



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

BOOK YOUR POST IT
Call Your Advertising Rep
(781) 485-0588

BHGA PRESENTS 27TH GARLANDS & GREENS FUNDRAISER



Sandra Gilpatrick, Cynthia Cox, Jeremy Bell, and Laura Cousineau pictured during the annual Garlands & Greens fundraiser at the Hampshire House on November 16. Please see more photos on Pages 6 and 7.

BHAC approves new balcony railings for River House

By Dan Murphy

In a matter that was continued from September, the Beacon Hill Architectural Commission unanimously approved as submitted an application for River House on Pinckney Street to replace the existing welded-steel balcony railings with code-compliant aluminum railings at the commission's monthly public hearing held virtually on Thursday, Nov. 17.

George Sennott of Winthrop-based Eagle Restoration told the commission he would fabricate a mockup to replicate the existing railing system, which would bring the 221-unit condominium complex at 145 Pinckney St. into code compliance. The new railings would be installed on every balcony of the mid-rise building, he said, and each new railing would stand

42 inches high. Sennott added he would use the existing mounting system for the new railings.

In lieu of paint, an aluminum powder coat-system would be custom blended to match the existing color for the new railings, said Sennott.

The commission also unanimously approved as submitted an application for the installation of a new copper gutter at 19 Brimmer St.

The applicant presented two options – one where the “significant” overhang on the dormer would be reduced to accommodate the gutter; and a second option where heavy Scotia crown molding below the gutter would be moved.

The commission's determi-

(BALCONY RAILINGS Pg. 12)



D. MURPHY PHOTO

River House at 145 Pinckney St.

Fabled Antique reopens after seven-month closure due to fire

Special to Times

Fabled Antiques reopened on Friday, Nov. 18, kicking off a festive celebratory weekend at 93

Charles St. The shop's proprietor, Rebecca Connolly Hackler, was eager to reopen after being closed for the past seven months due to a fire upstairs in the building that

houses the antique shop.

While awaiting building repairs, Hackler collected antiques and vintage finds in anticipation of reopening. Recent acquisitions include antique furnishings and fine art, such as works by noted American artists, including A.C. Goodwin, William Jurian Kaula, and Paul King. In addition, customers will discover a fresh trove of quality smalls that Fabled Antiques is known for, such as

(FABLED ANTIQUES Pg. 5)



PHOTOS COURTESY OF FABLED ANTIQUES

Fabled Antiques team: Greg Michalko, Peggy Glynn, and Rebecca Hackler.



An array of antiques, fine art, and home decor awaits visitors to Fabled Antiques.



Our office will be closed Thanksgiving Day, Nov. 24th and Friday, Nov. 25th

EDITORIAL

HAPPY THANKSGIVING

Thanksgiving is a uniquely American holiday, tracing its roots back 400 years to the Pilgrims and Indigenous People, long before there was even a thought of a United States of America.

Thanksgiving is the ultimate family-centered holiday. It has no religious meaning, no national-celebration connotations, and no required gift-giving. It lacks the commercialism, religiosity, solemnity, and political overtones of all of our other national observances.

It is the only day on the calendar when we have no obligation other than to spend the day with those who mean the most to us. It asks nothing more from each of us (other than for the person who is doing all the cooking!) beyond just showing up and enjoying the company of our family and friends and then having a great meal.

Thanksgiving is a national celebration that serves to remind us how blessed we are at a time when circumstances are so cruel for so many others in a world in which there are more refugees than at any time since the end of World War II thanks to Russia's aggression in Ukraine.

Even amidst this time of turbulence in our own country, we all can agree that Thanksgiving makes us aware of how much we have to be thankful for. Despite our present trials and tribulations, Americans are remarkably fortunate to be in a country such as ours.

Thanksgiving serves as a rare day for relaxation, reflection, and, inevitably (at least for some of us) a post-dinner nap while watching a football game or an early night of sleep. In a time when so many of us are connected 24/7 to some instrument of communication, it truly is a relief to have a day when we can just shut it all off.

We wish all of our readers a happy -- and restful -- Thanksgiving.

THANK YOU, NANCY PELOSI

The announcement last week by House Speaker Nancy Pelosi that she will be stepping down from her leadership role in the Democratic caucus (although she will remain as a member of the House) marks an end to one of the most remarkable political careers in American history.

Nancy Pelosi first was elected to the House in 1987 in a special election after raising five children as a stay-at-home mom (which in itself is a remarkable feat!).

She soon rose to a leadership role among her Democratic colleagues for a simple reason: Nancy Pelosi was a lot smarter -- and more politically-savvy -- than any of them.

Her tenure as the first woman Speaker of the House in 2007 was groundbreaking and has paved the way for women to be accepted in the very upper-echelons of our government.

More than any other person, she was responsible for ensuring that the Affordable Care Act -- also known as Obamacare -- passed the House in 2010, a measure that has provided affordable health insurance for millions of Americans.

Despite being the object of what can only be described as hatred by her political opponents, Nancy Pelosi persevered with a determination that far outshone her political rivals and that made her the most successful and consequential Speaker of the House since the departure of Tip O'Neil in 1987.

Compared to both her Republican and Democratic counterparts of the recent past (think of lummoxes like Dennis Hastert, John Boehner, Jim Wright, and soon-to-be Speaker Kevin McCarthy), Nancy Pelosi has been a giant in American politics.

The vitriol engendered by her political opponents finally struck Pelosi personally when her husband of almost 60 years, Paul Pelosi, was attacked by a hammer-wielding assailant who broke into their home three weeks ago.

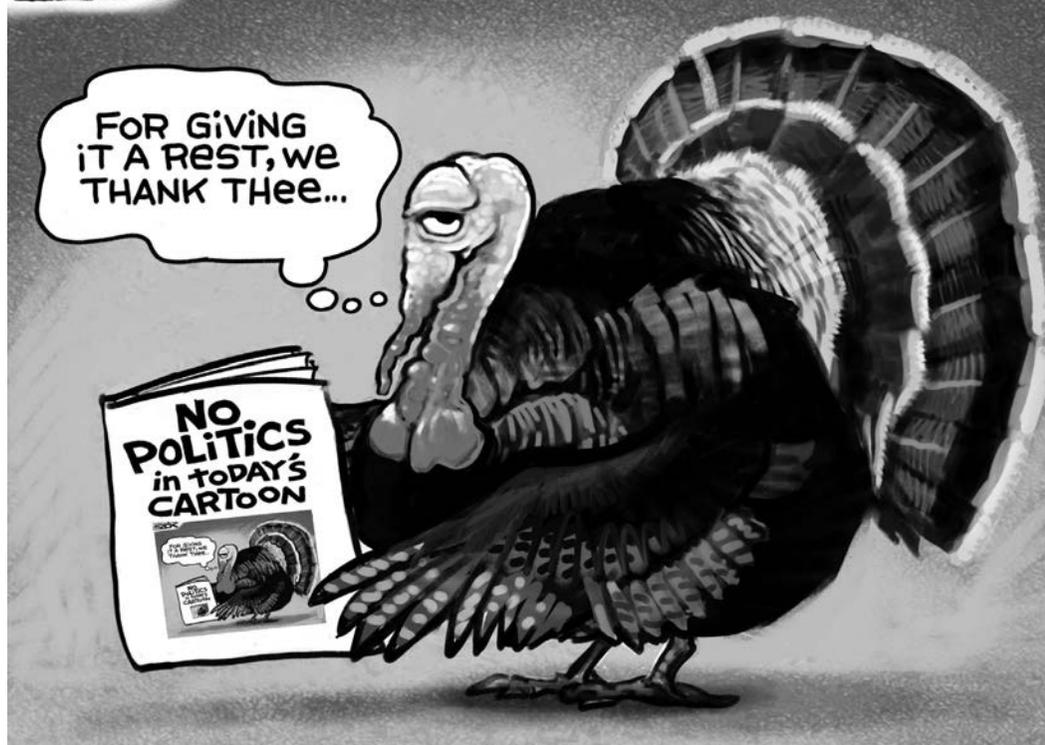
However, as she has throughout her entire life, Nancy Pelosi continues to move forward.

