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## To repair or replace: that is the question

### Task Force to review options for aging high school



Photo courtesy of the Maguire Group

A recent engineering study found the high school building in need of extensive repairs.

By Elizabeth Sheeran

Those who envision a new high school building in Somerville's future could be one step closer to getting their wish. The mayor last week formed a task force to look at long-term possibilities for Somerville High School facilities, and all options are on the table.

An engineering study earlier this year found the current structure needed millions of dollars in repairs just to stay viable, and that was before Hurricane Sandy came along and caused extensive damage to the aging building, shutting down parts of the school indefinitely. The Somerville High School Building Task Force will weigh alternatives that range from costing out repairs to scouting out sites for a relocated campus.

In announcing the task force, Mayor Joseph Curtatone said respect for the building's past has to be balanced against a responsibility to students' futures. "As a graduate of Somerville High, I share the appreciation that many residents feel for this historically significant building, but I also want to make sure that all our facilities can provide the

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## Native son branches into authorship

### 'The Adventures of Charlie Bubbles' hits the bookshelves

By Jim Clark

Somerville born and raised actor Paul Carafotes is no stranger to the creative process. His highly successful career in film and television has led him down many paths in the entertainment industry. His latest endeavor, however, breaks new ground for him as he offers up a children's book, *The Adventures of Charlie Bubbles*.

"It's a very sweet story about a boy who can blow bubbles that transport him into and out of trouble," Carafotes explains. "It has to do with friendship and what friendship means. It asks 'what's the cost, what's the price of friendship?' That's really what it's all about."

"The boy goes on a magical bubble ride," says the author. "He goes out into the world and meets different animals and a wonderful character by the name of Paulie Pumpkin, who is actually a squirrel. He also meets an old discarded teddy bear and together they help Charlie find his way home."

Continued on page 15



Photo courtesy of Paul Carafotes

Meet Charlie Bubbles - the book, that is, as actor/author Paul Carafotes brings a fantasy world to life.

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# NEWTALK

Thursday night, December 6 is the monthly After Business Hours for the Somerville Chamber of Commerce. This month it's at the Center for the Arts at the Armory, 191 Highland Avenue, 5-7 p.m. Free appetizers, excellent networking, free business card drawing, and cash bar. Guests are welcome to bring unwrapped Toys of Local Children. RSVP to [smackey@somervillechamber.org](mailto:smackey@somervillechamber.org)

\*\*\*\*\*

The Ward 4 ResiStat meeting is tonight, Wednesday, December 5, 7-8:30 p.m. at Healey School cafeteria, 5 Meacham St. For more information, visit <http://somervilleresistat.blogspot.com> and click the "Meetings" tab. Or contact Denise Taylor at [dtaylor@somervillema.gov](mailto:dtaylor@somervillema.gov) or 617-625-6600 x 2103.

\*\*\*\*\*

The 2012 Holiday Events have been announced. The city's annual Christmas Tree Lighting Ceremony will take place Thursday, December 6 at 5:30 p.m. on the City Hall Concourse, followed by a meet and greet with Santa Claus in the Somerville High School Highlander Café (atrium entrance). For the first time, this event will also include a ceremonial lighting of a Hanukkah Menorah, which will remain on the concourse throughout the season. The Christmas tree lighting ceremony will feature musical entertainment by the Somerville High School Band; the SHS Chorus and the Somerville Community Chorus; and El Sistema Somerville, the city's new youth orchestra based on the international model. Special guest Santa Claus will be escorted by the Somerville Fire Department for the ceremony and will be available for photos following the tree lighting. All children attending the ceremony will also receive a gift from Santa.

\*\*\*\*\*

Our condolences to the family here in Somerville of Margaret Johansen, who passed away over the weekend. Margaret, known as Peggy to her many friends, was

*Continued on page 8*

## TheSomervilleNews.com Comments of the Week

### Response to *Alternatives urged for Beacon St. 'cycletrak'*

Akpelo says:

I hope the city has the courage to do the cycle tracks– That said it would be best to switch the side of the street that the tracks are on so that the side of the tracks with the least amount of total parking keeps it's parking– this would be the other side from Star Market.

Jeff says:

".. poorly designed roadways that weren't built with bicyclists in mind way back when.." They were likely built with horse and buggy and bicycles in mind. Most Somerville roads were in place long before the automobile took over. Look up the "Good Roads" movement – roads were initially paved for bicycles.

Sergio Reyes says:

I am a Beacon Street resident and don't appreciate the street parking elimination. As it is now is a hassle with street sweeping Tuesdays on the odd side and Thursdays on the even side. Then when there is snow emergencies, the even side must be vacated. No business except the Star market has its own parking. The two hour parking seems to work fine for non-residents who conduct business in the area. In the end what is at stake is a large amount of money coming from the feds. The city wants to do something "different" to impress the feds and in passing benefit contractors and subcontractors. Why didn't they do the same in Somerville Ave?

MarketMan says:

Boston Kate: One of the reasons the automobile took over was because of car companies paying lobbyists to push for policies that went against public transit. Somerville is an example. So is LA. Once you have cities and towns that are car dependent, then of course most people want to use a car. Public transit in those environments are inconvenient. In cities where there is good public transit, most people probably prefer to use public transit over cars. ie, The preference depends on what infrastructure is available.

Log onto [TheSomervilleNews.com](http://TheSomervilleNews.com) to leave your own comments

## TheSomervilleNews.com poll of the week

In addition to breaking news, sports and opinion, TheSomervilleNews.com also features a daily poll in which you, the reader, tell us where you come down on local issues. Last week's poll concerned your views on whether or not you are in favor of expanding the state's existing bottle bill to add deposits on bottles of water, ice tea, juice and sports drinks. If you don't agree with the results, simply log onto TheSomervilleNews.com.

Are you in favor of expanding the state's existing bottle bill to add deposits on bottles of water, ice tea, juice and sports drinks?



THE SomervilleNews

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# 'Art Inspired by Fiber' at the NAVE Gallery

By Margaret Ryan

**THREADS BARED:** *Art Inspired by Fiber*, currently featured at the NAVE Gallery, exposes the creativity and edginess of contemporary fiber art. There is little in the way of traditional handcrafts in this exhibit. Instead, Somerville curator Tori Costa puts together a show that challenges the viewer to redefine fiber as a medium for making art.

The NAVE Gallery is entered through the lobby of the Clarendon Hill Presbyterian Church. A step through the building's red doors places one inside of *Storm Yarn Not Bombs* by Pearl K. Nit. The 60s meet 2012 with the theme of peace in bright colors, yarn flowers, a wide eyed flower child and a peace sign.

Inside the NAVE, one is startled by fiber art making use of pine cones, driftwood, chairs, twigs, toothpicks, seeds, metal, plastic bags, table cloths, string, wire and more. Each piece provides multiple nooks and crannies to contemplate. An initial view is the entrance into a labyrinth of common and not so familiar fibers used in non-traditional ways.

V Van Sant of Somerville invites all to step up to the empath altar. She envisions her altar installations as "creations that form over time in a post apocalyptic future. Man made and for man, not gods." The eyes on the wrapped altar libations bottles "keep a watch over us with their mournful stares, hoping for change."

The north wall of the gallery displays the art of Ellen Solari and Susan Meier. Ellen's lacy vessels are made of twigs, yarn, wire and dried flower pods. They project from the wall and rest on a pedestal ready to engulf any insect in their path. Ellen states, "Working with my hands is central to my artistic expression. The tactile experience of manipulating materials is what makes creating so compelling to me." Susan's *Yellow Door* displays comfortably among the nature vessels. It is made of distressed pulp painted on burlap with machine stitching.

*Yellow Door* is subtle. The door itself appears as a ghostly shape in the upper left corner above a ladder or path of unpainted black burlap rectangles. What lies behind that yellow door?

Boston artist, Ruth Daniels exhibits three meditative pieces made of wood, toothpicks, thread, pigmented polymer medium and charcoal. She describes her creative process: "I begin this work with a single shaped piece of wood upon which additional layers of wood are added. Parts of this structure are transformed into a loom with varying heights of toothpicks. The repetitive motion of weaving reflects the rhythm of a daily routine. Altering the shape of the single piece of wood is a metaphor which exemplifies there is more than one way to perceive life's events and how one morphs through growth and experiences."

On display to the right of Daniels' art is *Archeological Remnants: Discarded Book* by North Carolina artist Rebecca Aranyi. It incorporates background shades of pinks, grays, coral, mauves, orange and rust that mimic colors used by Daniels. The grouping of Ruth's small works with Rebecca's archeological piece creates a gallery wall filled with detail and subtleties.

The color red shouts a presence in this exhibit. It is central in the knotted threads of *Fruition* by Kathleen Kneeland. It then weaves in and through the ceiling to floor tower of crocheted plastic bags by Somerville artist, Susan Berstler. Stepping inside the tower of color one feels surrounded by European stained glass church windows. From there the color red splashes and runs along the gallery south wall in Merrill Comeau's *Fragments of Eden*. It creates a sense of July heat among the pictorial and color references to the four seasons. Red then bounces off the fiery hand knit steel wire sculpture *Heart of Fire* by Amy Pett to finally rest upon the pleasing grid of hand woven red wools with a red watercolor center, created by Charlotte Noruzi of New York City.

Then there is the draping fiber



Photo by Margaret Ryan

Jodi Colella's *Tweeter* is but one of many works of art on exhibit at the NAVE Gallery. Turn to pages 12-13 for more pictures.

art by Melissa Glick and by Lauren O'Neal. Across the room from each other these pieces challenge one to step gingerly in and around each while they cast a change of shadows on floor and wall. Each piece asks the viewer to contemplate the juxtaposition of soft drape and hard metal surfaces.

