organ performing works by Mendelssohn and Rheinberger. King’s Chapel, 58 Tremont St., 12:15 p.m., suggested donation: $5, call 617-227-2155 for more information

HAUNTED HAPPENINGS
Enter Salem with caution this month. Witches, goblin, monsters, vampires, fairy princesses, Star Wars heroes, skeletons, and thousands of other creatures roam Salem’s streets. The biggest bugaboo on weekends isn’t flying witches, though. It’s traffic, so get there early and revel with the weird and wannabe ghouls.

SALEM WITCH TRIAL
The original play, “Saltonstall’s Trial,” makes its full production debut October 17-27. Oct. 17-19, 25-27, at 7:30 p.m., and Oct. 20,26,27, at 2:30 p.m. at the Larcom Theatre, downtown Beverly. $19.50, punctua4e.org.

PETER YARROW AND NOEL PAUL STOOKEY
Spectacle Management presents the two iconic folk legends Saturday, October 12, 7:30 p.m., at Plymouth Memorial Hall,$39-$79, memorialhall.com, 800-657-8774, and November 3, 7:30 p.m. at Cary Memorial Hall, Lexington, $59-$79,carylhalllexington.com, 617-531-1257.

HONK! FESTIVAL
The free, super-charged festival featuring a wide array of music performed by 25+ activist street bands, including three out-of-towners and a newly-formed local youth band, is held October 11-13, in Somerville, Cambridge and Boston. Open to all.

DOO-WOP HALL OF FAME OF AMERICA
Longtime producer-arranger Harvey Robbins returns to Bill Hanney’s North Shore Music Theatre with his ever-popular Doo-Wop Hall of Fame of America Induction and Concert, featuring Shirley Reeves, original lead singer of the Shirelles, the Marvells, a salute to the Marvinlettes with Lonnie Clark and Group and more, Sunday, October 13, at 2 p.m.,62 Dunham Road, Beverly. $39-$49. nsmt.org, 978-232-7200. VITickets, 978-236-6472. More information, harveyrobbins.net.

TRAFY
New Repertory Theatre presents the New England premiere of playwright Lindsay Joelle’s “Tray,” October 12-13, at 8 p.m., 11 and 12, 8 p.m., and 13, 2 p.m. $25-$52. NewRep.org.

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AROUND THE CITY

New England premiere of playwright Frank Higgins’ play about America, October 17-19, 24-26, at 7:30 p.m. and Oct. 20,27, at 2 p.m., in the Sophia Gordon Center, Lafayette Street, Salem, $20; seniors, $15; under 18 years old, free. May be inappropriate for theatergoers under 13 years old because of its mature themes. salemstatetickets.com, 978-543-6365.

KENNY G
The iconic musician-performer headlines Cary Memorial Hall in Lexington, Thursday, October 10, at 7:30 p.m.$69-$129, carylhalllexington.com, 800-657-8774.

FERNANDA GHI DANCE COMPANY
Global Arts Live presents the Boston premiere of “Black and White,” October 11, at 8 p.m. and Oct. 13, 3 p.m., at the Boston Center for the Arts Calderwood Pavilion, 527 Tremont St., South End, Boston. Reserved seats, $58. Globalbalslive.org, 617-876-4275.

MUSIQCOTE PARTY
Marblehead Arts Association holds its annual exciting fundraising costume party, with drinks, dancing, fortune-tellings hors d’oeuvres, prizes for best costumes, tarot card readings, a mystery raffle balloon pop and auction, scavenger hunt, and musical entertainment, Saturday, October 19, at 6:30 p.m., advance tickets, $35; at the door, $40. Marbleheadarts.org/event/masquerade-party-2.

CHOR BOY
SpeakEasy Stage Company opens its new season with the New England premiere of Oscar winner Tarell Alvin McCranney’s one-act, 100-minute musical coming of age drama, “Choir Boy,” sprit- zled with live gospel spiritual and inner tur- nings, a mystery raffle balloon pop and auction, scavenger hunt, and musical entertainment, Saturday, October 19, at 6:30 p.m., advance tickets, $35; at the door, $40. Marbleheadarts.org/event/masquerade-party-2.

CHOR BOY
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GUNPLAY
Renowned director Benny Sato Ambush helms Salem State University’s Center for Creative and Performing Arts’ production of Frank Higgins’ play about America, October 17-19, 24-26, at 7:30 p.m. and Oct. 20, 27, at 2 p.m., in the Sophia Gordon Center, Lafayette Street, Salem, $20; seniors, $15; under 18 years old, free. May be inappropriate for theatergoers under 13 years old because of its mature themes. salemstatetickets.com, 978-543-6365.