Despite all of her remarkable political accomplishments, the one moment that always will stand out for us is when she was caught on film in a bunker while the Trump-inspired rioters were rampaging through the Capitol on January 6

"I hope he (Trump) comes," the 80 year-old grandmother told her staff. "I want to punch him out.... I've been waiting for this...I'm gonna punch him out, and I'm gonna go to jail, and I'm gonna be happy."

That epitomizes Nancy Pelosi -- a tough and dedicated public servant who has devoted almost half of her 82 years in exemplary service to our country.

STAR TRIBUNE
SACK



GUEST OP-ED

Have Thanksgiving every day

By Dr. Glenn Mollette

Thanksgiving always comes and goes too fast. We often think, "We need more time to focus on the Thanksgiving holiday." For many, it seems that Thanksgiving gets sandwiched between Halloween and Christmas.

By late September, many of the stores and television commercials are focusing on Christmas.

The only way we can fix the "fast Thanksgiving" holiday is to make Thanksgiving celebration every day. We shouldn't wait until Thanksgiving to give thanks but give thanks every day.

A thankful heart is a healthier heart. Living in an attitude of Thanksgiving celebrates the gift of life and every opportunity to live life.

Many of us have dreaded the shorter days. Dark by 6 o'clock and soon by 5 or even 4:30 in some areas. I used to always dread that but my attitude has changed. I'm just happy to be alive to experience the changing seasons. Take advantage of these cooler, shorter days to get some rest. Longer days will be back soon and you can mow grass, work or walk until 9:00 or later every evening. Go with the flow and enjoy the differ-

ences.

I miss the Thanksgivings when my mom and dad were alive and mother cooked. If everyone got together, we could have 20 people in the house. This was a tiring time for my mother. Be sure to always praise the person carrying the cooking load.

Time passes quickly. Every day we should embrace the day. When you see someone, talk to someone, share a meal with someone then by all means embrace and savor the moment. Give thanks for all occasions that you have to

spend time with others whether family or friends.

Thanksgiving is not the same for many of us because there are empty seats at the table. We miss moms and dads who have left us for a better place. We miss wives, husbands, children, and siblings who have left this life too early. This makes us sad and dampens our spirits. Yet, look around and see the people who may not be here next year. There are no guarantees. Be kind, be loving. Say good words to them. Lift them up. It will make you feel better

(Op-Ed Pg. 3)

THE BEACON HILL TIMES

PRESIDENT/EDITOR: STEPHEN QUIGLEY

MARKETING DIRECTOR: DEBRA DIGREGORIO

(DEB@REVEREJOURNAL.COM)

ART DIRECTOR: SCOTT YATES

FOUNDING PUBLISHER: KAREN CORD TAYLOR

© 2007 INDEPENDENT NEWSPAPER GROUP

PHONE: 617-523-9490 • FAX: 781-485-1403

EMAIL: EDITOR@BEACONHILLTIMES.COM

WEB SITE: WWW.BEACONHILLTIMES.COM

ABCC kicks off 'Operation Safe Holidays'

To ensure safety for the citizens of Massachusetts, the Alcoholic Beverages Control Commission (ABCC) will be conducting alcohol enforcement operations at bars in major Massachusetts cities from Thanksgiving Eve through New Year's Eve.

The primary objective will be to prevent impaired driving and other alcohol-related harm during the holiday season, which is known for heavy alcohol consumption. The ABCC will focus enforcement efforts at bars identified as the last to sell alcohol to a convicted drunk driver.

"We want to make sure that everyone gets to enjoy the holidays

with family and friends while at the same time avoiding tragedy and staying safe," said State Treasurer Deborah B. Goldberg, who oversees the ABCC. "Vigilant enforcement and deterring bar owners from over-serving prevents problems before they happen and helps keep people safe."

The program is run in conjunction with the National Highway Traffic Safety Administration's (NHTSA) Impaired Driving Crackdown, from Thanksgiving Eve through New Year's Eve, and is funded through the Executive Office of Public Safety and Security - Highway Safety Division.

"The RMV supports this enforce-

ment work as safety on the roads is critical. Impairment impacts your ability to safely operate a motor vehicle. With December being National Drunk and Drugged Impaired Driving month, we encourage everyone attending holiday parties and social gatherings to have a plan for a designated driver or a rideshare service to bring them home. Be responsible and make the right decision to keep family, friends and other drivers, pedestrians, and bicyclists safe this holiday season," said Registrar of Motor Vehicles Colleen Ogilvie.

The ABCC will also be working with local police departments that have identified high-risk locations in their communities.

LETTER TO THE EDITOR

MOTORISTS ARE ILLEGALLY PASSING STOPPED SCHOOL BUSES AT EPIDEMIC LEVELS

Dear Editor,

According to the 2022 survey conducted by the National Association of State Directors of Pupil Transportation Services, America's motoring public are illegally passing school buses at "epidemic levels."

41.8 million violations throughout a 180-day school year, in fact.

Four Massachusetts children were struck by motorists who failed to stop for the bus in 2014, 2021 & 2022. Violations are increasing at an alarmingly rapid rate and motorists are not only endangering the lives of children, they are getting away with it.

It's the law to stop for a school bus on both sides of the road when the red lights are flashing. When the yellow lights flash, drivers need to slow down and prepare to stop.

This is one of the first rules of the road we learn in driving school. Children are taught and should be able to expect that cars will stop for them so they can safely get on or off the bus and also cross the street.

This is my child's first year taking the bus. I had no idea motorists were ignoring this law until I saw it for myself. I did some research and realized that unless you are driving a school bus, or actively involved in combating the problem, people have no idea how bad the situation is.

I also discovered there are multiple bills "concerning the safety of school children embarking and disembarking school buses" that can be found on MAlegislature.gov and that for 11 years, the Massachusetts State Legislature has failed to pass a bill that will authorize the use of a camera system to capture live video imaging of vehicles illegally passing the school bus and would therefore enforce the law by issuing a citation in the mail.

Red flashing lights and the extended stop sign indicate the school bus has stopped to let students on or off.

I've been researching this "bus stop-arm camera" program and learned that technology companies can provide the cameras and implement the program with no up-front cost to the state. Some are also finding that this type of video monitoring not only enforces the law but also reduces the number of repeat offenses by 98%. (STREETSBLOG 9/13/22).

