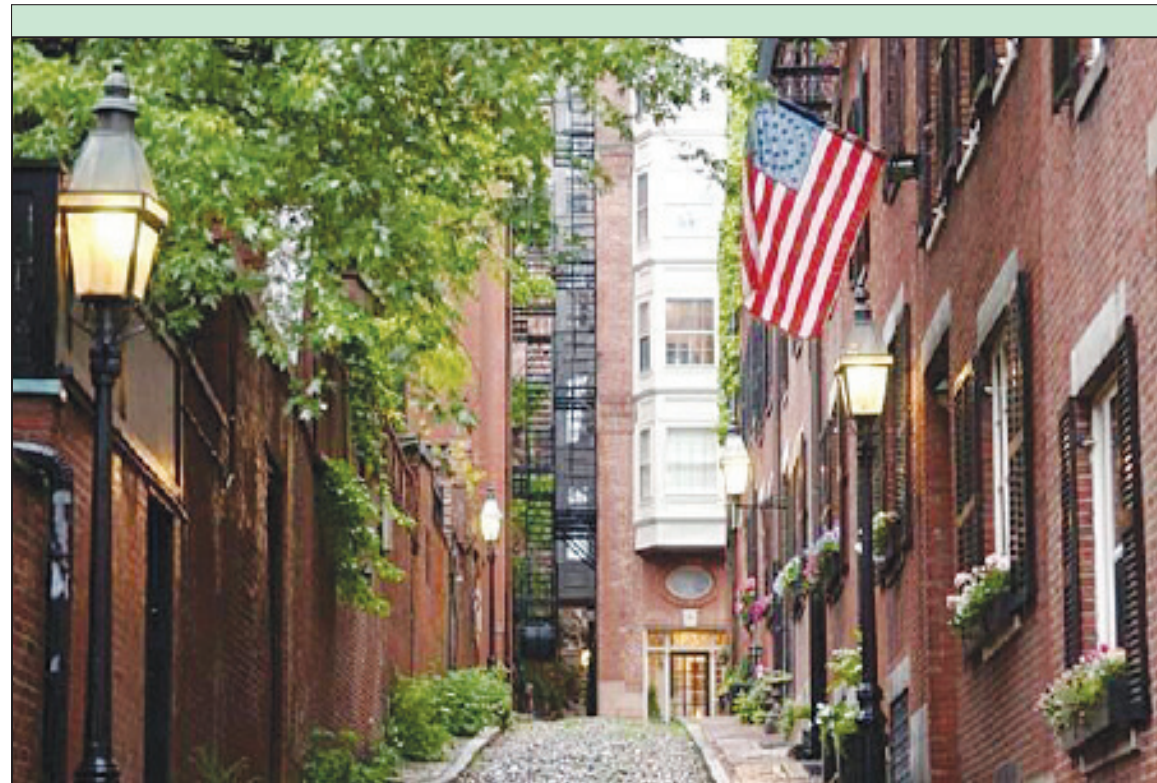


NOVEMBER 14, 2019



# 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



*View from Acorn Street towards Willow Street and the former home of writer Sylvia Plath and her husband, poet Ted Hughes.*

## BEACON HILL CIVIC ASSOCIATION COMMUNITY CORNER

### The Beacon Hill Architectural Commission and the BHCA

The Historic Beacon Hill District, the oldest historic district in Massachusetts, originated in 1955 by an act of the Massachusetts General Court (Chapter 616 of the Acts of 1955, as amended). This legislation confers upon the City of Boston's Beacon Hill Architectural Commission (BHAC) the authority to review and regulate proposed alteration, construction, reconstruction, or demolition of any architectural feature within the district that is "open to view from a public way".

The Beacon Hill Civic Association's (BHCA) Architecture Committee also reviews individual matters coming before the Beacon Hill Architectural Commission, and they submit their comments to the Commission for their consideration in advance of the BHAC monthly hearings.

The Commission meets on the third Thursday of each month to

review proposed exterior alterations and to make sure these proposed alterations are within the Historic Beacon Hill District Architectural Guidelines. The public is invited to attend these hearings to participate in this unique protection of our historic neighborhood.

The next BHAC hearing will take place on Thursday, November 21st, at 5:00 pm at Boston City Hall in the Piemonte Room. For an agenda of matters to be reviewed, please visit the BHAC webpage at <https://www.boston.gov/historic-district/beacon-hill-architectural-district> or contact the BHCA office at 627-227-1922.

### First Friday Coffee Hour

If you haven't yet become a member of the BHCA, we invite you to join us at our First Friday Coffee Hour on December 6th at 9 am at 74 Joy Street. There you can learn a bit about what the BHCA does in the community and how you can be a part of our

important work. Your input in quality of life issues on the Hill is important to us, and we rely on neighbors to bring comments and concerns to our attention. By joining our membership, you add to the collective voice of the neighborhood and support our work in historic preservation, community development and civic engagement. We hope to see you there!

### Decorating Days, Saturday and Sunday, Dec. 7th and 8th

Meet your friends and neighbors on Saturday morning, December 7, on the grounds of the Otis House at 141 Cambridge Street, to cut and decorate the holiday garlands. If you'd like to volunteer to decorate the gas lamps, call the BHCA office or email [info@bhccivic.org](mailto:info@bhccivic.org). We look forward to seeing you there!

### Upcoming BHCA Meetings

Architecture Committee - (BHCA Pg. 3)

## New book store and café proposed for former home to The Hungry I

By Dan Murphy

In a survey conducted as part of the Beacon Hill Civic Association's 2011 Plan for the Neighborhood, around 400 respondents selected a bookstore and café as their first choice for a new incoming neighborhood business, and that wish might be fulfilled next year with the planned opening of Beacon Hill Books in the building until recently occupied by The Hungry I restaurant.

Chestnut Street resident and business owner Melissa Fetter intends to transform the first three floors of the 3,000 square-foot, four-story property at 71 Charles St. into a retail space with floor-to-ceiling bookcases showcasing a comprehensive selection of reading material, such as high-end, specialized periodicals printed in Europe, among other esoteric and hard-to-find publications.

"We want to be able to offer

enough inventory to meet the needs of all customers and a curated collection that reflects the interests of our clientele," Fetter said. "We'll also offer robust programming like all good neighborhood bookstores, including author appearances and speakers on the topics of the day. There will be programming we provide, but we're also open to other groups that might want to use our space at night, such as book clubs."

The third floor would be devoted exclusively to children's books, with titles aimed at toddlers found in back.

"We hope that it will spark the interest of young readers," Fetter said, and that activities like an afternoon "story time" could offer an opportunity for young children to explore reading on site.