CHARLOTTE’S WEB
Joseph Robinette’s adaptation of the beloved family story is performed by Firehouse Center for the Arts’ Project Sparx teen ensemble, October 12 and 13, at 11 a.m., Market Square, Newburyport. Anna Smulowitz directs the cast of Actors Studio of Newburyport, performing Ellie Lee’s musical dramedy, “Conflict of Interest,” Oct. 10, at 7, Oct. 11-12, at 8 p.m., and Oct. 13, at 2 p.m. $25. firehouse, org.

OBERON
Appearing at Club Oberon this week are Resistante Mic!, October 8; Yo So LOLA: Las Que Suefan, Oct. 11; Mortified, Oct. 12; and Cirque o the Dead, kicking off next week, Oct. 18,19, at 2 Arrow St., Cambridge. cluboberon.com, 617-547-8300.

NATASHA BEDINGFIELD
The singer-songwriter tours featuring her latest album “Roll With Me,” October 15 at the Wilbur Theatre, Boston.

THE SPONGEBOB MUSICAL
The multi-award winning Nickelodeon musical comes to Boston as part of its North American tour, October 15-27, Tuesday, Thursday, Friday, at 7:30 p.m.; Saturday, 2,7:30 p.m.; Sunday,1,6:30 p.m. at the Boch Center Wang Theatre, 270 Tremont St., Boston, 844-379-0370, TicketsOffice.com.

THE LION KING
The spectacular Broadway hit musical returns to Boston through October 27: Tuesday, Thursday, 7:30 p.m., Friday, 8 p.m.; Saturday, 2, 2:30 p.m.,Sunday, 1,6:30 p.m., no performance Oct. 27 at 6:30 p.m. Tickets start at $44.50 at Citizens Bank Opera House, 539 Washington St., Boston. Ticketmaster, 866-870-2717, season subscribers, 866-523-7469, BroadwayInBoston.com.

TOPSFIELD FAIR
It’s that family-fun, exciting time again at the Topsfield Fair, through October 14, Route 1N Fairgrounds, Topsfield, featuring entertainment, animals, giant pumpkin weigh-off, animals, dog competition, food concessions, amusement rides for kiddies and young-at-heart, and much more. $15,children 8-younger with adult, free. topsfieldfair.org.

TEMPEST RECONFIGURED

INCBUS
Bock Center Wang Theatre and Live Nation present the band Incubus, October 8 at 8 p.m. bochcenter.org.

KING LEAR
Actors’ Shakespeare Project opens its new season with Shakespeare’s masterpiece, “King Lear,” starring Robert Walsh and Steven Barkhimer, through October 27, at Chelsea Theatre Works, 189 Winnissimet St., Chelsea. Times vary, including student matinee performances. $25-$60,student,senior,group discounts. actorsshakespeareproject.org/box-office/single-tickets/. 866-811-4111.

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Neighborhood Roundup

Children's programs at the West End Branch Library

The West End Branch of the Boston Public Library, located at 151 Cambridge St., offers "Music with Megan" on Fridays until Nov. 6 at 10:30 a.m. Preschoolers join Megan to play rhythm instruments, sing, and move to all kinds of music. This program is ideal for children birth to age 5 with caregivers. Families will be admitted on a first-come, first-served basis on the day of the program, but other groups cannot be accommodated.

Also, the library offers Sherry Esken's Toddler Time through Nov. 6 (no class Oct. 9) at 10:30 a.m. Toddlers and their families join Sherry Esken for developmentally appropriate songs, stories, and lots of movement. This program is intended for individual child-caregiver pairs. Come prepared to engage with your child(ren).

Nichols House Museum seeking volunteer tour guides

The Nichols House Museum welcomes volunteers to join the museum as tour guides. Guides provide vital support to the museum by leading high-quality tours to diverse audiences and communities. Hours are flexible, and orientation and training throughout the month of March are required. Guides receive complimentary admission to the museum and all museum-programming events. There are also regular opportunities for complimentary, behind-the-scenes visits to other local museums and cultural organizations. Applicants should be interested in history, architecture, and decorative arts, and enjoy interacting with visitors of all ages. Tour guides typically commit to half or full-day shifts.

To apply, complete the application form available on the museum's homepage, www.nichols-housemuseum.org.

BSNJ Community Children's Chorus

The Boston Society of The New Jerusalem (BSNJ) Community Children's Chorus is a comprehensive musical training program for children in the third through seventh grades. Your child will be participating in a program that promotes the love of music, expressive singing, teamwork-cooperative learning, building new friendships, self-assessment, and the fun of being in an outstanding program.

The group meets at 140 Bowdoin St. on Saturday mornings. Tuition is free for any child with a Greater Boston area address. All levels of singing ability are welcome. To register, contact Dr. Carlson of 617-523-4575 or visit www.churchonthillboston.org (click on "music").