"At least 24 states have school bus stop-arm camera laws," says the National Conference of State Legislatures.

Technology exists, our lawmakers are aware of the problem, they can amend existing laws to work around any obstacle and yet they continue to kick this can down the road.

I've heard privacy is a concern. Since when does the privacy of someone endangering children's lives outweigh protecting them?

I've been told that it takes a long time to pass a bill. While the clock is ticking, kids are getting

hit by cars and drivers are getting worse. How many kids need to get hurt or killed before anything is done?

Why isn't there a massive "Stop for the bus" or "Don't hit a kid" awareness campaign from the state? Is "minding the plows" more important than our children? Bus companies welcome the technology. Mark Healey, owner of Healey Bus Company says, "Keeping the kids safe is our number one priority. Every day we talk to our drivers about safety, we provide safety education classes regularly and we are doing everything that we are supposed to be doing to keep the children safe, but we need the public to do their part too."

This mom is doing her part. I am making some noise and talking to anyone who will listen. I also started an online petition urging the MA Legislature to pass the School Bus Stop-Arm Camera bill into law.

This is a no-brainer folks - put the cameras on the outside of the buses, issue citations and reduce the number of repeat violations - all with no upfront costs to the state and taxpayers - to save kid's lives.

To support this initiative, please visit <https://www.change.org/stop-schoolbuspassing>

To voice your support, call the leader in your district and urge them to pass the School Bus Stop-Arm Camera law. Their information can be found on <https://malegislature.gov/Legislators/Leadership>

Maria Scheri Peabody, MA

DUFFIELD'S NEW BOOK IS A HIT!



COURTESY OF UPSTAIRS DOWNSTAIRS HOME

Melissa (right) purchases Mark Duffield's new book, "AS I RECALL: Wings of Remembrance," for her favorite store dog, Olivia, at Upstairs Downstairs Home on Charles Street. Olivia agrees the book makes a wonderful Christmas gift. The book is on sale now and for the Beacon Hill Holiday stroll on Thursday Dec. 1, from 6-8 p.m., when Duffield will be on hand to sign copies.

OP-ED (from pg. 2)

to give thanks for people and to anoint them.

Jesus was anointed by Mary the sister of Martha before his arrest and crucifixion. Some criticized her for doing it but Jesus said she has prepared me for the burial. Let her alone he said she has done a good work. After Mary finished anointing Jesus' feet the house was filled with the smell of the ointment. When you love and are kind to people it always brings a better fragrance and atmosphere into the house. A part of this is showing Thanksgiving for them and toward them. Mary ended up with that ointment on her hands and in her hair. When you do good stuff

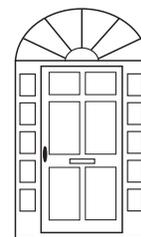
for people to honor them a lot of that good stuff comes back to you.

Have Thanksgiving every day. Give thanks, express thanks and live in a spirit of being thankful. Your attitude will make your day better and encourage others around you.

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

BREWSTER & BERKOWITZ REAL ESTATE

Sally Brewster
Betsey Barrett



Ron Berkowitz
Mary Dunlavey

121 Mt. Vernon Street • Boston, Massachusetts 02108
www.brewberk.com

Sales

617.367.0505

Rentals

A La Carte Massage celebrates 11 years

Staff Report

A La Carte Massage celebrates 11 years of being open since November 2011 as a multiple-establishment business and storefront on Beacon Hill at the corner of Joy and Myrtle streets.

Owned and run by Zoe Arguello, it's open Monday through Friday and on occasional weekends, offering professional massage services, essentials oil products, and a collection of services and artworks displayed in the gallery. A La Carte Massage services include various types of massage therapies from Swedish, deep tissue, Thai, and prenatal massage, and offers reflexology for achy sore feet, plantar fasciitis, massaging the entire foot and legs, to stimulate homeostasis of the body's natural healing energy and the nervous

system.

Zoe is a licensed Massage Therapist, LMT, certified reflexologist and herbalist, trained in spiritual studies and personal development in meditation and transformational mindset coaching. She is gifted and shares her skills with soothing massage, trigger points, to relax and give clients relief from chronic pain with her strong gentle hands, positive attitude, uplifting and calming healing energy.

You can find more information on the website ALaCarteMassage.com to book an appointment and view the services online by choosing the schedule now button. Zoe is grateful for the loyal, generous clients that keep coming back for massage and reflexology, and those who enjoy receiving massage in the beautiful and inspiring atmosphere.

BALCONY RAILINGS (from pg. 1)

nation came with provisos that the applicant instead explore the possibility of fabricating a gutter closer to the building's earlier profile before the installation of the scotia. If that's not feasible, the applicant would work with BHAC staff (Nick Armata) to find a gutter with a different profile for the reduced overhang. The matter would then be referred to staff for final approval.

The commission unanimously accepted as submitted an application for 94 Beacon St. to remediate the installation of a granite header above a single garage door, as well as for the installation of a new light fixture above the garage door.

The applicant said the header measures 14 inches tall by 6 inches thick, and is 10 feet, 8 inches long to cover the span of door of the garage located at the rear of the property on Beaver Place, while the new light fixture proposed was described as a Bevolo handmade French Quarter copper lantern.

The applicant said they needed to install the granite header initially to cover a portion of the garage where disrepaired bricks had been removed and "assumed the commission would be okay with it." The applicant offered to remove the header and replace it with the removed bricks, if that was what

the commission desired.

The commission had unanimously approved the replacement of the existing garage door on Beaver Place as part of an earlier application for 94 Beacon St. at its May 19 virtual public hearing, and the applicant said that work has since been done.

The determination came with the proviso that staff would visit the site to verify the dimensions of the granite header already in place there.

An application for 127 Mount Vernon St. to replace the exterior door in kind was scheduled, but the matter wasn't heard due to the applicant's failure to appear at the hearing.

Moreover, an application for 17 Louisburg Square to install a new EV charger, and to replace the exterior door in kind, was moved to administrative review because the applicant subsequently revised their application, according to Chair Mark Kiefer.

Another application for 103 Charles St. to install a new intercom was removed from the agenda by staff.

Besides Chair Kiefer, Vice Chair Arian Allen and Commissioners Ed Fleck, Annette Given, and Alice Richmond were on hand for the hearing.



The Cocoanut Grove Plaque on Piedmont St., in the Bay Village with the inscription "Phoenix out of the Ashes."

Remembering Bay Village's Cocoanut Grove 80 years later

By Times Staff

On Monday, November 28, at 3 PM, the Cocoanut Grove Memorial Committee will host an 80th Anniversary Remembrance Vigil at the site of the former nightclub, Piedmont Street and Cocoanut Grove Lane in the Bay Village neighborhood. A program of guest speakers will attend and several family members of both victims and survivors plan to attend. A reception will follow at the Revere Hotel's Liberty Hall and a presentation of "Six Locked Doors," a documentary will be shown.

The Cocoanut Grove nightclub opened in October 1927, and quickly became the top club in Boston, but with Prohibition followed by the Depression, the club lost its gleam. But with the end of Prohibition, the Cocoanut Grove rebounded and again was the leading place in Boston to go to for entertainment and fun.