Throughout the store, comfortable seating will allow customers

(Books, Pg. 5)

## 'HEROES IN HEALTH CARE'



*Steven Strongwater, MD, President and CEO of Artius Health, Heroes Honoree and Benefactor Sponsor; Patricia Joyce, RN, of VNA Care, Heroes Honoree; Tony Coles, MD, CEO and board chairperson of Cerevel Therapeutics, Heroes Honoree at the 14th Annual "Heroes in Health Care" awards gala hosted by VNA Care. See Pages 6 and 7 for more photos.*

## Real Estate Transfers

BUYER 1 BACK BAY	SELLER 1	ADDRESS	PRICE
Bouffard, Marc A	Lenora S McNally RET	227 Beacon St #1	\$1,125,000
Zbitskii, Pavel	Lee, James	241 Beacon St #1	\$719,000
35 Commonwealth RT	35 Comm Ave Associates	35 Commonwealth Ave #1	\$1,055,000
35 Commonwealth RT	35 Comm Ave Associates	35 Commonwealth Ave #2	\$9,485,000
50 Comm Ave 204 NT	Lubin, Jaquelin H	50 Commonwealth Ave #204	\$1,260,000
IJS Enterprises LLC	Riley, Michael E	76 Commonwealth Ave #8	\$540,000

### BEACON HILL

J&H Fremont LLC	Toure, Joahd	76 Beacon St #IV	\$787,500
Thorne, Ladd	Hatfield, Susan A	34 Cedar Lane Way	\$2,075,000
Mcgarrah, Douglas M	Habel, James P	65 Mount Vernon St #3	\$699,000
Scott, Cynthia M	Karloutsos, Maria O	145 Pinckney St #712	\$599,900

### SOUTH END/KENMORE/BAY VILLAGE

Horovitz, Bracha	JEG Realty Corp	1 Charles St S #412	\$1,299,000
Amato, Philip	Connolly, Ryan E	350 Columbus Ave #8	\$1,625,000
Ho, Justin	Saejong, Somchai	857 Beacon St #15	\$645,900
Froot, Mark M	Select 20 Isabella St	20 Isabella St #3	\$2,175,000
Jiang, Xiuyun	Andler, Samuel B	167 Warren Ave #4	\$728,000
Baker, Jon M	Swanson, Cheryl K	300 Boylston St #1203	\$6,799,000
Yat-Chung, Koh	Cole, Constance W	10 Charlesgate E #504	\$1,000,000
Allison, John R	Stephen, Charisma	35 Fay St #310	\$274,826
Stopnicki, Manuel	Truong, Phuc	3 Rollins St #C101	\$1,860,000
Kloekner, Simon N	Cabral, Stephen	258 Shawmut Ave #2	\$1,050,000
Vorvis, Eleni	WPB Properties LLC	1411 Washington St #11	\$554,500

### WATERFRONT/DOWNTOWN

Dana Durrell Wiehl RET	Sud, Elliott	3 Avery St #906	\$1,167,500
Chauncy Edison LLC	Chauncy Street Holdings	42-48 Chauncy St #1A	\$987,000
Chauncy Edison LLC	Chauncy Street Holdings	42-48 Chauncy St #1B	\$987,000
Chang, Pin-Hsuan	So, Shuk C	1 Franklin St #1810	\$1,130,000
Jia, Peilin	Sun, Jing Y	1 Franklin St #2509	\$1,250,000
Pegden, Kelsey A	Randle, John C	103-109 South St #5C	\$1,700,000
Jarvis, Claire	Lang, Edmund R	210 South St #6-5	\$975,000
Kane, Edward A	Parkside 1101 RT	170 Tremont St #1101	\$1,225,000

## ATTENTION TO DETAIL

By PENNY CHERUBINO

### THIS WEEK'S ANSWER



*The oriel window in the last clue is on 90 Pinckney St. built circa 1825. A reader asked for the origin of this street's name. It was named in honor of Charles Cotesworth Pinckney a member of the Constitutional Convention and two-time presidential candidate from the Federalist Party.*

*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



# Boston's official tree arrives Nov. 19

The annual gift of an evergreen Christmas tree from Nova Scotia will arrive by police escort at Boston Common at approximately 11 a.m. on Tuesday, November 19. This year commemorates 102 years of friendship between Nova Scotia and the people of Boston after our city provided emergency assistance when Halifax, Nova Scotia's capital, was devastated by a maritime munitions explosion in the harbor in 1917.

Boston's official 2019 Christmas tree is a 45-foot white spruce tree donated by Desmond Waithe and Corina Saunders of Chance Harbour, Pictou County, Nova Scotia. The tree will be celebrated at a public cutting ceremony at 10:30 a.m. on Wednesday, November 13. The official send-off ceremony will be on Friday, November 15, at Halifax City Hall, with a stop at St. Stephen's Elementary School located in the north end of the city, an area severely damaged by the Halifax Explosion. On Saturday, November 16, the tree will be in Halifax's annual Parade of Lights and from there it will begin its journey to Boston. Nova Scotia

will also send an additional four smaller trees for donation to local charities.

"Our welcoming ceremony for the tree from Nova Scotia celebrates the lasting friendship between the people of Boston and the people of Halifax," said Mayor Martin J. Walsh. "Every year, thousands of residents and visitors enjoy this beautiful tree, and I thank Desmond and Corina and the people of Halifax for making Boston's holiday season so special."

On November 19, the official 2019 Christmas tree will be escorted by the Boston Police Department beginning around 10 a.m. from Billerica via Route 3 South to Route 128 North to Interstate 93 South to Sullivan Square to Rutherford Avenue over the Charlestown bridge and will weave through downtown Boston on North Washington, New Chardon, Cambridge, Tremont, Boylston, and Charles Streets to enter Boston Common at the corner of Beacon and Charles Streets at approximately 11 a.m.

Boston Parks Commissioner Ryan Woods, an official Nova

Scotian town crier, Santa Claus, and local schoolchildren including youngsters from the Mather Elementary School in Dorchester will greet the tree at its final destination near the Boston Visitors Center at 139 Tremont Street. The tree will be lit at approximately 7:55 p.m. on Thursday, December 5, as the City of Boston's Official Tree Lighting is celebrated on Boston Common from 6 p.m. to 8 p.m. The ceremony will be broadcast live on WCVB Channel 5 starting at 7 p.m.

The 78th annual Tree Lighting on Boston Common is sponsored by the Boston Parks and Recreation Department, title sponsor The Province of Nova Scotia, signature sponsor Encore Boston Harbor, Jumbotron sponsor Geico Local Offices, and presenting sponsors Exelon and the Coca-Cola Company with additional support provided by WCVB Channel 5, Magic 106.7 FM, and the Boston Globe. For further information, please call the Boston Parks and Recreation Department at (617) 635-4505 or visit us on Facebook.

# 'Messiah' sing along featuring special guest conductor Dr. Jamie Kirsch

In 1818 the "Messiah" had its first full performance in Boston. Also, in that year, the Boston Society of the New Jerusalem/Church on the Hill was founded. You are invited to join us as we celebrate our 201st year on Beacon Hill. Our special guest conductor will be Dr. Jamie Kirsch, leading the vocal soloists and orchestral musicians in a sing-along performance of Handel's magnificent music. We will sing "Part I" and the "Hallelujah Chorus". The event will take place on Saturday, Dec. 7, 2019 at 2 p.m. Join in the singing or be part of the audience.