BSNJ/The Church On The Hill sponsors this initiative, but we are not promoting any religious ideology.

MGH seeking volunteers

The Massachusetts General Hospital Volunteer Department is seeking volunteers to help families connect with loved ones after surgery. Candidates must have the ability to walk extensively, and to push a person in a wheelchair. Shifts are available weekdays from 10 a.m. to 2 p.m., and 2 to 6 p.m.

Contact Kim Northrop at 617-724-1826 for more information.

Spanish/English Language Exchange

The West End Branch of the Boston Public Library, located at 151 Cambridge St., presents the Spanish/English Language Exchange/Intercambios de Idiomas en Ingles y Espanol on Mondays from 3 to 5 p.m.

At this time, English speakers can practice Spanish and Spanish speakers can practice English in this fun, informal conversation class.

Call 617-523-3957 for more information.

Compassionate Friends group reaches out to bereaved parents, families

The Boston Chapter of The Compassionate Friends (TCF) meets at Trinity Church on the first Tuesday of each month from 6 to 7:30 p.m. TCF is a national self-help, mutual support organization offering friendship, understanding, and hope to bereaved parents and their families. Call 617-539-6424 or e-mail tfcboston@gmail.com for more information.

West End Food Pantry seeking donations

The West End Food Pantry needs help to continue serving its more than 120 clients per month. They welcome donations to replenish the supply of food that they give out to hungry residents in the neighborhood.

The pantry is located in the West End Branch of the Boston Public Library and is staffed by volunteers from ABCD's North End/West End Neighborhood Service Center. Non-perishable (canned and boxed) items are being sought, including rice, pasta, canned tuna, canned chicken, chili, beans, vegetables, cereal, soups, cup of noodles, etc.

Donations can be left at the library, 151 Cambridge St., on Monday through Wednesday from 10 a.m. to 6 p.m., Thursday from 8 a.m. to noon, and Friday from 9 a.m. to 5 p.m.

This is a free drop-in time for kids to play and adults chat with one another. Small toy donations are welcome.

Get homework help at the West End Branch Library

The West End Branch of the Boston Public Library, located at 151 Cambridge St., offers homework help every Thursday from 3 to 4 p.m.

Get help from a Boston Public Schools teacher. No appointment necessary; simply drop in with your homework.

Call 617-523-3957 for more information.

(Continued on Next Page)
Volunteers needed for hot meal program

The North End/West End Neighborhood Service Center (NE/WES NSC), located at 1 Michelangelo St., serves a hot, fresh, home-cooked lunch to seniors in the neighborhood Mondays and Fridays, and is looking for two volunteers to help with shopping, food preparation, cooking, serving and clean-up. The non-profit providing services and programs to low-income residents of the North End, West End and Beacon Hill is looking for volunteers who can assist with the whole meal from 9 a.m. to 2 p.m. on a Monday and/or Friday, but can make arrangements to fit your schedule.

Contact Maria Stella Gulla, director, at 617-523-8125, ext. 201, via e-mail at mariastella.gulla@bostoncbs.org for more information.

After-work tai chi group at the West End Branch Library

The West End Branch of the Boston Public Library, 151 Cambridge St., welcomes after-work tai chi group every Thursday from 5 to 6 p.m. Come and try this low impact energy exercise with yang-style tai chi instructor Arthur Soo-Hoo.

Give blood and getaway this fall with the MGH Blood Donor Center

Fly away with the MGH Blood Donor Center this fall. Donate blood at the Massachusetts General Hospital (MGH) Blood Donor Center or on an MGH Bloodmobile in your area to enter to win a roundtrip flight for two on AirTran Airways in September, Porter Airlines in October or JetBlue Airways in November. For more information about blood donation at the MGH Blood Donor Center or to find a bloodmobile near you, visit www.massgeneral.org/blooddonor or call 617-726-8177.

Volunteers needed for American Cancer Society cosmetic sessions

The American Cancer Society is currently seeking volunteers for the "Look Good...Feel Better" sessions held at Tufts Medical Center, 800 Washington St. "Look Good...Feel Better" is a free program that teaches cancer patients hands-on cosmetic techniques to help them cope with appearance-related side effects from chemotherapy and/or radiation treatments. Cosmetologists certified and trained by the American Cancer Society conduct the sessions, which are non-medical and do not promote any product line. Volunteers are needed to assist the cosmetologist conducting the session and are responsible for setup, cleanup, and any other needs of the program. Programs are held from noon to 2 p.m., on one Monday every other month. For more information or to volunteer, contact Nanyamaka Hales at 781-314-2611 or via e-mail at Nanyamaka.Hales@cancer.org, or visit cancer.org.