On Saturday afternoon, November 28, 1942, Boston College, the undefeated and number one college football team in the country, played Holy Cross College at Fenway Park. The BC Eagles got swamped and lost, 55-12. Lots of BC fans canceled their reservations at the Cocoanut Grove, but it didn't stop people from heading to the Grove for a night of celebrating birthdays, anniversaries, wedding, and for departing soldiers to fight the War in Europe and the Pacific and this would be the last night to share a drink and a dance.

In the downstairs Melody Lounge, a sedate piano bar, a couple was getting romantic when the fellow removed a small light bulb that hung from a fake palm

tree causing some darkness. A teenage busboy tried to screw the bulb back in and struck a match to see the outlet. He blow the match out, but did a spark fly into the fake palm tree fons and start the fire? To this day, fire experts are not sure of the origins of the fire that took the lives of 490 patrons that night of November 28, 1942.

ON THE FILM

"SIX LOCKED DOORS"

"Six Locked Doors" is a 30 minute short documentary that chronologically tells the story of the events leading up to the fire at the nigh club. It features interviews with some of the eight remaining survivors as they re-tell the harrowing experience.

Later it goes into the lessons learned and how fire and safety codes have forever been changed from this single worst club fire in America.

Former Bay Village resident, Zachary Graves-Miller worked on this documentary for over four years

"That's when it really sparked my interest," said Graves-Miller. "It was only afterwards I thought this was a story. I saw it as an opportunity to show light on a tragedy in a city of Boston that has not been recognized...and I thought it as a way to tell the real story of the Cocoanut Grove."

Graves-Miller got to work interviewing the survivors willing to talk on camera and made numerous trips to the Boston Public Library searching through old microfilm looking for headlines in old newspapers and searching for photographs of the event.

He said after 75 years a lot of myths and rumors tend to spread,

and he wants to make sure his documentary is based off of facts and the experiences the few survivors have.

Graves-Miller said he really wants to use the film as a platform to be used as a teaching tool to prevent other large disasters like this happening again.

"As history tends to repeat itself, it's important to remember the past and from your mistakes," said Graves-Miller.

But unfortunately, these types of mistakes are still happening today. He pointed to the Station nightclub fire that happened in Warwick, Rhode Island that killed 100 people and injured over 200 in 2003 and the Colectiv nightclub fire in Romania that killed 64 in 2015.

"This one fire changed the course of history and how fire prevention is dealt with," said Graves-Miller.

He said it is responsible for the exit signs, the auxiliary doors next to revolving ones, and how doors have to swing out, and so much more that most people don't even notice.

"In my mind the story should not only be remembered but should be told because some of these mistakes are still happening," said Graves-Miller.

The film is an independently funded project. Graves-Miller hopes to get enough funding to do a feature-length documentary. To make a contribution and to learn more visit www.sixlockeddoors.com.

As a child growing up in the neighborhood he saw the plaque memorializing the fire on Pied-

(COCOANUT GROVE FIRE Pg. 9)



PHOTOS COURTESY OF FABLED ANTIQUES

Fabled Antiques celebrates reopening with customer Annie Lewis and sales associate Peggy Glynn.



A selection of American Impressionist paintings hang above a walnut sideboard stocked with antique barware at Fabled Antiques.



A 19th-century sawbuck table with a pair of 19th-century English copper lanterns at Fabled Antiques.

FABLED ANTIQUES (from pg. 1)

antique decanters and vintage barware, antique books, and interesting vintage items. This winter, Fabled Antiques will also be featuring a fine art exhibit highlighting the New England seasons.

“Our team here at Fabled Antiques is thrilled to be reopened

and welcoming customers once again on Charles Street!” said

Fabled Antiques proprietor, Rebecca Connolly Hackler. “We’ve spent the last six months traveling around the New England countryside, going antiquing and finding great pieces to offer. It’s all about the hunt! I love finding unique pieces that have style and a story. Although our Charles Street shop was temporarily closed, our flagship store, New Hampshire Antique Co-op, in Milford (N.H.), always keeps us very busy. In fact, it’s going on its 40th year in business! Our shops always have something for everyone—from vintage postcards and antique books to eighteenth-century desks

and American Impressionist paintings. Come visit and find that unique piece for your collection or a special gift.”

Fabled Antiques is located at 93

Charles St. on Beacon Hill in Boston. To learn more, follow Fabled Antiques on Facebook and Instagram @fabledantiques; or call the shop at 617-936-3008.

REAL PROPERTY ANALYSIS
 BOSTON PROPER APPRAISAL SERVICE .COM
 (508) 415-6814 (CELL/TEXT)

DAVE POUTRÉ FINE FRAMING

Tuesday-Saturday 10am-6pm
 82 Charles Street
 Boston, MA 02114
 617.723.7263
 dave@davepoutrefineframing.com
 www.davepoutrefineframing.com

MEET ME IN THE CITY

Make merry with your city's vibrant and diverse restaurants, shops, and events. Explore at allinclusivebos.com.

INCLUSIVE CITY of BOSTON

Urban Nutcracker

ANTHONY WILLIAMS' **DIVERSITY THROUGH DANCE**

DEC 17-23

BOCH CENTER SHUBERT THEATRE
 TICKETS AVAILABLE AT THE BOCH CENTER BOX OFFICE
 BOCHCENTER.ORG | 866.348.9738

BHCA HOSTS ANNUAL GARLAND & GREENS FUNDRAISER



Guests enjoyed taking chances on raffle items.

Photos by Marianne Salza

The Beacon Hill Civic Association (BHCA) held their annual Garlands & Greens fundraiser on November 16 at the Hampshire House. The event raised funds for the 27th Annual Beacon Hill Holiday Decorating, when neighbors gather to hang 2,860 yards of garland, and 2,400 bows on light posts for the winter season. Guests enjoyed raffles, cocktails, and carols performed by The Beacon Hill Jazz Quartet, and Jeremy Bell, the "Pinckney Piper."

"I love Garlands & Greens. I've been helping out since I moved here 22 years ago," said Kathy Judge, BHCA board member. "We're having extra fun tonight."

To volunteer for the Holiday Decorating on Saturday, December 3, 9am-dusk residents are encouraged to visit www.bhcivic.org, or by calling BHCA at (617) 227-1922.



Chris Quigley and Tom Kershaw.



Jeremy Bell, who played Christmas songs on his accordion in the entrance of the Hampshire House, and Lisa Macalaster.



Ivanka Heraskina and Patricia Tully, BHCA Executive Director.



Laura Cousineau, Owner of Upstairs Downstairs, and Sandra Gilpatrick, Beacon Hill Garden Club Vice President.



Janine Jay, BHCA Young Friends Chair, and Meredith Braunstein.

Your Neighbor and Real Estate Expert

Trust and accountability are the foundation of Wendy's career as a top-selling agent. Her in-depth knowledge of the market and extensive network provide Wendy's clients with a competitive advantage, and exceptional results.

Wendy Oleksiak
Vice President | REALTOR®
781.267.0400
WendyO@GibsonSIR.com



Each office is independently owned and operated.



Melanie Bertani, Jeremy Bell, and Patricia Tully.