The ticket price is \$19 (the entire box office and donations will go to support underprivileged young musicians). Church on the Hill, 140 Bowdoin St., Beacon Hill, Boston, MA. 02108 (just across from the State House). Bring your copy of the musical score or purchase a score at the door. This venue is handicap accessible. For more information phone: 617-523-4575 or visit <http://churchonthehillboston.org>. You may purchase tickets online at <https://www.brownpapertickets.com/event/4423515>.

## BHCA (from pg. 1)

Monday, November 18th, 5:00 pm, 74 Joy Street

### Other upcoming BHCA Events

Beacon Hill Meet & Greet – Monday, December 2nd, 75 Chestnut Street

First Friday Coffee Hour – Friday, December 6th, 74 Joy Street

Decorating Days – December 7th and 8th

48th Annual Beacon Hill Gala – February 8th at Four Seasons Boston

Visit the Beacon Hill Civic Association website [www.bhcivic.org](http://www.bhcivic.org) or call the office (617-227-1922) for more information on any of these events.

## BEACON HILL BEAT

### From Boston Police Area A-1

COMMUNITY SERVICE OFFICE: 617-343-4627  
DRUG UNIT: 617-343-4879 • EMERGENCIES: 911

#### Larceny - Shoplifting

11/03/19 – At around 12:23 p.m., a Charles Street pharmacy reported a male suspect was

caught after the fact on video footage stealing items from store shelves. The suspect fled on foot.

### The most costly education Is the one not begun



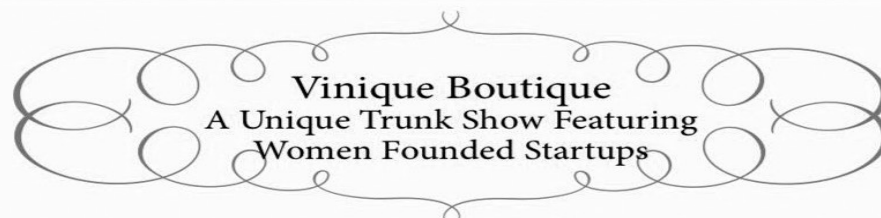
**\$80 Billion.** That's how much money **Federal Student Aid** awards each year in grants, low-interest loans and work-study to students in colleges, trade schools and professional schools.

You and your family may be eligible. So go online and learn how Federal Student Aid, part of the U.S. Department of Education, can help you begin to realize your dream of an education after high school.

[www.FederalStudentAid.ed.gov](http://www.FederalStudentAid.ed.gov) | 1-800-4-FED-AID



START HERE  
GO FURTHER  
FEDERAL STUDENT AID



HOLIDAY SHOPPING  
EVENT

Friday, November 22nd, 10am to 7:00pm  
Saturday, November 23rd, 10am to 3pm

The Vincent Club  
Beacon Hill, 71 Brimmer Street, Boston

General Admission \$10.00

The Vincent Club is a women's organization dedicated to supporting the health and well-being of women through its educational forums and its fundraising activities for the Vincent Department of Obstetrics & Gynecology at the Massachusetts General Hospital. Fostering friendships generated through these efforts is central to its mission.

# EDITORIAL

## THE CLIMATE SCIENTISTS HAVE BEEN WRONG ALL ALONG

For the better part of three decades, the vast majority of scientists -- including those hired by the petroleum industry -- have warned the world that climate change is occurring principally because of carbon emissions from our addiction to fossil fuels for our automobiles, coal power plants, industry, and agricultural production.

They have measured the effects in any number of ways, most especially the shrinkage of the ice sheets at the polar regions that eventually will result, they have said, in a rise in sea levels around the globe.

They also have told us that a warming planet will bring about an increase in ocean temperatures, which in turn will have devastating consequences both for marine life, which cannot exist in warmer waters, and for ourselves, who will feel the impact of ever-more devastating storms.

They have warned that unless we take steps within the next decade to curb the so-called greenhouse gas emissions, the Earth could become irreversibly changed by the end of this century.

However, the scientists have been wrong. Very wrong.

It turns out that the time frame the climate scientists predicted for the dramatic effects of climate change to occur has been grossly underestimated because their models did not take into account the effect of the feedback loops created by our warming planet.

We aren't scientists, but even we understand what is happening right in front of our eyes.

The ice sheets at the poles are melting faster than even the direst of models had predicted. The extraordinary heat wave across Europe this past summer (U.S. women's soccer fans will recall the high temperatures in France during the World Cup) resulted in temperatures reaching the 80s in the Arctic Circle -- an unheard-of phenomenon.

Environment Canada, the country's national weather agency, confirmed that Alert, Nunavut, the most-northerly, permanently-inhabited spot on Earth, hit 69.8 degrees Fahrenheit (21 degrees Celsius) on July 14, the highest temperature ever recorded there.

As the ice at the poles shrinks, instead of sunlight being reflected (by the ice) back into outer space, it is absorbed by the earth. When that happens, the permafrost at the Arctic Circle starts to thaw out, releasing carbon dioxide that has been trapped in it for millennia into our atmosphere, thereby warming our planet at an even faster rate.

It now is clear that scientists' predictions that the effects of climate change were a distant prospect, for which we still had time to take appropriate action, have been vastly underestimated -- by a factor of decades.

Climate change is happening today. The devastating succession of hurricanes, wildfires, floods, and droughts of the past few years have wiped the earth clean of civilization wherever they have struck. Yes, in most instances we can rebuild (though the communities in the Florida Panhandle destroyed by Hurricane Michael in 2018 still look like war zones), but only at a huge cost -- and only until the next climate change-induced catastrophe strikes.

Greta Thunberg's future is not being imperiled. Her future is now the present.

It is the end of the world as we know it.

And unless we immediately and dramatically change our ways, we will not be fine (apologies to REM).



PLEASE HELP WITH FOOD + GIFTS FOR THE NEEDY

GUEST OP-ED

## Encouraging lifelong learning by eliminating late fees for youth at our public libraries

By Mayor Martin J. Walsh

In the City of Boston, we believe every child deserves an equal opportunity to succeed. We're investing more than ever in our public schools, building out universal pre-kindergarten, providing free community college, helping students experiencing homelessness, and giving free T passes to all Boston students in Grades 7-12. We are dedicated to breaking down any barriers that exist between our students and the quality education they deserve.

Over the past five years, we've also made historic investments in another educational asset: our public library system. Our 26 library locations are precious neighborhood resources. They often serve as an extension of our schools, and they encourage learning after school and all year long.

We recently announced a new policy that will help make sure all our young people have access to the services our libraries provide. On November 1, all Boston Public Library locations eliminated overdue balances for those under the age of 18 who have a Boston Public Library card. While youth cardholders will still be required to return any overdue books in order

to check out additional materials, they will no longer face fines for late returns. We believe this will encourage more young people to take advantage of the educational resources our libraries provide.