Not to be ignored is the very alive, squirmy piece *Book Bundle #1* by Stacey Piwinski. This fiber art attracts and repels.

What are these little creatures tucked, spiraled and twisted in and around, touching and not touching, each other? It appears that thirty-eight little paper beings are corralled against their will in the fenceless yet defined frame of the dark colored substructure. Given a bit more room each one would stretch and re-create a new shape of personal distinction. However, each is bound by thread and twine forever held in a contorted posi-

tion. I have an urge to cut them free and then run for the hills.

To the right of the squirmy creatures is Jodi Colella's *Tweeter*, a piece of driftwood wrapped in fabric, wire, paper and steel wool supported by an abstract rusty metal stand. *Tweeter* projects stillness while overlooking the whole exhibit with a sense of power and regal-ness. Ms. Colella also exhibits *Betwixt*. The two pines cones are elegantly clothed in muted

*Continued on page 12*



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# THE WEEK IN CRIME

By Jim Clark

## Unarmed robber foiled by phone

Police responded to a reported robbery occurring at 532 Medford St. last Sunday evening.

The alleged victim, a driver for Green Cab in Somerville, reportedly told police that he had picked up a fare at Franklin and pearl Streets and proceeded to the passenger's requested desti-

nation in Medford.

While on the way, the suspect reportedly asked the driver, "So, did you make a lot of money today?" The cabby said he told the man that he had not.

While the cab was stopped at a red light at Medford St. and Broadway, the passenger

grabbed the driver's neck from behind and demanded money, according to the alleged victim.

The driver refused to give the man any cash so he reportedly left on foot, heading into Medford, without paying the driver the fare he owed, according to the cabby.

Police units in the area were alerted and given a description of the suspect, who was soon found and placed into custody. The cab driver made a positive show-up identification and the suspect, Peter McCafferty, 51, of Medford, was taken to the police station and charged with un-

armed robbery.

During booking, police dialed a phone number provided by the cab company that was reportedly from the phone that was used to order the cab in question. According to reports, McCafferty's phone began ringing as it sat on the police station's booking counter.

## Shoplifting incident leads to heroin bust

A reported shoplifting incident brought police to the Sports Authority store on Middlesex Ave. last week.

Responding officers were told by the store's loss prevention personnel that a woman, later identified as Jean Larosa, 56, had been spotted placing articles of clothing from the store

into a bag and that she attempted to leave the store without paying. She was detained by security and held until police arrived.

While searching Larosa's purse for more possible stolen items, police reportedly found a small plastic bag containing a brown powdery substance that they be-

lieved was heroin.

Larosa was placed under arrest and charged with larceny over \$250 and possession of a class A drug, and on warrant charges of shoplifting by concealing merchandise, unlicensed operation of a motor vehicle, and motor vehicle lights violation.

## Mistaken identity for man and car

Police stopped a car last Friday because a Massachusetts license plate was improperly displayed in the rear window of the vehicle. Additionally, a Connecticut plate showed on the rear bumper of the car.

The driver of the car told police that his name was Anthony Swisher and that he had no driver's license or other I.D.

When asked why both Massachusetts and Connecticut plates were on the car, the female passenger in the car reportedly told

police that the car belonged to her mother and was recently registered in Massachusetts.

The driver was asked out of the car and queried as to any contraband he might have. He reportedly turned over a small amount of marijuana.

The driver was taken into custody, charged with driving without a license. A fingerprint match-up identified the man as Anthony Cantinella, 21, of Worcester. He faces numerous additional charges.

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## SOMERVILLE POLICE CRIME LOG

### Arrests:

**James Mento**, 33, of 20 Wyman St., Lynn, November 26, 2:01 p.m., arrested at 775 McGrath Hwy. on warrant charges of possession of a burglarious instrument, daytime felony breaking and entering of a boat or vehicle, and violation of city ordinance possession of a dangerous weapon.

**John Ahern**, 60, of 20 Everett Ave., November 26, 5:22 p.m., arrested at home on a warrant charge of statutory rape of a child.

**Jean Larosa**, 56, of 10 Sewall St., November 26, 6:11 p.m., arrested at 133 Middlesex Ave. on charges of larceny over \$250 and possession of a class A drug, and on warrant charges of shoplifting by concealing merchandise, unlicensed operation of a motor vehicle, and motor vehicle lights violation.

**A juvenile**, November 27, 12:48 p.m., arrested at 220 Washington St. on a charge of nighttime breaking and entering of a boat or vehicle.

**Tyron Morris**, 27, of 125 Alewife Brook Pkwy., November 29, 10:48 a.m., arrested at 125B Alewife Brook Pkwy. on

warrant charges of abuse prevention order violation, threat to commit a crime, and assault and battery.

**Calvin Tull**, 56, of 28 Governor Winthrop Rd., November 29, 11:00 a.m., arrested at home on a charge of assault and battery.

**Wendy Claiborne**, 34, November 29, 6:56 p.m., arrested at 337 Broadway on a charge of motor vehicle operator giving a false name.

**Anthony Cantinella**, 21, of 32 William St., Worcester, November 30, 1:17 a.m., arrested at 71 College Ave. on charges of furnishing a false name or Social Security number and unlicensed operation of a motor vehicle, and on warrant charges of assault with a dangerous weapon, threat to commit a crime, larceny over \$250, assault and battery with a dangerous weapon, and felony daytime breaking and entering.

**Israel Martinez**, 35, of 61 Linden St., November 30, 4:39 p.m., arrested at 223 Washington St. on a charge of drug possession to distribute.

**Lori Escolas**, 36, of 40 North Spencer Rd., Spencer, November 30, 6:13 p.m., arrested at

Akadia Pk. on a charge of operating a motor vehicle under the influence of liquor.

**Felipe Pablo-Jeronimo**, 45, of 181 Webster Ave., Chelsea, November 30, 8:51 p.m., arrested at 171 Broadway on a charge of operating a motor vehicle under the influence of liquor.

**Jeffrey Lightfoot-Daniel**, 28, of 29 Hollis St., Randolph, December 1, 1:42 a.m., arrested at Bonner Ave. on a charge of operating a motor vehicle under the influence of liquor.

**Andrew Herbert-Johnson**, 27, of 101 Fifer Ln., Lexington, December 1, 1:14 p.m., arrested at 31 Hamlet St. on warrant charges of operating a motor vehicle with a suspended registration and operating a motor vehicle with a suspended license.

**Paul Simons**, 58, of 68 Pearson, December 2, 7:41 p.m., arrested at home on a charge of assault and battery.

**Peter McCafferty**, 51, of 10 Windsor Rd., Medford, December 2, 11:19 p.m., arrested at 532 Medford St. on a charge of unarmed robbery.

### Incidents:

### Theft:

November 27, 11:17 a.m., police reported a theft at Burnham St.

November 28, 7:58 p.m., police reported a theft at Douglas Ave.

November 29, 6:11 a.m., police reported a theft at 4 College Ave.

November 30, 3:38 a.m., police reported a theft at Derby St.

December 1, 10:53 a.m., police reported a theft at Mytle St.

### Robbery:

November 29, 1:03 a.m., police reported a robbery at 24 Union Sq.

December 2, 7:28 p.m., police reported a robbery at Sycamore St.

December 2, 11:19 p.m., police reported a robbery at 532 Medford St.

### Breaking & Entering:

November 27, 6:21 p.m., police reported a breaking & entering at Lincoln St.

November 28, 10:04 p.m., police reported a breaking & entering at 145 Elm St.

November 29, 7:16 p.m., police reported a breaking & en-

tering at Ibbetson St.

December 2, 1:21 a.m., police reported a breaking & entering at Belmont St.

### Vehicle Theft:

November 27, 11:15 a.m., police reported a vehicle theft at Washington St.

November 27, 11:17 a.m., police reported a vehicle theft at Washington St.

November 27, 11:18 a.m., police reported a vehicle theft at Washington St.

November 27, 11:19 a.m., police reported a vehicle theft at Washington St.

### Assault:

November 27, 11:23 a.m., police reported an assault at Washington St.

November 29, 11:00 a.m., police reported an assault at Gov. Winthrop Rd.

November 30, 7:26 p.m., police reported an assault at Walnut Rd.

December 2, 7:41 p.m., police reported an assault at Pearson Rd.

### Drug Violation:

November 30, 4:39 p.m., police reported a drug violation at 223 Washington St.



## Former Winter Hill leader arraigned for alleged extortion

Two men were arraigned Tuesday in connection with their involvement in an extortion scheme, Middlesex District Attorney Gerry Leone informed the public.

Howard Winter, aka "Howie", 83, of Millbury and James Melvin, 70, of Braintree, were arraigned in Middlesex Superior Court on charges of extortion (two counts) and conspiracy to commit extortion. Winter and Melvin are accused of engaging in a months-long conspiracy to extort cash from two businessmen.

During the arraignment, Middlesex Superior Court Clerk Magistrate Michael Sullivan released the defendants on \$25,000 cash bail with conditions to have no contact and stay away from the victims.

The next court date for both defendants is December 18 at 2 p.m. for a motion hearing.

The investigation, conducted by Massachusetts State Police and attorneys from the Middlesex District Attorney's PACT Unit, uncovered activities in which individual and collective attempts were made to extort \$35,000 each from two victims.