Be a friend to elderly in need

FriendWorks seeks caring people to offer help and support to isolated elders in the Boston area. Volunteers are needed to provide companionship and assist elders with tasks such as reading, organizing, or going for a walk - lend an hour each week and gain a friend and a new perspective. Volunteers also needed to escort elders to and from medical appointments. No car is needed and hours are flexible. For more information or to apply online, visit www.friendworks.org or call 617-482-1510.

Local residents needed to drive cancer patients to and from treatment

The American Cancer Society is in great need of Road to Recovery volunteers to drive local cancer patients to and from their chemotherapy and/or radiation treatments. An integral part of treating cancer successfully is making sure cancer patients receive their treatments, but many find making transportation arrangements is a challenge. The American Cancer Society provided more than 19,000 rides to cancer patients in New England last year, but needs new volunteer drivers to keep up with the demand for transportation.

Make a difference in the fight against cancer by becoming a volunteer driver for the American Cancer Society’s Road to Recovery. Drivers use their own vehicle to drive patients to and from their treatments. The schedule for volunteers is flexible, and treatment appointments take place weekdays, primarily during business hours. If you or someone you know is interested in becoming a volunteer driver for Road to Recovery, contact your American Cancer Society at 800-227-2345 or visit www.cancer.org.

Join the Downtown Boston Rotary Club

The Downtown Boston Rotary Club, the first new Rotary Club in Boston in 100 years, holds meetings at the UMass Club in the Financial District on the first and third Tuesdays of each month from 6 to 7:15 p.m. For more information, visit www.dbrotary.org or call 617-535-1950.

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Yoga for seniors at the West End Branch Library

The West End Branch of the Boston Public Library, 151 Cambridge St., presents yoga for seniors every Tuesday from 2:45 to 3:30 p.m. Classes are led by Tatiana Nekrasova, a certified yoga instructor.

Volunteer at Spaulding Rehab

Stay active, meet new people and be connected with your community by volunteering at Spaulding Rehabilitation Hospital. Staff members will match your skills and interests to a volunteer opportunity. The hospital is currently recruiting volunteers, ages 18 and up, for two- to three-hour-a-week shifts for a minimum of six to 12 months commitment. Visit www.spauldingnetwork.org for more information.

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Fall fitness frolics

By Penny & Ed Cherubino

While we may have a few summer weather days in the weeks ahead, now’s the time to share more activities with your dog outdoors in lower temperatures and humidity. Pull out your calendar and reserve dates for long walks and favorite frolics with that pal of yours.

Canine winter weight gain is something we often address in spring. How about doing a bit of prevention in the weeks ahead to slim down your dog and get him or her in better condition with more muscle to burn calories before the winter arrives? You might also begin to taper off those extra treats that will add extra pounds in winter.

Fun Time Frolics

While you can simply extend the length and pace of daily walks, your dog might love it if you devote some time to their favorite activities and/or places. More running free in a dog park with pals is a great way to make certain dogs happy. Joining you for that run or fast-paced walk you normally take alone could be a treat. A hike along wooded trails may be the perfect activity for your dog’s exploring nose.

At “The Bark” website, Karen B. London, PhD recently reported on a study that showed that, “The brains of dogs and humans—both natural runners—are built to enjoy running, which may have provided the evolutionary mechanism necessary for us to develop such skill at it.” Dogs enjoy a runner’s high caused by endocannabinoids. These chemicals, “signal the reward centers of our brains, giving us the message that what we are feeling is pleasure.”

There are dogs, like our Poppy, who should never be trusted off leash. For them, a drive or MBTA ride to a beach with a long leash that allows for a bit more freedom to explore or a few fast runs around in big circles would make her happy. Of course, by a long leash we mean a ¾ inch, woven training leash not a retractable wire leash that is a danger to you, your dog, and everyone around you.

Do More Slowly

All this conditioning and increase in activity should be done gradually. Add 15-30 minutes at a time and evaluate how your dog recovers from the new norm before adding more. Think about how sore you can be when you up your exercise. And, since our dogs are bare pawed, check those pads to be sure they are not being overworked.

If your time is spent in new locations, like wooded areas, be sure you are doing tick checks and know how to safely remove ticks. We’ve found ticks on dogs walked on the Charles River Esplanade, so even city walks in places with more trees and shrubs are reasons for a post walk grooming.

As Always...

Before any change in diet or exercise, you should take your dog’s health and ability into consideration and check with your veterinarian if there are any issues that might be made worse by exercise.

Penny ran into Veterinarian Jake Tedaldi, author of “What’s Wrong With My Dog,” on a morning walk with his Chocolate Lab, Bear. They often discuss what we are writing about. In this case, he made a great recommendation. If a physical disability is slowing down your dog, you should consider canine physical therapy. He often recommends Suzanne Starr, DVM, CGRP and her team at Paws in Motion in Natick for his patients.

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

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