Many young people might struggle to pay off their overdue balance and feel ashamed returning to the library. I remember worrying about that when I got an overdue notice when I was a kid. I felt like I had committed a crime and I was afraid to go back. I don't want any kid or teenager to feel that way, because a library is a public institution that is meant to serve as a resource for everyone. If a child is seeking out more ways to learn, or a safe place to spend time after school, we don't want them to avoid libraries because of fear over late fees.

Eliminating late fees isn't the only way we're encouraging young people to visit our libraries. We're also renovating our library buildings to make them more modern, welcoming, and supportive of the kinds of programming people in our neighborhoods want. Our new capital plan includes a \$127 million investment in our libraries, including \$10 million to renovate the Roslindale branch, \$18.3 million to renovate the Adams Street branch in Dorchester, and sev-

eral other improvement projects throughout our neighborhoods. We're installing new technologies, public artwork, and creating more spaces where communities can gather.

The Boston Public Library is the oldest free city library in the United States. Our city has a long legacy of investing in cultural resources and public education. The BPL's motto is "Free to all." That means that our 26 library locations belong to the people of Boston. They exist to serve all people, of all backgrounds and income levels. Eliminating late fees for youth under 18 is our next step toward that goal. With more than 150,000 youth library cardholders in the City of Boston, I believe this change will make a significant positive impact. We hope there will be additional benefits, too: some other American cities that have eliminated library fines have seen significant increases in return rates.

This is one of the ways we're investing in our neighborhoods and inspiring the next generation to follow their interests, seek out knowledge, and become engaged in their communities.

*Martin J. Walsh is the Mayor of Boston.*

### THE BEACON HILL TIMES

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## BOOKS (from pg. 1)

to read while basing before one of several operational fireplaces during the winter months.

"We want to keep the look residential so customers feel like they're coming into someone's home and shopping for books," Fetter said.

Meanwhile, the former Hungry I space will make way for a garden-level café offering breakfast and lunch items, such as baked goods, soups and salads, and serving English tea in the afternoon, replete with scones and clotted cream.

"English tea is one of my favorite things," Fetter said, "and it seems that in this climate, that it would be very popular with customers."

Another fireplace will be built out in the café, with new window openings providing a clear view of its interior from the adjacent walkway that would lead to a backyard garden for outdoor dining and socializing during temperate weather.

An elevator would also be installed to carry patrons from the garden-level café to the third-floor while the non-fourth floor will accommodate only office space.

A Beacon Hill firm, Pauli & Uribe Architects LLC, is serving as the architect for the project, which after receiving the necessary permitting and approval from the city, Fetter expects should take between nine and 12 months to complete.



The proposed future home of Beacon Hill Books at 71 Charles St.

"I love old buildings, and I love preserving architecture," she said. "We're going to be very thoughtful to go out of our way to preserve what's there and to reveal what's been covered up."

Moreover, Fetter and her husband, Trevor, who shared a small apartment on Mt. Vernon Street in the '80s, were immediately struck by the absence of a bookstore in the neighborhood upon returning here in January after living Dallas.

"We were surprised to find no

bookstores in the area, and the more we thought about it and chatted with other residents on the Hill, a local bookstore seemed like a great project to undertake," Fetter said.

Focus groups are planned to get input from the community on what would make for their ideal neighborhood bookstore as well.

"We're keen to get feedback as to what people want to see in a locally owned bookstore, and we're really open to all sugges-

tions," Fetter said. "The key factor to our success is whether the neighborhood rallies around an independent bookstore and makes it the heart of the community."

Ultimately, Fetter hopes Beacon Hill Books will become a meeting place and destination for the entire neighborhood in the years to come.

"I want to this to be a community resource," she said. "This is a labor of love and love of books and love of this neighborhood."

## The Beacon Hill Times

Our readers should be your customers

# Holiday Shopping

## Shop Small - Shop Local

The Beacon Hill Times  
Neighborhood Shopping Guide...  
4" wide x 5" tall full color ads

Running dates:

All publications through  
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Call or Email today to set up your Holiday campaign

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781-485-0588 x 101

Sioux - [charlestownads@hotmail.com](mailto:charlestownads@hotmail.com)

781-485-0588 x125

## VNA CARE HOSTS 14TH ANNUAL 'HEROES IN HEALTH CARE' GALA

Photos by Roger Farrington

VNA Care hosted its 14th Annual "Heroes in Health Care" awards gala at the Mandarin Oriental on Saturday, Nov. 2, raising a record \$340,000 to benefit the Visiting Nurse Association's Nursing Services.

This year's honorees were Dr. Tony Coles of Cerevel Therapeutics and Yumanity Therapeutics, Dr. Steven Strongwater of Atrium Health, and Patricia Joyce, RN. Joyce is the first VNA Care clinician to receive a "Heroes in Health Care" award.

Attending this year's gala was Mayor Martin Walsh, who shared

the impact VNA Care had on his family as his father's health declined nine years ago.

"What we experienced was love and compassion as a family," said Mayor Walsh. His father was able to remain at home throughout his illness and die peacefully, surrounded by loved ones with the support of VNA Care. Mayor Walsh thanked the nonprofit on behalf of his family and the City of Boston for more than 130 years of caring for the community. He said, "People can take comfort in knowing their loved ones are getting the compassionate, the qual-

ity, the incredible care that they receive from visiting nurse."

The annual Boston gala is VNA Care's signature fundraising event and has raised millions in essential funding for home health and hospice care in Massachusetts.

VNA Care has a 133-year history of providing health care in patients' homes and the community. VNA Care provides a comprehensive range of home health, palliative, and hospice care in more than 200 Eastern and Central Massachusetts communities.



Karrie Mohammed, Christine Brown, and Shabzina Karim, all of Boston Children's Hospital, a benefactor sponsor.



Vickie Ferri; Michelle Sofi, Gala Committee member; Cassandra Brodie; and Freda Oberholzer.



Michael Walsh; Renee Picard Walsh, Gala Committee co-chair; and Linda Hope-Springer, Gala co-chair and member of the VNA Care board of directors.

### OLEARY'S ANTIQUES AUCTION

**Sat. November 23, 2019**

Masonic Lodge 1101 Highland Ave.  
Rte 98/128 Exit 19B Needham, MA  
MASS LICENSE #2514

**Auction Preview:**  
8:30a.m.

**Auction starts**  
at 11:30a.m.



**For Inquiries call**  
Phyllis O'Leary  
at 617 734 3967  
e-mail: [orp3@comcast.net](mailto:orp3@comcast.net)  
cell: 617 285 7040

**Jewelry:** 18kt gold pendant by Ilias Lalaounis, 1940's 14kt wide watch bracelet 55.dwt  
**Arts & Crafts:** Victorian, Art Nouveau, South West American Indian, gold coins, G. Jensen, Art Deco jade & onyx bracelet, Too much to list.