According to authorities, around November 2011, the two victims, who are businessmen, made a series of loans to an attorney, who subsequently had difficulty repaying the loans. Beginning in or about February 2012, the victims began receiving phone calls from unknown males requesting a meeting to discuss the status of their loans to the attorney. As a result of receiving these telephone calls, one of the victims went to the Sons of Italy hall in Medford, where he was introduced to two individuals, one of whom he later identified as defendant Winter. During this meeting, Winter

spoke knowledgeably about the victim's outstanding loans to the attorney. Winter then informed the victim that he and the second victim would have to pay tens of thousands of dollars to Winter because they had engaged in loan transactions without first receiving the consent or permission of unidentified people in the North End section of Boston. The victim understood Winter's reference to the North End to mean organized crime. It is alleged that, following this meeting and for several weeks after, both victims received threatening phone calls from the defendant Melvin, who was acting in concert and in agreement with Winter. The victims, fearful for their safety and the safety of their families, contacted law enforcement in early March.

It is alleged that, in furtherance of the conspiracy, Melvin requested that both victims meet him and Winter again at the Sons of Italy hall in Medford in March. It is alleged that at this meeting, which was audio recorded by State Police, Winter and Melvin demanded the two victims each pay Winter \$35,000 in cash. When one of the victims asked who Winter was and why he was involved in their loan transactions, it is alleged that Winter responded "There's no one in the (expletive) country that don't know who I am...when you tell me you don't know who I am, you're full of (expletive). There's nobody that don't (expletive) know me. I wish they didn't know me, OK?" referring to the long and well-known organized crime and violent history of Howie Winter.

When one of the victims asked Winter and Melvin, who were

together, if he should be worried for his safety, it is alleged Melvin responded, "Yeah, yeah...really you should."

When the victims asked Winter and Melvin, who were together, what would happen if they didn't pay the extortion amounts, it is alleged that Winter responded: "You don't pay me...then you're gonna have problems [with the unidentified people from the North End]."

It is alleged that after this meeting in March 2012, the victims continued to be contacted by Winter and Melvin about making a payment to them. At one point, after not being able to reach one of the victims via telephone, Melvin and an unidentified male whom Melvin referred to as his "friend" left a letter in the mailbox at the victim's residence indicating that they had been there. According to authorities, it is alleged that the victims believed that this act was intended to intimidate and threaten the victims and to confirm to the victims that the defendants knew where the victim lived in order to motivate the victims to make a payment to Winter and Melvin.

Over the next several weeks, State Police troopers audio recorded and videotaped three cash payments made to Winter and Melvin by one of the victims in furtherance of the investigation. Winter and Melvin, continuing to act in concert, further demanded that the victims start paying \$5,000 per month to them.

The two defendants were arrested June 7, 2012 and were arraigned June 8 in Somerville District Court on charges of attempted extortion and conspiracy. Somerville District Court Judge Neil Walker released the defendants on \$25,000 cash bail each, with conditions to have no contact and stay away from the victims, wear a GPS monitoring device, surrender their passports and remain in the Commonwealth. The defendants were indicted by a Middlesex Grand Jury on September 27.

These charges are allegations, and the defendants are presumed innocent until proven guilty.

The case is being investigated by the Massachusetts State Police and attorneys assigned to the Middlesex District Attorney's PACT Unit. It is being prosecuted by Assistant District Attorneys Stephen Gilpatric and Chris Tarrant of the PACT Unit.

## Properzi Manor decking the halls



Photos by William Tauro



The good people of Properzi Manor, 13-25 Warren Avenue, Somerville, have been busy little elves working hard to make this area, both inside and outside, the Christmas fantasy patrons have enjoyed throughout the many years, passing on from generation to generation the Christmas holiday joy that goes on long after the holiday season and into the next coming year. Waving their wands of wonder so Santa can work his magic at the appropriate time are the master crafts of Wizard Elves Bob Donovan and Andy Levesque, whose tools bring excitement to all ages.

- William Tauro

## Somerville Police investigate shooting

Shortly before 9:15 p.m. on Saturday evening, Somerville Police received multiple reports of gunshots in the area of Evergreen Avenue and Marshall Street.

Police Units responded and were directed to a nearby residence where they located a 24 year old male suffering from a gunshot wound. The victim was transported to an area hospital where he is recovering from serious but non-fatal injuries. No arrests have been made.

Police indicated that three shots were heard and that a State Police Ballistician recovered ballistic evidence at the scene including shell casings and spent rounds.

It was further indicated by Police that based on preliminary information gathered the incident was not random and was drug related.

Police are searching for two possible suspects who were seen leaving the area on foot seconds after the shots were heard. The investigation is being conducted by Somerville Police Detectives with assistance from the Massachusetts State Police assigned to the

District Attorney's Office and Crime Scene Services Section.

A Police spokesperson, Deputy Chief Upton, when asked about the fact that this was the second shooting incident within a few weeks said, "There are no similarities between the two incidents other than both were shootings. As I have stated in the past, all of our officers are very aware of the increase in gun violence across the nation. The Department has maintained high visibility patrols which recently resulted in the recovery of eight firearms during a routine traffic stop."

Upton further said, "Somerville has been very fortunate to have had very few such incidents as compared with many other cities."

"Keeping Somerville citizens safe is our highest priority," according to Chief Pasquarello. "Addressing gun violence and illegal gun possession will continue to be a high priority for this Department"

Anyone with information is urged to contact Somerville Police at 617 625-1212, or send an anonymous text to Tip411.

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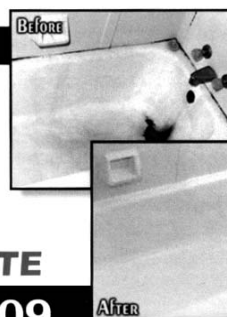
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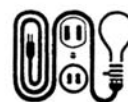
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## A walk back in time

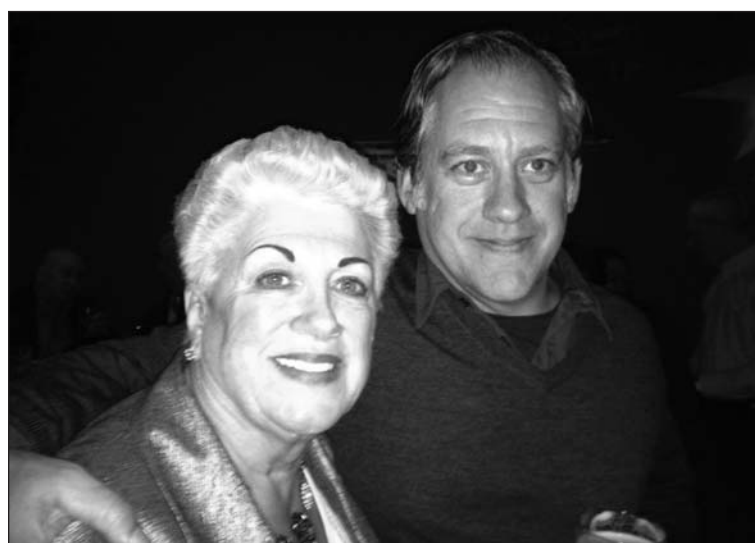
By William Tauro

Last Thursday evening at Sally O'Brien's Pub in Union Square there was a "City of Somerville Reunion of the Early 2000's."

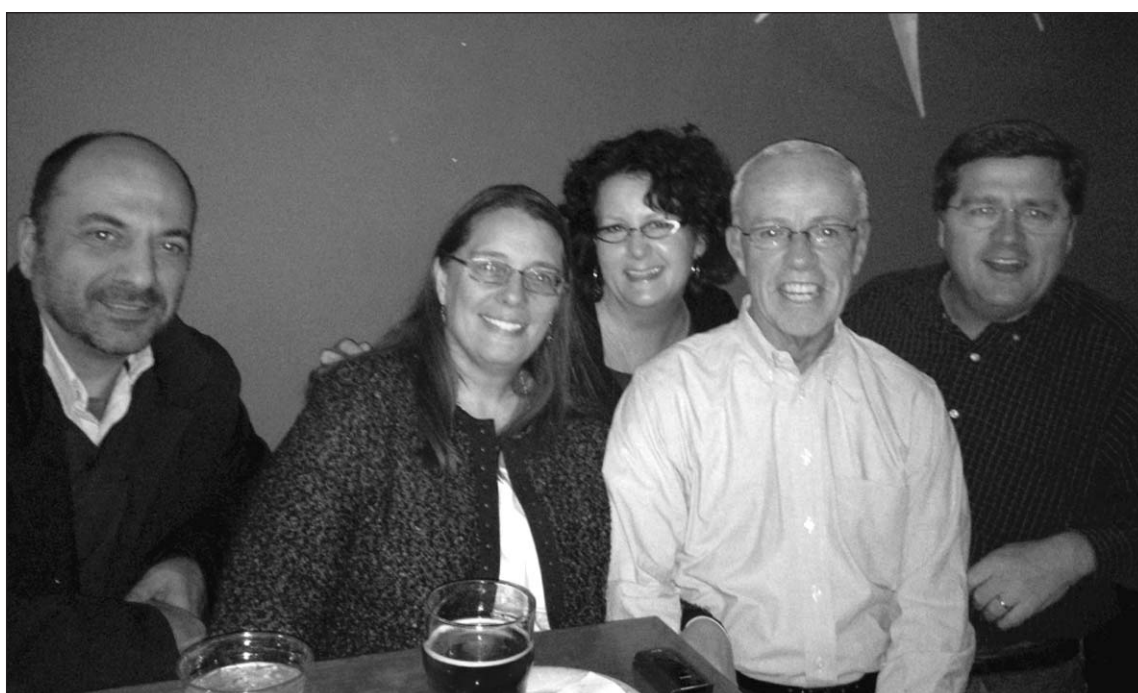
Former Somerville Mayor Dorothy Kelly Gay's was there along with most of her former administration and just about anyone who worked in City Hall as well as on her campaigns during those years when she was in office.

It was like taking a walk back into 2001 through a time machine to City Hall again. There were many old friends who haven't seen one another in years who also played a big part in Dorothy's administration and past campaigns.