BHCA HOSTS ANNUAL GARLAND & GREENS FUNDRAISER



Paige Walls, Melanie Bertani, and Courtney Colonese, BHCA members.



Mary Farrell, John Achatz, and Samantha Curtis.



Melissa Conover, Don Parslow, and George Gilpatrick.



John Martin, bartender at The Sevens, singing "Winter Wonderland," with ColeScott Rubin and Lisa Macalaster, of The Beacon Hill Jazz Quartet.



Dan and Karen Taylor speaking with Representative Jay Livingstone.

Gibson | Sotheby's
INTERNATIONAL REALTY

We are thankful.

TO OUR CLIENTS AND OUR COMMUNITY, WE WISH YOU WARMTH AND JOY THIS HOLIDAY SEASON.



FABLED ANTIQUES

FURNISHINGS, FINE ART, HOME DECOR & FAB FINDS

Now reopened!

Stop in and say hello!
We've been restocking with great items.

93 Charles Street | Boston, MA
617-936-3008

Follow us on Facebook & Instagram
@fabledantiques

Open Mon-Sat 11-6, Sun 12-5



Contact us for a complimentary home valuation.

Rebecca Davis Tulman & Leslie Singleton Adam
Rebecca: 617.510.5050 | Leslie: 617.901.3664
BeckyAndLeslie@GibsonSIR.com

Each Office is Independently Owned and Operated.

BAY VILLAGE NEIGHBORHOOD ASSOC. HOLDS CLEANUP



Blake Hammond offers her family team some donut fortification for the work they will take on.



Celaney Koponen enjoys chipping in to keep Bay Village scenic and clean.

Photos by Derek Kouyoumjian

The Bay Village Neighborhood Association organized their community's response to Mayor Wu's Fall cleanup initiative, Love Your Block. Neighborhood Services provided the tools, sweepers, and space needed through parking closures. Neighbors young and old joined together to sweep, rake, and clean the sidewalks, streets, and gutters of leaves and debris



Bay Village Neighborhood Association City Service Committee Co-Chairs Brian Boisvert and Ian Johnson (far right) with Jennifer and Jack Howell.



Joe Hawley joins in to clear the sidewalks of debris.



Kristina Lindsey (right) has her kids Bodhi and Crew on hand to help her get the streets clean.

We're Hiring!

- HOME HEALTH AIDES
- PERSONAL CARE ASSISTANTS
- RECREATION ASSISTANTS
- DRIVERS
- NURSES
- PHYSICAL THERAPIST
- RECREATION THERAPIST
- DIETARY AIDES

Join us in improving the lives of seniors in our community



- ✓ New Pay Rates
- ✓ Sign-on Bonuses
- ✓ Full Benefits Package

- Including:
- Medical and dental coverage
 - Life and disability insurance
 - 401(K) retirement plan
 - Educational assistance
 - Flexible spending and transportation accounts
 - Paid holidays, vacations, sick, and personal time
 - Free parking
- And much more...

Visit us at www.careers.ebnhc.org to learn about our fantastic benefits!

If you have questions, please call: 617-568-4480.



Leslie Colburn and Reed Whitman work together to consolidate the leaves for the street sweepers.



Luke Grillo forms a pile of leaves for the street sweepers' arrival.



Maya Crowley may be small in size but big in sweeping energy.

Boston Antiques & Lampshades

Custom Paper & fabric shades
Affordable Silk shades
Fine antiques And Jewelry

Looking to purchase one item to entire estates.

119 Charles Street
Boston
617-367-9000
BostonAntiques@yahoo.com



The City Of Boston had street sweepers on hand to finish off the piles of leaves and debris.

NEIGHBORHOOD ROUNDUP

BEACON HILL HOLIDAY STROLL RETURNS THURSDAY, DEC. 1

The Beacon Hill Business Association presents the annual Beacon Hill Holiday Stroll on Thursday, Dec. 1, from 6 to 9 p.m.

Pictures with Santa take place from 3 to 5 p.m. at Hill House at 127 Mt. Vernon St., followed by the tree lighting at 7 p.m. at Charles and Mt. Vernon streets.

Entertainment will be provided by the Back Bay Ringers, the Beacon Hill Village Carolers, the Brass Band, and the John Everett Band.

HILL HOUSE HOLIDAY TREE SALE AND PHOTOS WITH SANTA

Hill House is holding its annual holiday tree sale on Saturday, Dec. 3, from 10 a.m. to 4 p.m. at 127 Mt. Vernon St.

Also, Hill House will be offering photos with Santa before the Holiday Stroll on Thursday, Dec. 1, from 3:30 to 5:30 p.m. at 127 Mt. Vernon St.

HOLIDAY LIGHTING OF COMM. AVE. MALL SET FOR THURSDAY, DEC. 1

Mayor Michelle Wu; Ryan Woods, commissioner of Boston Parks and Recreation; Liz Vizza, president of the Friends of the

Public Garden; and Matt Sidman, a founding member of the Commonwealth Avenue Mall Enhancement Committee, will join together in welcoming the crowd at the Holiday Lights 2022 Ceremony on Thursday, Dec. 1, at 8 p.m. on the Commonwealth Avenue Mall at the intersection of Commonwealth Avenue and Arlington Street.

At 8:30 p.m., Mayor Wu will turn on the holiday lights for 2022. The Newbury Boston will be providing cocoa and cookies for the assembled crowd.

HOLIDAY HOUSE TOUR RETURNS ON SUNDAY, DEC. 11

The Nichols House Museum's Beacon Hill Holiday House Tour returns Sunday, Dec. 11, from noon to 4 p.m.

To purchase tickets, visit nicholshousemuseum.org/programs or call 617-227-6993.

VILNA SHUL'S FIFTH ANNUAL HANUKKAH A CAPPELLA CONCERT SET FOR SUNDAY, DEC. 11

The Vilna Shul, located at 18 Phillips St., presents its fifth annual Community-Wide Hanukkah A Cappella Concert on Sunday, Dec. 11, from 3 to 4:30 p.m.

The concert will feature Manginah from Brandeis, Berkalit from

Berklee College of Music, and Honorable Menschen, a post-collegiate group in Greater Boston, as well as guest performances by local middle and high school students.

This program is by and for the Boston Jewish community and their loved ones. College students, young professionals, and families of all ages are welcome.

This event will be in person and live streamed. Tickets are \$10 each or \$25 for families.

Visit <https://vilnashul.org/events/event/community-wide-hanukkah-a-cappella-concert> to register and for more information.

VIRTUAL PROGRAM EXPLORES LIVES OF DOMESTIC HELP AT THE NICHOLS HOUSE

The Nichols House Museum hosts "Uncovering Stories of Domestic Staff at 55 Mt. Vernon" - a virtual program on recent research into the individuals who lived and worked at the Nichols House - on Thursday, Dec. 15, at 6:30 p.m.

Hear about the lives of those who worked "downstairs" and lived on the top floor of the Nichols House at this virtual talk. Join us as we dive into the archives, local to national, and explore the narratives of a handful of these

individuals before, during, and after their employment by the Nichols family. Also, catch highlights of holiday seasons past.