**Art:** Collection of Latin American religious pigs, A.C. Villon 19th C. Gypsy Women, WW1 posters

**Silver:** Tiffany, Cartier, Georg Jensen, Gorham, Reed & Barton and more.

**Items of Interest:** 14kt Dresser set, Hermes & Chanel scarves, ant. Barber Pole, WW2 German dagger, oriental rugs, oak cabinet, marble top table. Too much to list.

**FOR PHOTOS PLEASE VISIT:** [www.olearyantiquesauctions.com](http://www.olearyantiquesauctions.com)



Nichols House Museum's  
**BEACON HILL  
HOLIDAY HOUSE TOUR**  
December 8, 2019

An insider's visit to a select group of  
elegant private homes in historic Beacon Hill.



[www.nicholshousemuseum.org](http://www.nicholshousemuseum.org)  
617.227.6993

VNA CARE HOSTS 14TH ANNUAL ‘HEROES IN HEALTH CARE’ GALA



*Pierantonio Russo, past Heroes in Health Care honoree, and Diana Frid.*



*Jessica Piper, ACHNP, member of the Gala Committee and Kerry O'Connor, Palliative Care Manager for VNA Care.*



*Ellie and Ty King of Forcura, a benefactor sponsor.*



*Charlotte Bolster, PT, and Rod Hemingway, OT, from VNA Care and members of the Gala Committee.*



*Barbara Belony, NP, member of the Gala Committee, and Laura Wise, Manager of Fund Development for VNA Care.*



*Vasso and Rebecca Dusoe-Galanis, Karen Baldwin of Byram Healthcare, a benefactor sponsor.*



*Dr. Mallika Marshall, Gala Emcee; Mayor Martin J. Walsh; and Emily Rooney, member of the Gala Honorary Committee.*



*Rebecca Conn of Medline, a Benefactor Sponsor; Jenny Raposo; Dinah Olanoff of Cataldo Ambulance Service, a Supporter Sponsor; and Sarah Wood.*

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Sally Brewster	Betsey Barrett
Ron Berkowitz	Toni Doggett

**PARK STREET**  
SCHOOL

**INSPIRE  
DISCOVER  
BECOME**

<b>TODDLER-GRADE 6</b>	<b>Open House:</b>
PRESCHOOL: ONE PARK STREET	October 16 9:00-11:00 a.m.
ELEMENTARY: 67 BRIMMER STREET	October 28 6:00-7:30 p.m.
617-523-7577 • <a href="http://PARKSTREETSCHOOL.ORG">PARKSTREETSCHOOL.ORG</a>	November 19 9:00-11:00 a.m.

## CITY PAWS

## Well groomed is healthy

If you want a healthy dog or cat, you have to pay attention to grooming. With dogs it is mostly things you have to do. Once upon a time, we groomed our own dogs and dogs we fostered. Today we turn the bathing and hair cuts over to a trusted groomer in a shop owned by neighbors. However that does not let us off the hook for regular touch-ups and attention to problem areas.

## Daily Routine

We have a West Highland White Terrier. This breed comes with lots of grooming issues. First, Poppy is pure white and every spec of dirt shows up on her coat. We've found that a quick paw bath after her walk keeps her feet clean. Then we brush her teeth, clean around her eyes, check her ears, and follow up on any signs of a coat problem we may have noticed when petting her.

You can pop a small dog in a sink or take a big one to the shower or bathtub. If it's just a case of muddy feet and wet coat, you can dip each paw in a bowl of water and give a big rubdown with a towel.

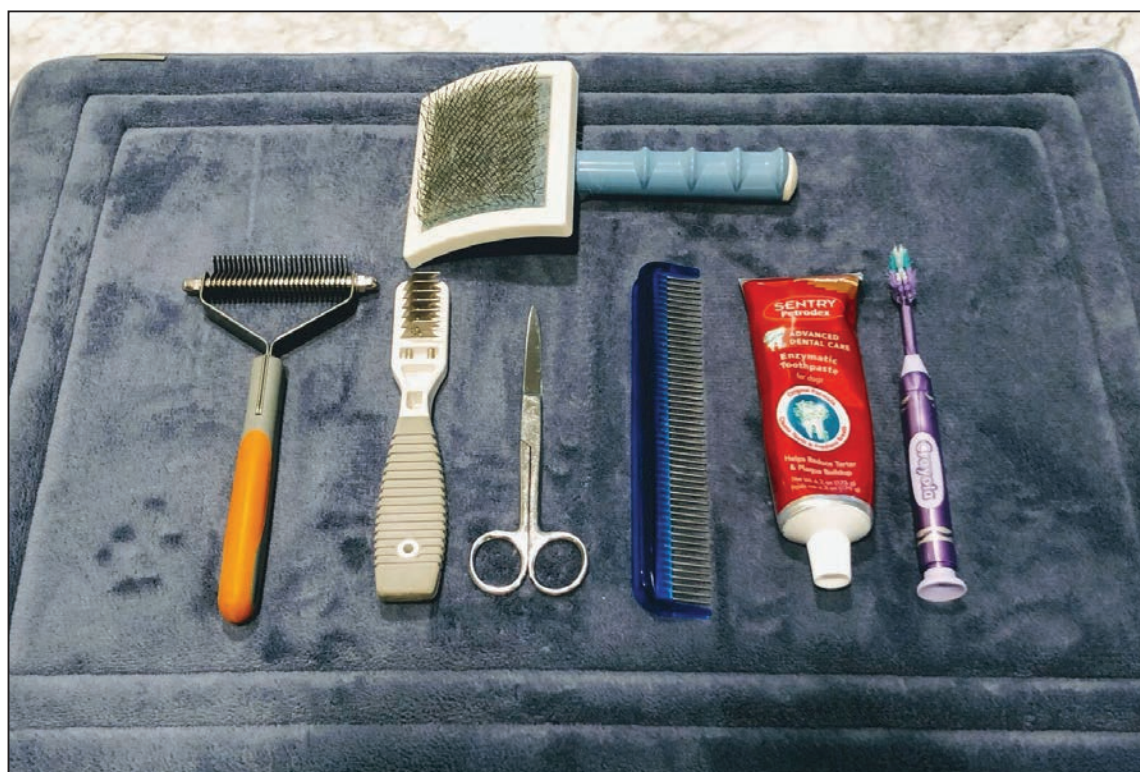
## Tips and Toolkit

If you plan to do any procedure with your dog, start early and do it often until the animal becomes comfortable and you both begin to relax into a routine. This is especially important with brushing teeth, coats, and trimming nails. The dog will come to understand that this doesn't hurt all the time and lots of times it is simple stuff that happens on a regular basis.

In an interview on TheBark.com website, groomer Robyn Michaels provided some great grooming tips for pet owners. She recommends, "For just about any breed, a slicker brush is the best choice, and just about any will do."

She suggested having the dog up on something rather than on the floor. This could be a counter, table, or ottoman. We use an inexpensive, non-slip bath mat to give Poppy secure footing and protect the surface.