Mayor Gay was elected into office during a special election back in May 1999 and then re-elected in November of 1999 for a two-year term.



Photos by William Tauro



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COMMENTARY

TALES OF SOMERVILLE

Illustrated by Jim Clark



Congratulations Somerville - we have a lot to be proud of.

The View From Prospect Hill



It doesn't take a rocket scientist to figure out that the City of Somerville is loaded with smarts, talent, and resolve. We know it and rightfully feel the satisfaction that comes with this certain knowledge.

Still, it's nice when those from outside our borders take notice and bestow upon us accolades and honors that reaffirm in our hearts and minds that we do indeed live and work in a thriving, forward thinking community that has its citizens' best interests at heart.

So it is as we bask in the glow of accomplishment while receiving top honors given by The National League of Cities (NLC) in its recognition of Mayor Curtatone and the city's *Shape Up Somerville* initiative. The mayor has worked hard to help make *Let's Move! Cities, Towns and Counties* (LMCTC), part of First Lady Michelle Obama's *Let's Move!* initiative, a part of Somerville's mission to make all of us - especially our kids - healthier and happier citizens.

As a result of the tireless efforts of all of those who have made a success of the *Shape Up Somerville* program, the city has been awarded two gold, one silver, and two bronze medals by NLC in recognition of the accomplishments achieved by the programs that have been successfully put into place and advanced by the initiative.

As always, we congratulate our city's leaders and take pride in what we, as a community, can achieve when we pull together and work as a genuinely cohesive community.

Not every city can boast of this ability, but we certainly can.

News Talk CONT. FROM PG 2

a great lady, always smiling and so helpful to others. Some of us here at The News knew Peggy personally and we are saddened by her passing. She will be missed. Her lifelong best friend and husband Irving will, along with everyone, miss her. They were a great couple. It's a sad day here in Somerville. Another lifelong resident that gave a lot here in the community over the years has passed but will not be forgotten.

Also passing recently over the weekend was Claire Johnston, the wife of Robert Johnston. They were very involved here in Somerville for many years. She was a very nice lady. Both met at Somerville High many years ago and have been together ever since, our condolences and sympathy to her family and friends.

The word for the past couple of weeks in Teele Square and Davis Square was "where was Willie Medeiros on Thanksgiving Day at Dilboy?" He was an obvious miss at the game and everyone

noticed, so he better have a good excuse for not being there. At least that's the word in West Somerville.

**Happy Birthday to some of our fans here in the 'Ville: First of all, don't forget if you're in Victors in Ball Square to give a Happy Birthday to Nancy Moccia. She's a hard worker, and is always there with her parents. Also, another hard working guy, Peter Blaikie, is celebrating this week. Peter lives in Winter Hill and works one of his jobs for the city. He's a nice guy and we wish him a great day. Former Ward 4 Alderman and current License Board member Vito Vaccaro, a great guy with a great family who goes way back here in Somerville, also celebrates. Big Happy Birthday to Janet Belloste Flynn, a popular teacher at the high school, and a nice person. We wish her a great day. John Pino of East Somerville of the famous Pino family is celebrating too. John is self employed in the construction business.**

**What a nice guy, and everyone who knows him will tell you its true.**

The Grid Iron Club of Somerville remembered Somerville's Tom Cremens, who played for the Somerville High School Highlanders, with a special tribute that took place last week at Dilboy Stadium. Tom was active in Youth Sports, played lacrosse and football for Boston State, and was the outstanding football player and captain for the Somerville High School Highlanders in 1977.

Sad to say that longtime Somerville resident Terry Baino from Capen Court Housing is in the Mass General Hospital. Terry is the niece of former Mayor Gene Brune. Our prayers are with Terry that she will soon recover and be well again.

What's your take on the recent news that newly elected Senator Elizabeth Warren

named her former campaign staffers, all out-of-state residents, for her top three jobs in her tenure as our youngest and newly elected Senator?

**It's time for DARBI's annual December Midnight Madness shopping event, this Thursday, Dec. 6, 6pm-midnight. A collection of Davis Square retail shops and restaurants will be offering exclusive sales and deals - don't miss out! To kick off the event, the public is invited to bring canned goods to Thalia Tringo & Associates Real Estate (TTRE) office at 128 Willow Ave. (on the bike path) at 5:30 p.m. for the Somerville Homeless Coalition (SomervilleHomelessCoalition.org). TTRE will also sell Mr. Davis T-shirts, caps, and bibs to benefit DARBI (Davis Area Resident Business Initiative).**

The Mayan calendar for doomsday is December 21, 18 days away and counting...should we be worried?



## COMMENTARY

*The views and opinions expressed in the commentaries of The Somerville News do not necessarily reflect the views and opinions of The Somerville News, its publishers or staff.*

# A great season for a truly great team



By Joseph A. Curtatone

With the cheery arrival of the holidays each year, we all must face one dreaded, simple, unfortunate truth: the fall sports season has reached its end. But rather than sulking, let's instead

celebrate a team of young, local young athletes who proved their mettle on the field this season. Somerville really did have itself a soccer team this year. And boy, did they go deep.

As a coach, I know that it's not easy to play any game well. But the Somerville Highlanders Varsity Soccer team made it all the way to the State Division 1 Semi-Finals this year. That's just one game away from vying for the State Championship and plenty of reason to be proud, as Coach George Scarpelli rightfully is.

The way he tells it, these young men - and the many volunteers and supporters and parents involved with the program - have

grown into a family. Getting this far into this year's postseason, he says, was no accident: it's because the bond between these players has been growing stronger every year since they first started playing together as youngsters. Many learned footwork and team play together as they came up through the ranks of Somerville Youth Soccer. They added new skills on the junior varsity team together. And Coach Scarpelli got them into Division 1 form as they trained hard on the varsity team. The entire soccer community in town deserves some credit for producing these D1 athletes, and this family, says Coach Scarpelli.

I'm inclined to trust his word.

Here in Somerville, like the rest of the country, we value effort and a strong work ethic. That's what makes sports interesting in the first place: it's not enough that our athletes have talent and the desire to showcase it. A great athlete gets our respect and appreciation for his or her ability to inspire others through their dedication. It's how you get it done, not just that you got it done.

So as I cheered from the sidelines while the Highlanders made it to the semi-finals, it didn't surprise me that the first thing Coach Scarpelli said to me about the program was about their commitment. It

takes hard work to play a game like soccer well. It's not enough to be the fastest. It's not enough to have the most stamina. It takes discipline to work together as a team and focus to have your team working as efficiently as possible. It takes motivation to push yourself to that extra level. And it takes all that and more to win games.

All those things are only a fraction of the sum of their parts. Seeing the way these guys use ball control, work together to feel out their opponent on the field, expand into formation on offense and collapse into columns on defense lets you know just how much they give themselves

*Continued on page 17*

## Medical cannabis and beyond Part 1: Good medicine



By William C. Shelton

Only 20.8% of Villens who voted in last month's election opposed Question 3, the ballot measure that legalizes and regulates the medical use of cannabis. But officials in nearby Wakefield and Reading have already banned treatment centers. Those in Melrose and Peabody are considering bans. And politicians in Boston, Framingham,

and Quincy are discussing narrow restrictions.

Like voters who opposed the measure, their concerns about public health, crime, and young people's wellbeing are sincere. But attitudes regarding cannabis seem to be much more related to the extent of one's understanding or ignorance of the evidence than to the righteousness of one's concerns.

Among the claims regarding cannabis's medicinal value that most evoke skepticism from doubters is the range of ailments for which it is efficacious-multiple sclerosis, ALS, rheumatoid arthritis, hepatitis C, glaucoma, rheumatoid arthritis, cancer, depression, PTSD, osteoporosis,

diabetes, nausea, eczema, Crohn's disease, and others.

I understand why scoffers would see such claims as a litany of excuses for so called "patients" to legally get high. How could one plant possibly contain so many different compounds that are efficacious in treating so many different conditions?

The answer is one of God's, or evolution's-or both, if you believe as I do-awe-inspiring mysteries. It is the endocannabinoid system, which for 600 million years has existed in all animals more advanced than mollusks.

Its purpose appears to be homeostasis-establishing and maintaining health by stabilizing the body's internal environment

in response to fluctuations in the external environment. It helps to regulate immunity, inflammation, neurotoxicity, blood pressure, body temperature, appetite, gastrointestinal functioning, bone formation, analgesia, and physical and psychological responses to stress and trauma.

It operates through the activation of its own *receptors*, molecules embedded in or on a cell that receive chemical signals that direct the cell to do something. The "signal" is a molecule external to the cell called a *ligand* that binds to the receptor. Each ligand, like a key, can only fit into specific receptors that unlock specific responses.

The human neurological, circulatory, digestive, endocrine, immune and musculoskeletal systems are strewn with endocannabinoid receptors, and their ligands are *cannabinoids*.

Researchers have so far identified five cannabinoids that the human body itself produces, and at least 85 that cannabis plants produce. Cannabinoids not only regulate cells, but also facilitate communication among cell types.

For 70 years, federal policies have discouraged cannabis research. Nevertheless, scientists worldwide have published over 20,000 studies of cannabis and its medicinal properties, including 2,700 in

*Continued on page 17*

## On The Silly Side by Jimmy Del Ponte

# Farewell Foodmaster



Twinkies and Foodmaster, taken from us in the same month? I remember seeing the tall and very well dressed John De Jesus in the Ball Square (Johnnie's) Foodmaster back in the 60's. Popping in and out of the Clarendon Hill store (also known as the Alewife store) was easy for me when I needed a few groceries.