This talk is presented by Nichols House Museum Visitor Services Representative and Suffolk University History student, Annaliese Arnsten. Annaliese spent the last 10 weeks diving into these histories to better share them with you. This project is a work in progress,

and the museum hopes to share even more with you in the months to come.

Tickets are \$6 for members and those on a tighter budget, \$12 for a general ticket, and \$18 for a supporter ticket. Registration is required through Eventbrite at <https://www.eventbrite.com/e/uncovering-stories-of-domestic-staff-at-55-mount-vernon-tickets-465890520087>.

SERVICE DIRECTORY

HISTORIC WOOD WINDOWS



1-800-239-7939

BEACON HILL SNOW REMOVAL FULLY INSURED

SHOVELING / VEHICLES
SALTING / SANDING
REDIENTIAL / COMMERCIAL
PLOWING

617.766.5123
BHSNOWBEGONE@GMAIL.COM

BEACON HILL PLUMBING AND HEATING

Meeting all your mechanical needs



24/7
emergency
service

617-723-3296

Geek For Hire

Computer consultant available for home or business.

SERVICES INCLUDE:

- PC support & networking of all types with focus on secure Internet access (wired & wireless).
- broadband router & firewall technology.
- virus detection/prevention.
- spam control & data security/recovery.



617-241-9664
617-515-2933

JOHN J. RECCA PAINTING

Interior/Exterior
Commercial/Residential

Fully Insured
Quality Work

Reasonable Rates
Free Estimates
reccapainting@hotmail.com
781-241-2454

ADVERTISE IN THE TIMES.

CALL

781-485-0588

COCOANUT GROVE FIRE (from pg. 4)

mont St. that for decades sat in front of an empty parking lot.

The plaque was installed at the 50th Anniversary and was dedicated by Mayor Ray Flynn.

After some controversy between the survivors and the Bay Village Neighborhood Association in the summer of 2016, the plaque was moved from its original location at 17 Piedmont St., the site of the revolving door where 40 people perished, to be adjacent to the Revere Hotel parking lot.

The move came after residents showed a concern about visitors congregating in front of the new luxury condominiums that now occupy the site of the empty lot.

"Since the plaque got moved it made me think it was more relevant than ever to do this documentary," said Graves-Miller.

But, his interest to tell the story through film stemmed from his experience at the 71st Anniversary celebrations that featured speakers from some of the survivors.

"That's when it really sparked my interest," said Graves-Miller. "It was only afterwards I thought this was a story. I saw it as an opportunity to show light on a tragedy in a city of Boston that has not been recognized...and I thought it as a way to tell the real story of the Coconut Grove."

Graves-Miller got to work interviewing the survivors willing to talk on camera and made numerous trips to the Boston Public Library searching through old microfilm looking for headlines in old newspapers and searching for photographs of the event.

He said that a lot of myths and rumors tend to spread and he wants to make sure his documentary is based off of facts and the experiences the few survivors have.

Graves-Miller said he really wants to use the film as a platform to be used as a teaching tool to prevent other large disasters like this happening again.

"As history tends to repeat

itself, it's important to remember the past and learn from your mistakes," said Graves-Miller.

But unfortunately, these types of mistakes are still happening today. He pointed to the Station nightclub fire that happened in Warwick, Rhode Island that killed 100 people and injured over 200 in 2003 and the Colectiv nightclub fire in Romania that killed 64 in 2015.

"This one fire changed the course of history and how fire prevention is dealt with," said Graves-Miller.

He said it is responsible for the exit signs, the auxiliary doors next to revolving ones, and how doors have to swing out, and so much more that most people don't even notice.

"In my mind the story should not only be remembered but should be told because some of these mistakes are still happening," said Graves-Miller.

Mayor Wu kicks off Vicinity Energy's Electrification Plans

Special to the Sun

Vicinity Energy, a decarbonization leader with the nation's largest portfolio of district energy systems, serving over 70 million square feet of building space across Boston and Cambridge, has officially kicked off its electrification plans with the deconstruction of a steam turbine at the Kendall Green Energy Cogeneration Facility. Vicinity will install an electric boiler in its place, marking a critical step in the company's Clean Energy Future commitment to reaching net zero carbon emissions across all its operations by 2050.

Boston's Mayor Michelle Wu commemorated the day at Vicinity's Kendall facility. Marking a crucial step toward a clean energy future for Boston and Cambridge, the deconstruction aligns with the Mayor's latest move to file a home rule petition to ban the use of fossil fuels for new buildings in Boston.

"It is remarkable to be able to say that Vicinity is the first energy company in the country to electrify its operations. That is a huge deal and one that will have ramifications for generations to come. For every gigantic natural gas boiler that's going to be decommissioned, for every new building that will use eSteam™, those are jobs created right here for our residents and our communities," said Boston mayor Michelle Wu. "It is clear that the work of ensuring our

planet remains livable is going to require all of us: every level of government, business, and community. We're very grateful that Vicinity's carbon-free eSteam product will power the leading industries we're already known for here in Greater Boston such as life sciences, healthcare, commercial real estate, and many more."

"With the installation of this electric boiler, we are enabling a seamless conversion to carbon-free eSteam for our customers, including innovative commercial building owners and developers like IQHQ," said Bill DiCroce, president and chief executive officer of Vicinity Energy. "This is game-changing for our communities and a prime example of what happens when government, the business community, and the energy sector work together and embrace the region's Green New Deal."

The electric boiler will enter service in 2024. At that time, the company will procure electricity from renewable, carbon-free energy sources such as wind, solar, and hydro to generate eSteam™, the first-ever carbon-free renewable energy product. IQHQ will be Vicinity's first customer to power the rapid decarbonization of its buildings in Boston's Fenway neighborhood: 109 Brookline and Fenway Center Phase 2 with carbon-free eSteam™.

"Today, we are excited to be



Mayor Michelle Wu takes a sledgehammer to an oil tank.

celebrating the installation of the electric boiler," said Jenny Whitson, director of sustainability & ESG at IQHQ. "By Vicinity taking this step to offer developers like us the opportunity to source electric steam generated by renewable energy, we are able to achieve our climate goals and carbon emission reduction targets for our projects."

Over the years, Vicinity has evolved as new, cleaner fuel sources have become commercially available. The company's predecessors burned coal to generate steam before migrating to oil, natural gas, and combined heat and power (CHP). Because district energy systems are agnostic to fuel type, they can quickly implement these new, more sustainable technologies and fuel sources. Electrification is the next crucial step to decarbonize

Boston and Cambridge at scale and ensure both municipalities meet their new energy standards and emission mandates.

The Kendall Green Energy Cogeneration Facility simultaneously produces thermal energy and electricity in one efficient process to serve approximately 75% of Vicinity's customers throughout the region. When the electric boilers begin service, all of these facilities will have access to carbon-free, renewable energy at once.

"Here in Kendall Square, a place known for global innovation, we are proud of Vicinity's contribution to urban decarbonization with eSteam," said Beth O'Neill Maloney, executive director at the Kendall Square Association. "Vicinity's electrification plans will help contribute to the

decarbonization of Cambridge and Boston without building-level changes. Vicinity is a global sustainability leader, charting a new path forward for district energy."