We have a collection of tools we use all the time. For a quick check on Poppy's coat, we grab a rotating comfort pin comb that will help detangle her double coat. When we run into a mat, we use a



Our most used tools for routine grooming are a slicker brush, stripping comb, mat breaker, curved bandage scissors, rotating comfort pin comb, canine toothpaste, and toothbrush.

mat breaker to slowly and gently cut through the tangle. Curved bandage scissors help us safely do a sanitary trim around her anus. And, finally, one of those head-lamp flashlights is great when you want hands-free light on a specific spot on the pup.

## Cats Are Natural Groomers

With cats your job is monitoring what they are doing and helping them out with chores like brushing teeth that they can't do

on their own. Remember cats spend a lot of time grooming. An article on the website CatTime.com says, "In fact, on average, cats clean themselves during half of their waking hours."

Should you notice a sudden change in your cat's grooming habits or in the look and feel of his fur, it could be a sign that something is wrong. Make an appointment with your veterinarian. Some reduction in grooming is a result of aging, but it can also be

caused by pain, obesity, or dental problems.

While grooming will not only make your animal look great, it might also keep them healthier, avoid skin issues, and let you do a daily well-being check to catch problems early, when they are easier to fix.

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

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# Councilor-elect Bok prepared to tackle District 8 issues

By Lauren Bennett

Boston City Councilor-elect Kenzie Bok celebrated her victory over Jennifer Nassour in last week's election, and said she's now ready to get to work.

Bok finished the race with 70 percent of the vote in District 8, winning every precinct in the district. "District 8 is a collection of unique, historic neighborhoods and it's really important to me that they know that I'm going to be a councilor for each one of them," Bok said, "so it means a lot to start that way with support from every corner of the district."

Major issues across the district include affordability of housing, transportation, lack of public elementary schools, and issues surrounding climate change, Bok said. She said that "traffic snarls" and pedestrian safety are paramount concerns across the district. "This is a district that walks, takes the T, and bicycles," she said. "This is a district where people experience the built environment of the city every day."

She added that she believes another shared set of issues across the district is the way that neighborhoods relate to larger institutions, how they are affected by institutional expansion, and how to make sure that neighborhood voices are a factor in decisions that are made.

Additionally, Bok said that District 8 is one "that loves the parks," and between the Esplanade, the Back Bay Fens, the Public Garden, the Commonwealth Mall, and others, this district has a large amount of green space. "I think a lot about how to be a champion for those," Bok said.

The wider agenda of countering



Boston City Councilor-elect Kenzie Bok.

climate change is also at the top of Bok's list. "I think it should be encouraging to us that the Fens and the Esplanade are both sort of public parklands that were created partly to manage stormwater," she said. Combating flood risks should be a priority for the city, and "we've done this before, so we're just going to have to do it again," she said.

"Then there are issues that can be particularly strong in a given place," she said. "Fenway and Mission Hill both grapple with their housing stock," as there is such a concentration of students in the area who come and go "that it begins to threaten the ability to have a consistent core of long-term neighbors," Bok said. She said in both neighborhoods, there is a great desire for family housing, adding that Mission Hill has one of the lowest rates of owner occupancy in the entire city. Bok said that taking a hard look at affordable home ownership opportunities is imperative for the Council. She said she's looking forward to helping lead the council on an affordable housing strategy.

A huge issue that Bok said will require immediate attention

is the recent announcements by the state that they plan to sell both the Hynes Convention Center in the Back Bay and the Charles F. Hurley building on the edge of the West End and Beacon Hill. Bok said that for the state, the sale of these properties will create revenue. But for the neighborhoods of District 8: "It's really important that that land be used to serve public purposes, that it knit into the neighborhood, and that it be thought about as part of the communities," she said. "I anticipate that being a really big and major focus of mine in the beginning of my term on both ends of the district."

Bok said that the Hynes and the Hurley are a "concrete opportunity"—even though they are both owned by the state—"to think about a wider strategic framework for how we deal with parcels like that."

In Beacon Hill, Bok said that a serious community discussion needs to be had about Cambridge St., as MGH is talking about expanding, the state has plans to sell the Hurley, and Bok said she personally would like to make the Red-Blue connector happen on the MBTA. "All of that together has the possibility of really disrupting Cambridge St., but it also has the possibility of if we get it right, really transforming the area in a way that is good for neighbors, and if we get it wrong, doing the opposite," Bok said.

Bok believes the Red-Blue connector is a feasible project, that would really help discourage traffic in District 8 neighborhoods. "There are so many people for that if you could make it so it's a one-change trip to go to the airport from Cambridge or from

Dorchester, the would leave their car behind," she said. "But right now they don't and they take it through our neighborhoods." She said a huge part of improving traffic in the neighborhoods is creating alternative ways of getting around for the people who currently drive their cars through the communities.

Another issue of urgency that Bok said she plans to tackle right away is siting some community-based preschool seats in District 8. The City is putting out a Request for Proposal in January to have more community-based preschool seats as part of its push to universal Pre-K, and Bok said she believes this is a great opportunity to bring in some public school seats that the neighborhood currently lacks. "It's no substitute for a real school in our neighborhoods," Bok said, "but it would allow some of our young families to extend their time in these neighborhoods and think about whether there's a way for them to stay. It might encourage people to at least enter the lottery and I think it could help demonstrate the sort of unmet demand in these neighborhoods and the need for some more school capacity."

She said that in order to get some of these seats in District 8, community partner coalitions have to be ready to respond to the RDP in January. She said she is prepared to meet with people and discuss this even before she takes office, as it is a time-sensitive issue.

Bok said she believes the role of a Boston City Councilor has a "dual-nature, which is to be the most on-ground level of government that sees the day-to-day things that are affecting people's lives in our neighborhoods in the

city, and tries to improve them."

The second half of the job, she believes, is to "scale up" from those day-to-day challenges and to understand the way in which broader systems affect them, and having an effect on those broader systems at the citywide level. "And to me," she said, "doing my job well as district city councilor will mean being effective at both ends of the spectrum."

She said she also believes the city councilor should act as an ombudsperson to make sure that issues heard in the community are brought to City Hall "in a way that can be acted upon," and also a role that should be served with institutions that affect the district.

She also said that while this is a two-year term, "I think an effective city councilor should be thinking about things that matter to the city on an even longer time frame," such as a coherent housing strategy and a more public-oriented strategy for how public land is handled. Over the long run, she said she'd also like to see the city council take more steps towards reaching net-zero carbon, as well as at least getting some Pre-K seats sited in the district and be on a path to more public school seats. She said it's about "seizing very particular moments of necessity and turning them into moments of longer-term opportunity."

Bok's message to her new constituents is that she is "very grateful and honored by their trust and all their support and by the many people who came together to make this campaign successful," she said. "I'm very committed to being a dedicated City Councilor for every neighborhood in the district and I'm excited to get to work."