A lot of my friends worked there, some for many years. I drove by last night and in a word, it was sad. I remember when they recently put up those new shiny red letters. It seems like it wasn't that long ago. And now, it's gone.

I spared myself the emotional jab of seeing the store half empty and in various stages of closing. It was hard enough seeing the people holding the signs on the street announcing the closing. I'll remember it the way it was the many times I shopped there. Not only was the store very convenient for neighborhood residents to get to, it was a social event when you were in there. You always bumped into someone you knew. I could never just buzz in and out without a quick "Hello, what's happening?" Us seasoned Villens know that you can't go anywhere in the 'Ville without seeing some familiar faces. As I've said many times before, that's one reason you can't flip the bird at

anyone or pull a nutty in traffic anymore (plus the fact that it's just wrong). The longer you remain in Somerville, the more people get to know who you are. And it's a shame that all those people lost their jobs. That is a very devastating thing, especially if they were there for years as many were.

Shopping at the Clarendon Hill Foodmaster was like old home day. We got to know the cashiers, the deli people, and especially the friendly managers. So it becomes more than just going out of our way to find a new place to pick up that hunk of meat, gallon of milk, lottery ticket, or loaf of bread. Foodmaster was part of who we are.

I've heard rumors of who will occupy the space. Stop 'N Shop as well and Market Basket and Star/Shaws have been mentioned. I personally would like to see Market Basket go in. They have better prices, period. Trader Joe's seems to be an unpopular choice according to some of my Somerville friends.

Here is a story that shows the heart of the beloved neighborhood market from a friend. "When we were young we weren't doing that well after my parents' divorce and my Mom worked two jobs, so shopping was a task. She would go to the original Johnnie's Foodmaster in Somerville and ask to borrow a shopping cart, rather than just take one,

*Continued on page 21*



# Beacon Hill Roll Call



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**THE HOUSE AND SENATE.** There were no roll call votes in the House or Senate last week.

**Our Legislators in the House and Senate for Somerville:**



**Rep. Denise Provost**

**DISTRICT REPRESENTED:** Twenty-seventh Middlesex. - Consisting of precinct 3 of ward 2, all precincts of ward 3, precinct 3 of ward 4, and all precincts of wards 5 and 6, of the city of Somerville, in the county of Middlesex.



**Rep. Carl Sciortino**

**DISTRICT REPRESENTED:** Thirty-fourth Middlesex. - Consisting of all precincts in wards 4 and 5, precinct 1 of ward 7, and precinct 2 of ward 8, of the city of Medford, precincts 1 and 2 of ward 4, and all precincts of ward 7, of the city of Somerville, both in the county of Middlesex.



**Rep. Timothy Toomey**

**DISTRICT REPRESENTED:** Twenty-sixth Middlesex. - Consisting of all precincts of ward 1, precinct 1 of ward 2, precincts 1 and 2 of ward 3, and precinct 1 of ward 6, of the city of Cambridge, and all precincts of ward 1 and precincts 1 and 2 of ward 2, of the city of Somerville, both in the county of Middlesex.



**Sen. Sal DiDomenico**

**DISTRICT REPRESENTED:** MIDDLESEX, SUFFOLK AND ESSEX. - Cambridge, ward 3, precinct 2, wards 6 and 7, ward 8, precincts 1 and 2, ward 9, precinct 1, ward 10, precinct 2, Everett and Somerville, ward 1, precinct 1, ward 2, precinct 1, in the county of Middlesex; Boston, ward 2, ward 21, precincts 4, 6 and 7, ward 22, precincts 1, 2 and 5, Chelsea and Revere,

ward 6, in the county of Suffolk; and Saugus, precincts 2, 6 and 10, in the county of Essex.



**Sen. Patricia Jehlen**

**DISTRICT REPRESENTED:** SECOND MIDDLESEX. - Medford, Somerville, ward 1, precincts 2 and 3, ward 2, precincts 2 and 3, and wards 3 to 7, inclusive, Woburn, ward 2, and Winchester.

Two prominent Democrats, Gov. Deval Patrick and Phil Johnston, former chairman of the Massachusetts Democratic Party, both said they are in favor of changing, for the third time in just nine years, the current law that dictates the procedure for filling the U.S. Senate seat of Sen. John Kerry. It is no secret that Kerry is being considered by Obama as the next Secretary of State or Defense.

Current law leaves the seat temporarily vacant and provides for a special election to be held within 145 to 160 days. Johnston and Patrick ignited a debate on the wisdom of a move to change this back to the old law that would give the governor the power to name a replacement who would serve out the remainder of the original senator's term until the next regular election.

Patrick said, "I would prefer that a (Massachusetts) governor, like most governors or many governors, gets to appoint to fill a vacancy until the end of that term because frankly I think we have a certain amount of election fatigue and it's expensive ... but I don't have any appetite to advocate for that (and) I don't think the Legislature has any appetite ...(but) if it came to me I'd sign it."

Johnson noted, "I think that would be preferable. It would certainly save the taxpayers money if they don't have to pay for another election. I think people are campaigned out. I think the governor is very popular and most voters would be happy to support his choice until the next general election."

Here's the rocky history of the law:

Prior to 2004, the law provided that when a U.S. Senate seat becomes vacant, the governor had the sole power to name a replacement until the next regular election.

That worked well for Democrats in 1961, the last time a Bay State U.S. Senate seat became vacant when then-Sen. John Kennedy was elected to the presidency.

Democratic Gov. Foster Furcolo, at the behest of President-elect Kennedy, appointed Benjamin Smith, a close Kennedy family ally, to "keep the seat warm" until the election in 1962, at which time the president's then 29-year-old brother Ted would be 30, the minimum age required to be elected to the Senate. The plan worked and Ted Kennedy won the 1962 election and remained in the Senate until his death in 2009.

Fast forward to the summer of 2004 when Republican presidential candidate Mitt Romney was governor. Democrats feared that Romney would have the opportunity to appoint a Republican to fill Sen. John Kerry's seat

until 2008 if Kerry won the 2004 November presidential election. So the Democratic-controlled Legislature approved a new law taking away the governor's appointment power and instead leaving the seat temporarily vacant and providing for a special election for the seat to be held within 145 to 160 days. The change was supported overwhelmingly by all but seven of the House Democratic representatives and senators and opposed by all Republicans. Romney vetoed the law but the Legislature overrode his veto.

In the end, of course, Kerry lost to former President George W. Bush and the Senate seat never became vacant.

The 2004 law remained on the books until 2009 when shortly before his death, Kennedy urged state lawmakers to approve a proposal that would amend the 2004 statute when he passed away and his seat became vacant.

The Legislature granted Kennedy's wish and approved the measure that gave Democrat Patrick what it had taken away from Romney in 2004 – the power to appoint a temporary short-term replacement for the vacant seat until the winner of a special election is sworn into office.

Everyone on Beacon Hill knew that the Democrats were changing the law again because they knew that Patrick would appoint a Democrat to the seat and maintain the Democrat's important 60-vote super majority in the U.S. Senate. This would give the Democrats the power to put a stop to any filibuster and other delaying techniques by the Republicans. This essentially meant that the Democrats could pass any legislation they want as long as all 60 Democrats went along. And then if all went according to plan, a Democrat would be elected in the special election in the bluest of blue states.

Half of the plan worked. Patrick appointed former Kennedy aide and Democratic loyalist Paul Kirk to the Senate. The other half failed. Republican Scott Brown pulled an upset and beat Attorney General Martha Coakley to become U.S. Senator. A few weeks ago, Brown lost the seat to Democrat Elizabeth Warren.

Fast forward to today when there is talk about changing the law back to the one that allowed the governor to appoint a replacement to serve until the next regular election.

This, of course, would give Patrick the unilateral power to appoint the successor, undoubtedly a Democratic loyalist who would likely in 2014 run to be elected to the office or at least hold the seat warm up until the 2014 election.

House Republican Minority Leader Bradley Jones opposes the change. "Any such move to change this law at this point in the game could accurately be seen as corrupt," Jones said. "To imagine that Gov. Patrick and state Democrats would change the law midterm, thus denying Massachusetts voters from being able to exercise their constitutional right to vote, is unfathomable."

Senate GOP Minority Leader Sen. Bruce Tarr (R-Gloucester) weighed in saying, "To suggest that we should take away the right to vote for a new United States Senator to save money or to alleviate alleged voter fatigue is offensive to the very essence of our democracy ... It is wrong for Beacon Hill to try to perpetuate the shell game of changing the rules every few years."

Perhaps the harshest criticism came from State Republican Party spokesman Tim Buckley. "While changing the law for a fourth time to suit the needs of the Democrats would be a blatant manipulation of state law for



# Beacon Hill Roll Call continued



political gain, it is not wise to put anything past the Democrats, Buckley said. “After all, they are the party responsible for 23 years of criminal House Speakers so anything is possible.”

Seth Gitell, spokesman for House Speaker Robert DeLeo told *Beacon Hill Roll Call*, “It is not on the radar (screen) at this time.”

Senate President Therese Murray's spokesman David Falcone said in an e-mail, “We're not changing it.”

Sen. Barry Finegold (D-Andover), the chairman of the Election Laws Committee that would hold a hearing on any such bill, made it clear that he favors the existing law.

Here's a review of how local senators and representatives voted on the 2004 and 2009 laws.

## 2004 VOTE ON TAKING AWAY GOV. ROMNEY'S POWER TO APPOINT A SENATOR (S 2404)

House 122-30, Senate 31-7, approved the 2004 law that took away the power of Gov. Romney to appoint a temporary replacement when a U.S. Senate seat becomes vacant in Massachusetts. The measure instead leaves the seat temporarily vacant and requires that a special election be held within 145 and 160 days. (A “Yes” vote is for the bill taking away the governor's power and calling for a special election. A “No” vote is against it.)