Vicinity is on track to fully electrify its steam generation in Boston-Cambridge and introduce other technological advancements into its operations, including industrial-scale heat pumps and molten salt thermal energy storage. The company's other locations across the country will undergo similar electrification processes in the coming years.

Click here to read more about eSteam™, district energy systems, and Vicinity's commitment to innovation and the environment.

Vicinity Energy is a clean energy company that owns and operates the nation's most extensive portfolio of district energy systems. Vicinity produces and distributes reliable, clean steam, hot water, and chilled water to over 230 million square feet of building space nationwide. Vicinity is committed to achieving net zero carbon across its portfolio by 2050. Vicinity continuously invests in its infrastructure and the latest technologies to accelerate the decarbonization of commercial and institutional buildings in city centers. To learn more, visit www.vicinityenergy.com or follow us on LinkedIn, Twitter, Instagram, or Facebook.

BPHC encourages precautions ahead of Thanksgiving

Staff Report

The Boston Public Health Commission (BPHC) today advised residents to stay vigilant to protect themselves from COVID-19 and other respiratory

illnesses such as flu and RSV when celebrating Thanksgiving, as gathering indoors and travel increases the likelihood of transmission.

Levels of COVID-19 virus in local wastewater are now at 404 RNA copies per mL, which is a 3.3% increase over the past 7 days and a 17.5% increase over the past 14 days. (Data through November 18). In addition, the 7-day total of new COVID-19 hospital admissions has increased by 44.1% over the past seven days and have held stable, increasing by 21.6%, over the last two weeks. (Data as of November 17). Boston's hospitals are straining to meet the influx of flu and RSV pediatric patients, and an increase in COVID-19 cases could put even more pressure on

our health care system, which is why BPHC urges residents to take appropriate precautions.

"As many people travel and spend time with family, we can reduce the risk of transmission of respiratory illnesses, like COVID-19, flu, and RSV," said Dr. Bisola Ojikutu, Commissioner of Public Health and Executive Director of the Boston Public Health Commission. "Staying up to date with COVID-19 vaccinations, getting a flu shot, wearing a well-fitted mask while traveling and testing for COVID-19 before gathering are important ways to protect yourself and your family and friends during this holiday season."

BPHC encourages residents to test for COVID-19 before gathering, stay home if you are sick or test positive for COVID-19, wear masks indoors and while traveling for added protection, keep windows open to promote proper air filtration, and spend as much time

outdoors as possible.

Proper hygiene practices like washing hands often, regularly disinfecting shared surfaces, and covering your mouth when coughing and sneezing are also effective for reducing the spread of COVID-19, RSV, and the flu.

If you plan on getting a PCR test, make sure to do so by Tuesday, November 22, to ensure you can get your results back in time.

COVID-19 vaccines, boosters and testing, as well as flu shots, are widely available throughout Boston. BPHC offers free, walk-in COVID-19 and flu services at multiple locations in the city. If you or anyone in your family tests positive for COVID-19 or flu, ask your doctor about getting treatment. Treatments for COVID-19 and flu are available for adults and children and can save lives.

For more information about where to find a COVID-19 vaccination or testing clinic near you, visit boston.gov/covid19.

WINNER OF PENN & TELLER FOOL US
ILLUSIONIST IVAN AMODEI

AT BOSTON PARK PLAZA



HAVE A MAGICAL HOLIDAY

DEC 27TH, 28TH, 29TH, 30TH

TIXS: 866-811-4111

WWW.IVANAMODEI.COM

Real Estate Transfers

BUYER 1	SELLER 1	ADDRESS	PRICE
BACK BAY			
Tallas, Peter	Boyd 3rd, Frederick C	177 Beacon St #1	\$2,365,000
3939 SGG LLC	Catherine RT	393 Beacon St	\$8,000,000
3939 SGG LLC	Catherine RT	395 Beacon St	\$8,000,000
50 Comm Ave Unit 602 LLC	Joullian, Edward	50 Commonwealth Ave #602	\$2,100,000
KMG 912 Beacon Street LLC	912 Beacon Street LLC	912-912A Beacon St	\$3,175,000
Shahbo, Khaled	Odonoghue, Michelle L	338 Commonwealth Ave #5	\$2,100,000
Gildea, Sam C	Gildea, James	466 Commonwealth Ave #707	\$360,000
BEACON HILL			
Pierce, Lisa P	Hessler, Elizabeth	1-3 Chestnut St #4B	\$1,126,300
Ghosh, Partha S	Chung S Adams RET	2 Hawthorne Pl #5K	\$370,000
Quinn, Thomas J	Maple, Corey D	61 Phillips St #1	\$495,000
BAY VILLAGE/SOUTH END/KENMORE			
Heritage 905 RT	Glauber, Barbara	300 Boylston St #905	\$4,350,000
Yang, Frank S	FPG Lagrange Owner 1	55 Lagrange St #306	\$595,000
Khandelwal, Yogesh	FPG Lagrange Owner 1	55 Lagrange St #508	\$739,000
Moskowitz-Rogoff, Janie S	F A Ingari Jr 2015 T	400 Stuart St #17G	\$1,032,500
230 NT	230 Tremont Street RT	230-230A Tremont St	\$2,140,000
Livingston, Mark	Dinan, Jody G	8 Yarmouth St #2	\$1,065,000
Pickmann, Julissa I	Lattari, Michael	33 Bay State Rd #5	\$770,000
10 Concord3 LLC	Mclaughlin, Abraham	10 Concord Sq #3	\$1,500,000
Wittleb, Kimberly	Gong, Yi	100 Lovejoy Wharf #5L	\$668,000
Wang, Dakuo	Fried, Matthew E	470 Massachusetts Ave #1	\$1,150,000
Murphy, Gordon T	Sanders, Rachel J	291 Shawmut Ave #2	\$908,000
Sierra, Michael	White, John D	37 W Newton St #1	\$740,000
Rand, Tyler P	Hayden, Marcia C	16 Worcester Sq #5	\$1,200,000
WATERFRONT/DOWNTOWN			
Barkley Development LLC	70 Hundred Corp	2 Avery St #PH3C	\$4,585,000
Cushman, Gibson S	Bagheri, Behrouz	85 E India Row #18D	\$600,000
Kao, Robin	Sawyer, Joseph P	210-216 Lincoln St #401	\$1,038,000
Ordorica-Wiener, Pablo	Mary M Tse RET	580 Washington St #1007	\$1,300,000

Attention to Detail

PHOTOS AND TEXT BY PENNY CHERUBINO

THIS WEEK'S ANSWER



The window in the last clue is on 114 Mount Vernon Street. This was once home to Louis Dembitz Brandeis, legal scholar and associate justice on the United States Supreme Court from 1916 to 1939. Brandeis University was named in his honor.

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

Virtual Flower Arranging Workshop to benefit the Hurley K-8 School

Staff Report

Looking for a fun holiday activity you can do from home with friends and family? Please consid-

er a virtual flower arranging workshop to benefit the Hurley K-8 School! Each ticket includes fresh flowers, floral foam and a wood-

en vase delivered to your door one to two days before the event. Throughout the virtual workshop, floral artists from Alice's Table will guide you step-by-step to create a sparkling centerpiece, just in time for the holidays! Last day to register is November 23, 2022.