## AROUND THE CITY

### FELLOW TRAVELERS

Boston Lyric Opera presents the New England premiere of Gregory Spears and Greg Pierce's acclaimed opera, based on Thomas Mallon's novel, November 13-17: Nov. 13, 14, 16, sung in English, 17, at 7:30 p.m.; Sunday, Nov. 17, at 3 p.m., at the Emerson Paramount Center, Robert J. Orchard Stage, 559 Washington St., Boston, blo.org, 617-542-6772, boxoffice@blo.org.

### BOSTON INTERNATIONAL ANTIQUARIAN BOOK FAIR

Special events and programs kick off this year's international fair, starting with an opening night celebration, Friday, November 15, 4-8 p.m., at

the Hynes Convention Center, 900 Boylston St., Boston. Opening night festivities, \$25; Saturday, Sunday, artsemerson.org, Free admission, Saturday, Sunday, free book appraisal Nov. 17, 1-3 p.m. bostonbookfair.com, 617-266-6540.

### AN ILIAD

ArtsEmerson welcomes Lisa Peterson and Denis O'Hare's one-act, 100-minute adaptation of Homer's epic poem, "The Iliad," Homer's Coat, starring Tony Award winner O'Hare, November 20-24 at Emerson Paramount Center, Robert J. Orchard Stage, 559 Washington St., Boston. Recommended for audiences 14+ years old. Tickets start at \$25. tickets@Artsemerson.org, 617-824-8400.

### LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT

Suffolk Division  
24 New Chardon St.  
Boston, MA 02114  
(617)788-8300  
CITATION ON PETITION FOR FORMAL ADJUDICATION  
Docket No. SU19P1653EA  
Estate of: James B.

Handsman

Date of Death: 06/21/2019

To all interested persons: A Petition for S/A - Formal Probate of Will with Appointment of Personal Representative has been filed by Ivy Beth Handsman of Danbury, CT requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that: Ivy Beth Handsman of Danbury, CT be appointed as Personal Representative(s) of said estate to

serve Without Surety on the bond in an unsupervised administration.

#### IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 12/03/2019. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection

if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you. UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC) A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the

Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration. WITNESS, Hon. Brian J. Dunn, First Justice of this Court. Date: October 29, 2019 Felix D. Arroyo Register of Probate

11/14/19

BH

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# NEIGHBORHOOD ROUNDUP

## King's Chapel's Tuesday Recitals

King's Chapel, 58 Tremont St., presents its Tuesday Recitals. Admission is by suggested donation of \$5 per person; the donations are given to the performing musicians. Programs begin at 12:15 p.m. and last approximately 35 minutes; for more information, call 617-227-2155.

Programming includes Olson/De Cari Dou (soprano Gioia De Cari and guitarist John Olson) performing works by Harnick, Jobim, Leisner and more on Nov. 19; and Italy's Giorgio Revelli on the C.B. Fisk organ performing works by Bach, Charpentier, Pachelbel and more on Nov. 26.

## Hill House's Thanksgiving senior dinner

Hill House, Inc. will host a special Thanksgiving dinner for senior neighbors (ages 65+) on Tuesday, Nov. 19, from 5 to 6 p.m. at the Advent School SMART Lab at 99 West Cedar St.

This dinner will feature a full Thanksgiving meal and is free senior residents, but space is limited, so R.S.V.P. by Nov. 15.

For more information or to R.S.V.P., contact Meredith Adamczyk at Hill House at 617-227-5838 ext. 230.

## Business networking on the Hill

The Beacon Hill Network is sponsoring an open business-networking event at Sevens Ale House, 77 Charles St. on Wednesday, Nov. 20, from 6 to 8 p.m. The event won't take place in December, but returns to 75 Chestnut on Wednesday, Jan. 22, from 6 to 8 p.m. These events are open to anyone who would like to do business networking in our local community.

## Handel's 'Messiah' comes to Church on the Hill

In 1818 the "Messiah" had its first full performance in Boston. Also, in that year, the Boston Society of the New Jerusalem/Church on the Hill was founded.

Come join Church on the Hill, located at 140 Bowdoin St., in celebration of its 201st year on Beacon Hill on Saturday, Dec. 7, at 2 p.m.

The special guest conductor will be Dr. Jamie Kirsch, leading the vocal soloists and orchestral musicians in a sing-along performance of Handel's magnificent music, including "Part I" and the

"Hallelujah Chorus." Join in the singing or be part of the audience; bring your copy of the musical score or purchase one at the door.

Tickets cost \$19 each, and the entire box office and donations will go to support underprivileged young musicians. This venue is handicap accessible. For more information, call 617-523-4575 or visit <http://churchonthehillboston.org>. You may also purchase tickets online at <https://www.brownpapertickets.com/event/4423515>.

## Holiday exhibition at Hidden Art Gallery

The Hidden Art Gallery at 25 Myrtle St. presents a Small Artworks Holiday Exhibition on Saturday and Sunday, Dec. 7 and 8, from noon to 5 p.m.

Visit [thehiddenartgallery.com](http://thehiddenartgallery.com) for more information.

## Hill House 2020 Flag Football League registration open

Hill House, Inc. located at 127 Mount Vernon St., will open registration for its 2020 Boston NFL Flag Football League is now open. Register until Dec. 30 to receive the early bird rate of \$125/per person. This league sees over 150 children from across the city participate and is open to children in Grades K-7. All players will receive a reversible NFL-team-branded jersey and an NFL Flag belt. The season will be nine weeks long, and teams will have a chance to practice, as well as play games at Clemente Field in Boston. Don't wait to register to receive the discount. Registration will be open for individuals and teams. The fall league starts Sept. 8, 2020.

## 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 Carlton Doctor at 617-523-4575 or visit [www.churchonthehillboston.org](http://www.churchonthehillboston.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 Northrup at 617-724-1826 for more information.

## 'Coloring for Adults' at the West End Branch Library

The West End Branch of the Boston Public Library, located at 151 Cambridge St., presents "Color Your World: Coloring for Adults" on Fridays from 2 to 4 p.m.

At this time, the library will supply coloring pages, colored pencils, markers and crayons, or bring your own supplies if you prefer. Feel free to drop in between these hours.

Call 617-523-3957 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/Intercambio de Idiomas en Inglés y Español 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.

## 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 Grades 3 to 7.

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 a well organized program.

The rehearsals take place at 140 Bowdoin St. on Tuesday afternoons. Tuition is free for any child with a Boston address. All levels of singing ability are welcome. To sign up, please contact Mr. Doctor at 617-523-4575 or visit [www.churchonthehillboston.org](http://www.churchonthehillboston.org) (click

on "music").

The Church on the Hill sponsors this initiative but we are not promoting any religious ideology.

## ESL conversation group resumes meeting at West End Branch Library

The West End Branch of the Boston Public Library, located at 151 Cambridge St., welcomes the English as a Second Language (ESL) conversation group every Tuesday from noon to 1:30 p.m. Come and practice your English language skills with other newcomers and a facilitator.

## West End Playgroup meets Tuesday mornings

The West End Community Center, located at 1 Congress St., welcomes the West End Playgroup on Tuesdays from 9:30 to 10:30 a.m. through the fall and winter.