Rep. Denise Provost	Was not yet elected
Rep. Carl Sciortino	Was not yet elected
Rep. Timothy Toomey	Yes
Sen. Sal DiDomenico	Was not yet elected
Sen. Patricia Jehlen	Yes

## 2009 VOTE ON CURRENT LAW THAT ALLOWS GOV. PATRICK TO APPOINT A SENATOR (H 4246)

House 95-59 and Senate 24-16, approved and Gov. Patrick signed into law the bill that returns to the governor the power to appoint a temporary replacement for the late Sen. Edward Kennedy until the winner of a special election is sworn into office. (A “Yes” vote is for the bill that would give Patrick the power to appoint a temporary replacement for Kennedy. A “No” vote is against giving the governor the power.)

Rep. Denise Provost	Yes
Rep. Carl Sciortino	Yes
Rep. Timothy Toomey	Yes
Sen. Sal DiDomenico	Was not yet elected
Sen. Patricia Jehlen	Yes

## ALSO UP ON BEACON HILL

**PAY RAISES FOR MORE THAN 400 STATEHOUSE STAFF** - House Speaker Robert DeLeo and Senate President Therese Murray both handed out pay raises to 460 plus Statehouse employees.

DeLeo gave 460 legislative aides and other House staffers an increase totaling \$764,000 while Murray gave only some of her own aides and staffers a 3 percent raise.

According to DeLeo spokesman Seth Gitell, House staffers, the majority of whom earn between \$34,000 and \$42,000 annually, have not received a pay adjustment in more than four years. He notes the increases are only 2.16% of the overall House budget, and no additional money will be needed to fund them.” Gitell said, “This cost-of-living adjustment is possible because the House has cut its payroll almost 10 percent since 2009 and the number of full-time employees has decreased from 546 to 460.”

Speaker DeLeo added, “A lot of these folks are having difficulty that I hear from them and the reps paying their own bills now. So I consider it something we needed to do so they could continue to exist themselves.”

Barbara Anderson, Executive Director of Citizens for Limited Taxation commented, “I’m sure some staffers deserve a raise, but did anyone notice that the state budget is in deficit and the federal crisis is going to make things worse?”

The exact numbers for Murray's hikes were not readily available. Murray spokesman David Falcone said, “The Senate President gave some of her staffers a 3 percent raise after performance evaluations. These staffers work very hard and many of them have gone several years without a pay increase.”

The hikes come at a time when state revenues are not meeting expectations and there are whispers of possible mid-year budget cuts and tax hikes. Revelation of the hikes also coincided with the protests of a group of human service workers who were outside Patrick's office demanding he release \$20 million in pay raises for some 29,000 human service workers. According to The Massachusetts Council of Human Service Providers, these workers make an average of \$12 an hour and haven’t received a pay raise in five years. The Council says the funds would increase salaries by about 2 percent – an approximate increase for workers of about \$13 per week or 33 cents per hour. “These low-paid workers serving people with disabilities, our elderly residents, veterans and homeless individuals feel the Patrick-Murray administration’s action to indefinitely delay this promised 2 percent increase is heartless and lacks an appreciation for this workforce’s daily sacrifices on behalf of all of us,” said Council President Michael Weekes.

The Patrick Administration refutes the charge that the governor has frozen the account. “We haven’t frozen any salary reserve,” Patrick said. “We have all kinds of steps we’ve taken in anticipation of potential budget cuts because revenue has slowed down but we haven’t made any final decisions. I understand the sensitivity about those issues and the sensitivity of some of the folks who are here.”

The governor does not have any control over the pay hikes given by DeLeo and Murray.

**OFF TO A STUDY COMMITTEE** - Over the past few weeks, committees recommended that many bills be shipped off to a “study committee,” where measures are never actually studied and are essentially defeated. It was no different last week which saw several bills heading for that fate:

**NURSING HOME RESIDENTS (S 286)** - Requires nursing homes and assisted living facilities to conduct criminal background checks of all potential residents.

**EXPAND BOTTLE BILL (H 883)** - Expands the state's existing bottle bill law requiring a deposit on beer and soda containers. The measure would add deposits on bottles of water, ice tea, juice and sports drinks. The Senate in June approved a similar amendment that was never approved by the House.

**CARBON MONOXIDE DETECTORS (H 1553)** - Requires carbon monoxide alarms in all government and commercial buildings. Current law only requires detectors in residential buildings.

**POLICE AND AUTISM** - Requires new regional and municipal police and corrections officers to be trained in interacting with persons with autism.

**TAX DEDUCTION FOR HOME HEATING (H 2519)** - Allows qualified homeowners and renters to annually deduct on their tax return up to \$1,000 of the cost of home heating oil, natural gas or propane deduction. The deductions would apply to single persons if earning less than \$50,000 and joint filers earning less than \$75,000.

**DEDUCT STUDENT LOANS (H 2548)** - Allows taxpayers to annually deduct up to \$1,000 in student loan principal payments. Current law allows taxpayers to deduct only the interest paid on the loan.

## QUOTABLE QUOTES

“Right now, today, at this microphone, yes.” – *Attorney general Martha Coakley on whether she is ruling out a run for governor in 2014 for the John Kerry Senate seat, which might open up soon.*

“(We) demand the immediate removal of the Secretary of Health and Human Services, Dr. JudyAnn Bigby ... her conduct and subsequent comments demonstrate a lack of management skills required for this daunting task.” – *From a letter to Gov. Patrick by five House Republicans citing the ongoing drug lab and pharmacy compounding scandals in state agencies under Bigby's jurisdiction.*

“It's sad that Massachusetts Republicans are exploiting such a serious situation in an attempt to score political points. The House of Representatives has held two hearings in the last month looking in to what happened, but none of these Republican leaders bothered to participate.” – *Massachusetts Democratic Party Communications Director Kevin Franck.*

“It just looks ridiculous and we look ridiculous having a person with this kind of record in that job.” – *Gov. Patrick on Sheila Burgess, his former director of the Massachusetts Highway Safety Division, who resigned following revelation of her lengthy record of driving violations.*

**HOW LONG WAS LAST WEEK'S SESSION?** *Beacon Hill Roll Call* tracks the length of time that the House and Senate were in session each week. Many legislators say that legislative sessions are only one aspect of the Legislature's job and that a lot of important work is done outside of the House and Senate chambers. They note that their jobs also involve committee work, research, constituent work and other matters that are important to their districts. Critics say that the Legislature does not meet regularly or long enough to debate and vote in public view on the thousands of pieces of legislation that have been filed. They note that the infrequency and brief length of sessions are misguided and lead to irresponsible late night sessions and a mad rush to act on dozens of bills in the days immediately preceding the end of an annual session.

During the week of November 26-30, the House met for a total of one hour and 48 minutes while the Senate met for a total of 42 minutes.

Mon. November 26	House 11:05 a.m. to 11:26 a.m. Senate 11:03 a.m. to 11:18 a.m.
Tues. November 27	No House session No Senate session
Wed. November 28	No House session No Senate session
Thurs. November 29	House 11:05 a.m. to 11:09 a.m. Senate 11:02 a.m. to 11:29 a.m.
Fri. November 30	House 11:03 a.m. to 12:26 p.m. No Senate session

Bob Katzen welcomes feedback at [bob@beaconhillrollcall.com](mailto:bob@beaconhillrollcall.com)



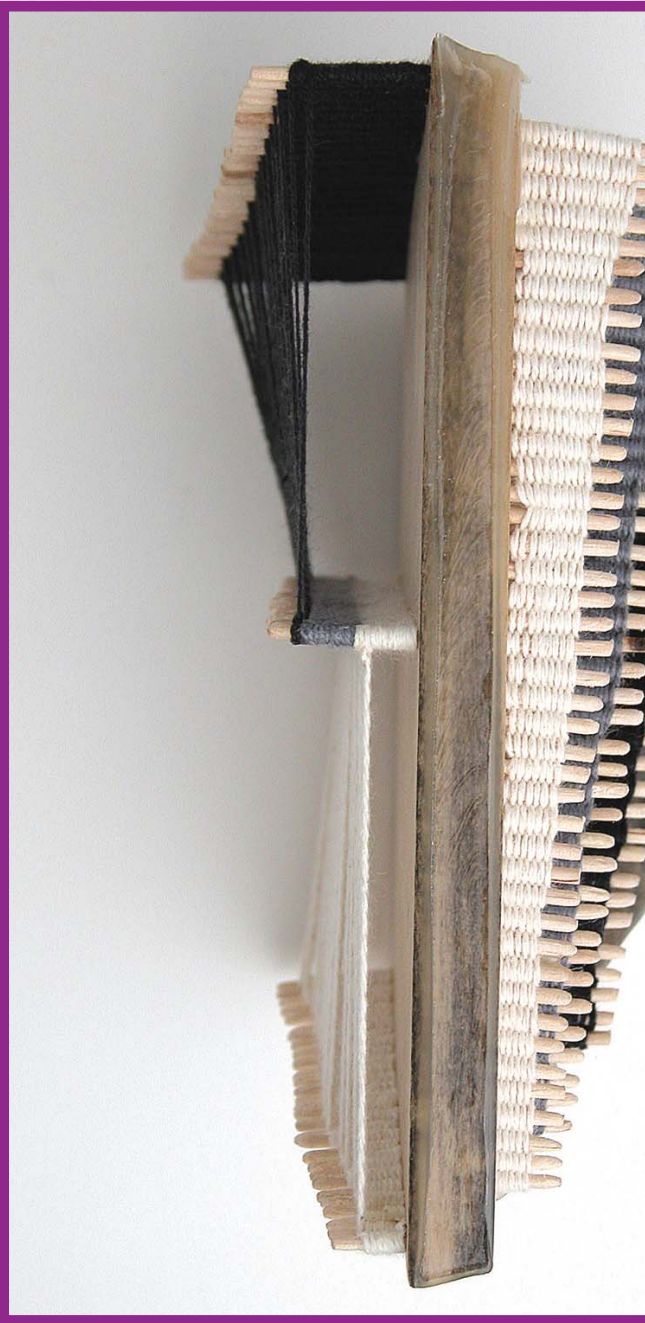
# 'Art Inspired by Fiber' at the NAVE Gallery

CONT. FROM PG 3

colors, serenely co-existing on a white wall. Colella comments that she begins "with traditional handwork techniques and brings the medium to new levels of abstraction and complication creating sculptures that act as metaphors for being human."