The Holiday Flower Arranging Workshop to Benefit the Hurley K-8 School will be held on Wednesday, December 14, at 7:00 pm

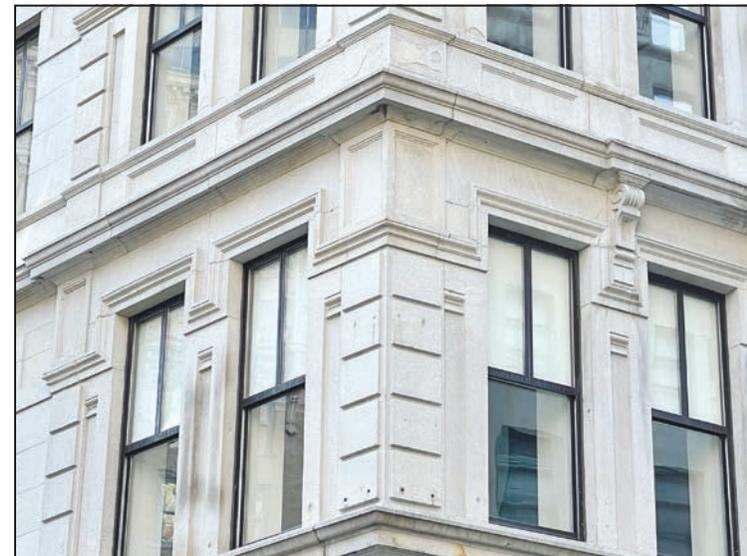
The cost per ticket is \$125/ticket

Virtual. Supplies and weblink will be shared 1-2 days before the event

Registration: <https://www.biddingforgood.com/auction/event/event.action?auction-id=341700523>



THIS WEEK'S CLUE



FRESH AND LOCAL

The Mushroom Stretch

By Penny & Ed Cherubino

Don't be surprised to see new products in the ground meat section of supermarkets. With rising meat prices and more people choosing to consume less meat, big producers are fabricating blends of ground meat with fillers.

Locally, you may find a blend of ground beef and mushrooms under the house brand Signature. In the UK, the supermarket chain Tesco has a blend of carrot, butternut squash and onion.

Yes, this is a good idea. For years we've added minced vegetables to improve the nutrition in dishes like chili, tacos, and meat pies. We're convinced you can do a better job of stretching your meat in your kitchen than can be done in a factory.

Let's Talk Mushrooms

There are good reasons to stretch the ground meat you use with an umami-rich filler like mushrooms. The Baby Bella mushrooms we used to make a recent batch of chili were less than half the price per pound as the beef.

The chili is lighter and easier to digest.

The factories are selling their blends by the pound, and the water in the mushrooms adds weight. We take steps to remove that water. Anyone who's seen Julia Child prepare mushroom duxelles for beef Wellington will wonder at our suggestion that you begin this way.

However, we don't want to create a mushroom paste. We want slightly browned and tasty mushroom mince. With a different cooking method, you can skip many of the steps she used to remove water.

Just as Julia did later in life, Penny might break out the food processor to prep a large batch of mushroom bits for freezing. However, for a single pot of chili, she'll hand-chop mushrooms.

In his book, the Food Lab, Kenji Alt-Lopes recommends roasting mushrooms. "Unlike other vegetables, where the goal is to minimize the amount of time they spend in the oven, when roasting mushrooms, you want to leave them in until nearly all their moisture is driven out so that they can brown properly."

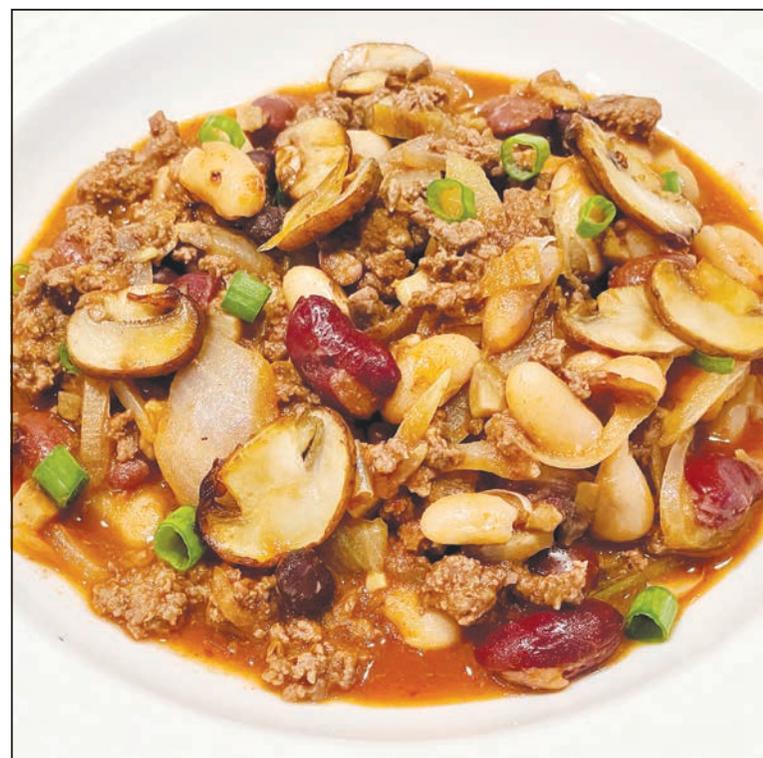
Jamie Oliver is a proponent of dry-sautéing mushrooms. You simply put sliced mushrooms in a dry pan and keep an eye on them as they release their water. Then you toss or turn them as they brown after the liquid evaporates. Both of these methods mean less butter or oil added to your final product.

Nutrition

Harvard's Chan School of Public Health provides information on mushroom nutrition. "All varieties of mushrooms are low in calories and fat and contain modest amounts of fiber and various nutrients. Perhaps the more interesting properties of mushrooms are their non-nutritive plant substances—polysaccharides, indoles, polyphenols, and carotenoids in which cell and animal studies have shown antioxidant, anti-inflammatory, and anticancer effects." They are a source of: B vitamins, Phosphorus, Vitamin D, Selenium, Copper, and Potassium.

Using the Blend

We've found you don't notice the mushrooms in dishes like chili,



This chili was made with a fifty-fifty blend of ground beef and nicely browned, chopped mushrooms.

tacos, meat pies, or pasta sauce. Of course, this depends on the percentage of mushrooms in the blend. The industry group, The Mushroom Council suggests the following percentages for specific uses: for burgers, a 25% mushroom to 75% meat; for tacos, burritos, or sloppy joes, a 50-50% ratio; and for chilis and meat sauces 75% mushroom to 25% meat.

The bottom line for us is that a well-prepared mushroom blend is a winner. It is good for our health, our budget, and as a great source of umami, gives a boost to the savory essence of our meal.

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

UPSTAIRS
DOWNSTAIRS
HOME

Holiday Stroll
Thursday, December 1st - 6-8pm

69 CHARLES ST., BOSTON MA, 02114 | 617-367-1950

LAURAUPSTAIRSDOWNSTAIRS@GMAIL.COM  UPSTAIRSDOWNSTAIRSANTIQUES