This is a free drop-in time to let kids 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 4 to 6 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.

## 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-assistance organization offering friendship, understanding and hope to bereaved parents and their families. Call

617-539-6424 or e-mail [tcfboston@gmail.com](mailto:tcfboston@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 noon to 8 p.m. and Friday from 9 a.m. to 5 p.m.

## Volunteers needed for hot meal program

The North End/West End Neighborhood Service Center (NE/WE 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@bostonabcd.org](mailto:mariastella.gulla@bostonabcd.org) for more information.

## Introduction to laptops, eReaders and iPads at the West End Branch Library

The West End Branch of the Boston Public Library, 151 Cambridge St., offers an introduction to laptops, eReaders and iPads by appointment only. Get the most out of your eReader or Laptop. Receive tips and guidance during these one-on-one sessions. Call Branch Librarian, Helen Bender at 617-523-3957 or e-mail [hbender@bpl.org](mailto:hbender@bpl.org) to set up an appointment.

## 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.

(CONTINUED ON Next Page)

# CALENDAR

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

## SUNDAY, NOV. 10

CONCERT featuring Plamen Karadonev (accordion and piano) and Charles Overton (harpist) performing compositions by Michel Legrand, Jerry Bergonzi, Plamen Karadonev, Cole Porter and others, Church On The Hill, 140 Bowdoin St., 3 p.m. admission" \$9, phone: 617-523-4575 or visit churchonthehillboston.org for more information

## TUESDAY, NOV. 12

CONCERT, Donald Zook (flute) and Steven Young (organ) performing works by Becker, Cooman, Jensen and more, King's Chapel, 58 Tremont St., 12:15 p.m.,

suggested donation: \$5, call 617-227-2155 for more information

## TUESDAY, NOV. 19

CONCERT, Olson/De Cari Dou performing works by Harnick, Jobim, Leisner and more, King's Chapel, 58 Tremont St., 12:15 p.m., suggested donation: \$5, call 617-227-2155 for more information

EVENT, Hill House's Thanksgiving senior dinner, Advent School SMART Lab, 99 West Cedar St., 5-6 p.m., admission: free, contact Meredith Adamczyk at Hill House at 617-227-5838 ext. 230 for more information or to R.S.V.P.

## WEDNESDAY, NOV. 20

EVENT, Beacon Hill Network open business networking event, Sevens Ale House, 77 Charles St., 6-8 p.m.

## TUESDAY, NOV. 26

CONCERT, Italy's Giorgio Revelli on the C.B. Fisk organ performing works by Bach, Charpentier, Pachelbel and more, King's Chapel, 58 Tremont St., 12:15 p.m., suggested donation: \$5, call 617-227-2155 for more information

## SATURDAY, DEC. 8

CONCERT featuring works from Handel's "Messiah," Church on the Hill, 140 Bowdoin St., tickets: \$19 each, call

HYPERLINK "tel:(617)%20523-4575" \t "\_blank" 617-523-4575 or visit http://churchonthehillboston.org for more information, visit https://www.brownpapertickets.com/event/4423515 to purchase tickets

## SATURDAY-SUNDAY, DEC. 7-8

EXHIBIT, Small Artworks Holiday Exhibition, Hidden Art Gallery, 25 Myrtle St., noon-5 p.m., visit thehiddenartgallery.com for more information

## WEDNESDAY, JAN. 22, 2020

EVENT, Beacon Hill Network open business networking event, 75 Chestnut, 6-8 p.m.

## NEIGHBORHOOD ROUNDUP

### 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](http://www.spauldingnetwork.org) for more information.

### Be a friend to elderly in need

FriendshipWorks 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.fw4elders.org](http://www.fw4elders.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 busi-

ness 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](http://www.cancer.org).

### 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.

### 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.dbrrotary.org](http://www.dbrrotary.org) or call 617-535-1950.

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Please contact Cole Giannini at 617-697-0310

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A public service message from the U.S. General Services Administration.

FRESH AND LOCAL

Beans beyond Chili

By Penny & Ed Cherubino

As we all try to use less processed, more local, sustainable, fresher, and diversified food products, you may not realize that the humble bean can be all these things.

Farmers markets or high quality food shops may have Baer's Best beans grown in Massachusetts. This farm produces about 20 varieties of heirloom and specialty beans. We've purchased these at farmers markets and at Russo's in Watertown. We've also bought dry beans from other farms who

add one or two varieties to their offerings.

A larger West Coast company preserving food diversity with heritage beans is Rancho Gordo. Formaggio South End has these, and we feel they are worth the difference in price to get a very fresh, superior product. We also highly recommend the company's book, "Heirloom Beans: Great Recipes for Dips and Spreads, Soups and Stews, Salads and Salsas, and Much More from Rancho Gordo." It's our bean bible and much used reference.

Beans in Your Pantry

While there are many wonderful recipes for bean salads and grain bowls that are perfect on warmer days, most of us think of filling, hearty winter fare when we think of beans. While dried beans are good keepers, you should only buy them in places that will turn them over quickly. Old beans don't have the flavor or ability to soften that fresher ones have.

For a quick resource, we've switched from cans of cooked beans to the boxed options. A quick check of the ingredient list, as you shop, will help you find a



When a gardening friend brought us a pile of kale, we turned it into beans and greens with Italian sausage, garlic, fennel, cannellini beans, and a shower of Parmesan.

box of cooked beans that is organic and has no added salt. Our objection to the tinned type was the detection of a metallic taste that caused us to rinse the beans and waste the rich bean broth.

Nutrition and Health Benefits

Dried beans are seeds and like most seeds are packed with nutrition. The nutrition data provided for pinto beans by Self magazine says, "This food is very low in saturated fat and cholesterol. It is also a good source of protein, phosphorus and manganese, and a very good source of dietary fiber and folate."

They also give this bean a 96 out of 100 score on the quality of the protein the food provides. If you add a grain to the meal, you can have a complete protein. What's more, beans are high in soluble fiber which helps you feel full, improves digestion, and reduces cholesterol and blood sugar levels.

Cooking with Beans

We come down on the side of soaking beans to rehydrate them

before they are cooked in fresh water with a selection of favorite aromatics added to the cooking pot. We like a bit of garlic, lemon zest, thinly sliced onion, and a good glug of olive oil for beans we'll store in the refrigerator in their cooking liquid and use throughout the week.

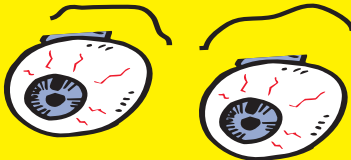
Our beans are turned into quick soups, salads, grain bowls, and spreads. They are added to greens sautéed with garlic and olive oil. Soaked, dried beans can be braised in the oven with a medley of vegetables and perhaps a few chicken thighs for a meal for two or a pot luck for twenty.

Over the years, in good times and bad, beans have nourished people across the world. We certainly love a good bowl of chili, but this winter try exploring the options for this inexpensive, easy to love food with preparations from other cultures and other times.

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