Ms. Costa curated a thoughtful exhibit with local

and out-of-state artists, all who choose to stretch and fray the edges of fiber as art. Visit *Threads Bared* Saturdays and Sundays, 1-5 p.m. through December 16. Conversations with Artists will take place Sunday, December 15, 2-4 p.m. NAVE Gallery is located at 155 Powderhouse Boulevard, Somerville, MA 02144. [www.navegallery.org](http://www.navegallery.org).







Photos by Margaret Ryan



SOMERVILLE SPORTS

Kennedy Pool: Open for fun and exercise



The Kennedy Pool is an athletic resource that services the entire Somerville community as well as our neighboring communities. For the latest schedule of classes, activities, fees, closings and more visit them on the web at [somerville.k12.ma.us/pool](http://somerville.k12.ma.us/pool). No access to the web? Call the pool at 617-625-6600 x6676. Come

down soon to enjoy the Kennedy Pool: 5 Cherry Street, Somerville, MA 02144. The Kennedy Pool offers special events Thursdays & Saturdays during Family Swim such as Game Night, Siblings Day, and many more. **Family Swim** Monday-Thursday: 6:00pm - 7:30pm

Saturday: 12:00pm - 3:30pm  
Daily Cost Resident Non-Resident  
Child (under 17) \$1.00 - \$2.00  
Senior (age 60+) \$2.00 - \$3.00  
Adult (age 18+) \$3.00 - \$4.00  
**Adult Lap Swim (18+)**  
Mondays, Wednesdays and Fridays:  
6:15 AM - 7:45 AM  
Saturdays: 9-11 AM + 12:00 pm - 3:45 pm  
Monday through Thursday: 10/1/12-11/20/20/12 + 2/16/13-6/15/13  
6:15 pm - 8:45 pm  
11/21/12-2/16/13  
7:00 pm - 8:45 pm  
Daily Cost Resident Non-Resident  
Evenings and Saturdays \$4.00 - \$5.00  
Evening and Saturdays (60+) \$3.00 - \$4.00  
Early bird swim \$5.00 - \$6.00  
**Tips for staying warm while swimming during the cold months**  
Keep moving. Don't stop and rest - you'll just get colder.  
**Wear a Wetsuit**  
+ There are different kinds of wetsuits for different kinds of cold water activities. Some are made for surfing, some for diving, and some for triathlons. Get one designed for triathletes-they will minimally restrict your shoulder, hip, and knee movement.  
+ The added bonus of a wetsuit: it will make you more buoyant. Added buoyancy, by definition, means you will ride higher in the water, experience less drag, and be able to swim faster. And, the faster you get to the end of your swim, the less time you'll have to spend in that cold water! Keep in mind that the thicker the suit, the more it will restrict your shoulder movement and the more likely you are to chafe. If

you will be using your wetsuit regularly, the expense is definitely worth it.  
**Cover Your Head**  
+ Wearing a cap can help your body retain heat. A neoprene cap is the warmest. (Neoprene is wetsuit material.) And silicone, thanks to its thickness, is warmer than standard latex caps. Many, many people wear "double" caps: two silicone, one latex cap under a silicone one, or two latex caps. Wear a cap (or two!)  
**Consider Wearing Booties and/or Gloves**  
+ We've covered the biggest heat sink on your body: your head. But what about your hands and feet? Well, you can buy neoprene booties and gloves to keep those extremities warm. If you've ever jumped into a pool with shoes on, you know that at first it will feel weird to have your hands and feet covered.  
**Ear plugs**  
+ Some open water swimming enthusiasts swear that ear plugs not only help them stay warm, but also improve their perception of balance. And, for decades, open water swimmers have insulated themselves from the cold by smearing a layer of petroleum jelly on any exposed skin.  
**Get Moving! Pick Up Your Stroke Rate & Kick Faster**  
+ Swimming with a higher stroke rate and rapid kick will elevate your heart rate and your metabolism, which should keep you feeling warm. In a somewhat cold pool, it probably will not take much to counteract the chill of the water. Just know that if you stop between sets the cold will creep in faster than you might expect. You want to make sure you have enough energy to

finish your swim and that you are swimming with the best possible technique.  
**Get on Your Back & Breathe**  
+ Most of the time your body just needs a couple of minutes to adjust to the cold water. All those nerves in your face are extremely sensitive. Swimming head-down freestyle in super-cold water may be making you feel colder than you actually are. Plus, cold water on your face can stimulate your body's automatic "cold water shock" response, which is the source of those shallow, almost-panicky breaths you feel like you have no choice but to take.  
**Do Backstroke**  
+ Take a moment on your back to get your breathing under control. By turning on your back, you are getting your ultrasensitive face out of the water. It should only take a few seconds on your back for your breathing to calm down. (Although, true, those few seconds may feel more like minutes.)  
**Focus on Exhaling**  
+ Whether you are swimming freestyle or backstroke, focus on exhaling. Not only does exhaling counteract your body's inhale reflex, which is part of that shock response to cold water, but also emptying your lungs completely lets you inhale more effectively on next breath. You will get better air exchange, and that will keep you from hyperventilating.  
**Blow Bubbles**  
+ It sounds silly, but bubbles work. When you finally put your face in the water, focus on blowing bubbles. In doing so, you will be thinking about something other than the cold. But more importantly, blowing bubbles forces you to exhale.

Ms. Cam's

Olio

Olio - (noun) A miscellaneous mixture, hodgepodge

#346

1. What is the little dot over the letter "i" called?

2. What is U.S. "paper" money made from?

3. What hand of the average person does the most typing?

4. What do the letters M\*A\*S\*H on the TV series stand for?

5. Who were the three leaders that met at the Yalta Conference?

6. What mass murderer recorded the album Lie?

7. Who played Sally Bowles in the movie Cabaret?

8. How did we get to call letters upper case and lower case?

9. Was Donald Duck comics banned in Finland in the 1970's because he didn't wear pants?

10. What was ketchup sold as in the 1830's?

11. After women won the right to vote, who was the first President to be elected?

12. What mountain is the most climbed, photographed, and painted in the world?

Answers on page X

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## To repair or replace: that is the question CONT. FROM PG 1

best possible educational experience for our city's students," said Mayor Curtatone.

The main high school building dates back to 1895, and Somerville High has had no significant upgrades or structural work since the gym and vocational wing were added in the 1980s. During the high school's most recent round of re-accreditation by the New England Association of Schools and Colleges, the visiting committee recommended that Somerville begin to look at issues related to the condition of the school building.

Former Somerville High Headmaster Tony Ciccariello, who will chair the building task force, said it's no secret that the age of the school building presents an added challenge for educators. "There were many times when we had to move classes because of a leaking roof or rain coming in around windows," said Ciccariello. "The high school's a beautiful building architecturally, it's a phenomenal building. But at the same time, in my opinion, it's a tired building."

When the city last year contracted The Maguire Group to evaluate the building's exterior, the engineering firm reported "extensive deterioration of masonry, windows and certain roofing areas." Released in January, 2012, the Maguire report recommended \$10 million in repairs to exterior walls, roofs and

windows within the next four years, including \$7 million needed within two years. "Delay in these repairs will only exacerbate the situation," concluded the recommendation.

And as if city and school officials needed to be reminded of the building's vulnerability, Superstorm Sandy blew into town on October 29 and ripped off the roof over the auditorium, exposing it to heavy rains. The city is still assessing the extensive damage to both the auditorium and the cafeteria kitchen below it, and is filing claims with insurers and with state and federal agencies. Meanwhile, the auditorium and kitchen remain off-limits until further notice.

School officials say staff and students have risen to the occasion to creatively work around the latest facilities problems, but all that maneuvering comes at a cost. For instance, this year's musical *The Wizard of Oz*, which opens January 31, will have to move to the Somerville Theater. That means that one dollar from every ticket will be going just to pay for the theater rental, and there are other added expenses the school is just beginning to tally up.

Director Sarajane Mullins said students see a silver lining in the chance to perform at a professional theater. But she said it will be harder for students to get the same kind of learning experience off-site, where hired professionals will have to do a lot of the

work. "When we're in our own space, the best part of it is the kids can truly get exposure to everything," said Mullins. "There's no way the students will get to have the ownership that they've had in the past."

Former Headmaster Ciccariello said the task force he's chairing has to look beyond the short-term challenges created by immediate problems with the high school building and consider what kind of secondary school facility Somerville wants and needs to have longer term. And that question can't be answered just by repairing old walls and roofing, because education has changed so much since the high school was built.

"The configuration is based upon a 19th century model. Do the classrooms we have meet the needs of young adults today? That's a question the committee will be looking at," said Ciccariello. He said attempts to retrofit space can only go so far. "Technology requirements being what they are today, the building doesn't lend itself readily to upgrading, because of the limits that are inherent with a building that was constructed over 100 years ago," he said.

Ciccariello said for now there are more questions than answers, and it will be up to the task force to listen to input, review the options, and consider whether the best long-term solution will be to re-invest in the



In the wake of Hurricane Sandy, temporary covering was put in place on the Somerville High School rooftop to prevent further damage to the auditorium below.

current building, or start over from the ground up. He said he's excited to begin work next month with the group, which brings together educators, public officials, construction experts and parents of future, current and past students of Somerville High.

Members include Tom Bent of Bent Electric, Howard Horton, president of the New England College of Business and Finance, School Committee Chairman Paul Bockelman, Alderman-at-Large Jack Connolly; City Capital Projects Manager Skip Bandini, City Engineer Rob King, Mayor's aide Omar Boukili, and community members Judith Felix and Donna Haynes. The task force will aim to have initial findings for public review by the end of 2013, said Ciccariello.

When current Somerville High Headmaster John Oteri was announced as Ciccariello's successor in April, he said he hoped to see serious groundwork for a new high school within five years. "That's sort of a long term wish of mine," Oteri said at the time, "I'd like to be there for the groundbreaking of a new high school and maybe the completion."

Now, just months into his new role and having already faced more than his share of school building problems, Oteri's enthusiasm for the prospect of a new high school building has anything but waned.

"I'm thrilled," said Oteri, when asked about the building task force. "I think it's the first step in securing that wish in getting a new high school for the city and for the students. It's a long process and this is the first step."

## Native son branches into authorship CONT. FROM PG 1

Carafotes is enthusiastic about this, his first publishing endeavor. "I've done a lot of different things in my career."

The Somerville native broke into professional acting in 1980 with a critically acclaimed performance in the 20th Century Fox film *Headin' for Broadway*, and has worked steadily in the industry ever since. Other notable roles include Vinnie Salvucci in *All the Right Moves*, alongside Tom Cruise. His leading role in 1981's *Choices* paired him with

then newcomer Demi Moore.

Carafotes has appeared in many classic television programs throughout the ensuing years, including *Diff'rent Strokes*, *The Greatest American Hero*, *Trapper John, M.D.*, *Murder, She Wrote*, *St. Elsewhere*, *Knight Rider*, *Hotel*, *NYPD Blue*, *Fantasy Island*, *The District*, *Without a Trace*, *CSI*, *ER*, and many others. The role of Harold Dyer on *Knots Landing* was particularly well regarded by fans and critics, while more recently he appeared regularly in the popular series *Damages*.

Additionally, Carafotes has appeared in the theatrical features *The Clan of the Cave Bear*, *Journey to the Center of the Earth*, *Italian Movie*, *Fight Club*, and *Scriptfellas*. The short film *Club Soda*, written and directed by Carafotes, which starred James Gandolfini, Lou Gossett, Joe Mantegna, was the winner of several awards. His performing credits also include many appearances on stage and in TV commercials.

Although currently residing in Southern California, Carafotes' Somerville roots and connections remain strong. "I grew up in Somerville. My mom still lives there, and was a music teacher at the high school. Two of my sisters teach in the Somerville school system." He makes frequent trips back home and stays in close touch with his old hometown.

His current passion is promoting *The Adventures of Charlie Bubbles* and making sure that kids and their parents get a chance to check out his latest labor of love.

The inspiration for the book came from real life about five years ago. Carafotes says, "When my son was a baby the first things he reacted to were bubbles. His eyes would light up and he'd grab at the bubbles." This motivated Carafotes to develop the story and his imagination took over from there.

The book was very recently released - just a couple of weeks

ago - and praise for it has been high. Father and award winning actor James Gandolfini has said, "*Charlie Bubbles* is soon to be a classic. I've read it several times and keep re-reading it. That's a sign that something is good and will last." Another fellow actor, Joe Mantegna, says, "Like all beloved children's books, *Charlie Bubbles* teaches an important lesson in a way a child will understand, and it is beautifully illustrated to boot."

Paul Carafotes' collaborator, Graphic Designer and Illustrator Jeff Vernon, provides the stunning visuals for the book. "We met in Hollywood 30 years ago," said the author. "We lived next door to each other. He has done several books. We've been friends for a long time. He's a very talented man and great guy. He makes me laugh. When I first thought of writing this book, he was the guy to do the pictures."

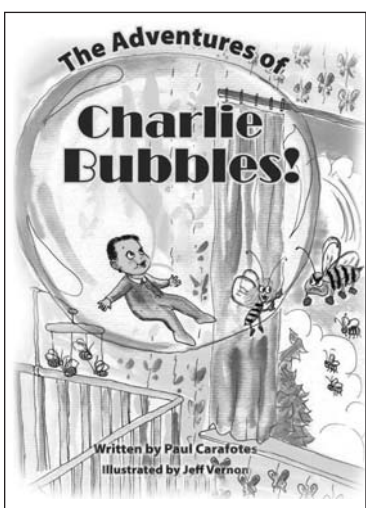
The actor turned author has high hopes that the book will catch on. Meanwhile, he contin-



Actor turned author Paul Carafotes.

ues his Hollywood career while keeping his interests and activities diversified. He hosts a radio show, Carafotes 12 Celebrity Interview, which can be heard online at WNTN.com as well as live on the radio at WNTN 1550 on the AM dial.

Copies of *The Adventures of Charlie Bubbles* can be ordered via Amazon.com or through the book's website, <http://www.charliebubbles-book.com>. A promotional video is available for viewing at <http://www.youtube.com/watch?gl=DE&v=8LK2Ffp5JDo>.




Carafotes' labor of love.



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Legal Notices can also be viewed on our Web site at [www.thesomervillenews.com](http://www.thesomervillenews.com)



**CITY OF SOMERVILLE, MASSACHUSETTS**  
**OFFICE OF STRATEGIC PLANNING & COMMUNITY DEVELOPMENT**  
**JOSEPH A. CURTATONE**  
**MAYOR**

**PLANNING DIVISION**

**LEGAL NOTICE**  
**OF PUBLIC HEARING**

The Zoning Board of Appeals will meet on **Wednesday, December 12, 2012**, in the Aldermanic Chambers, 2nd Floor, Somerville City Hall, 93 Highland Avenue, at 6:00 p.m. to hear pending applications and to hold public hearings:

**32-34 Wallace St: (Case #ZBA 2012-87)** Applicants and Owners Paula and Albert Pellecchia Jr., seek a Special Permit under SZO §4.4.1 to make alterations to an existing nonconforming multi-family structure to construct a one-story addition on the rear left side of the building. RA zone. Ward 6.

**62C Summer St: (Case #ZBA 2012-88)** Applicant Koryn Zammuto and Owner Gurmail S. Banwait, seek a Special Permit under SZO §4.5.1 to change from one nonconforming use, an athletic entertainment retail store (SZO §7.11.9.7.a), to another nonconforming use, a hair salon (SZO §7.11.8.a). RB zone. Ward 2.

**112-116 Sycamore St: (Case #ZBA 2012-90)** Applicant Zipcar, Inc. and Owner 112-116 Sycamore Street, LLC, seek a Special Permit under SZO §4.5.3 in order to expand an existing nonconforming use, a multi-family dwelling (SZO §7.11.1.c), to a multi-family dwelling use with three (3) parking spaces for car-sharing or flex-car spaces (SZO §7.11.11.14.a). RB zone. Ward 4.

**73 Summer St: (Case #ZBA 2012-91)** Applicant Zipcar, Inc. and Owner First Summer 73, LLC, seek a Special Permit under SZO §4.5.3 in order to expand an existing nonconforming use, a service station (SZO §7.11.11.3.a), to a service station use with three (3) parking spaces for car-sharing or flex-car spaces (SZO §7.11.11.14.a). RB zone. Ward 3.

**761 Broadway: (Case #ZBA 2012-92)** Applicant Zipcar, Inc. and Owner, The Seven Hundred Sixty One Broadway Nominee Trust, seek a Special Permit under SZO §4.5.3 in order to expand an existing nonconforming use, an office (SZO §7.11.1), to an office with three (3) parking spaces for car-sharing or flex-car spaces (SZO §7.11.11.14.a). RB zone. Ward 6.

**765 Somerville Ave: (Case #ZBA 2012-93)** Applicant Zipcar, Inc. and Owner, Nanstan Realty, LLC, c/o Porter Square Realty, seek a Special Permit under SZO §4.5.3 in order to expand an existing nonconforming use, a multi-family dwelling (SZO §7.11.1.c), to a multi-family dwelling use with three (3) parking spaces for car-sharing or flex-car spaces (SZO §7.11.11.14.a). RB zone. Ward 5.

**0 Crown St: (Case #ZBA 2012-94)** Applicant Zipcar, Inc. and Owner Somerville Hospital, seek a Special Permit under SZO §4.5.3 in order to expand an existing nonconforming use, a hospital (SZO §7.11.5.B.3.b), to a hospital use with one (1) parking space for car-sharing or flex-car spaces (SZO §7.11.11.14.a). RA zone. Ward 3.

**15 Weston Ave: (Case #ZBA 2012-96)** Applicant, MetroPCS Massachusetts, LLC, and Owner, Somerville Housing Authority, seek a Special Permit under SZO §7.11.15.3 and SZO §14 to expand the use of the wireless communication facility to include the installation of four dish antennas and related equipment. RB zone. Ward 7.

**27 College Ave: (Case #ZBA 2012-97)** Applicant, MetroPCS Massachusetts, LLC, and Owner, Somerville Housing Authority, seek a Special Permit under SZO §7.11.15.3 and SZO §14 for the installation of wireless communication equipment consisting of three dish antennas and related equipment and cables. CDB zone. Ward 6.

**231-233 Holland St: (Case #ZBA 2012-98)** Applicant/Owner 62 College Ave Trust LLC, seek a Special Permit under SZO §7.11.1.c to establish 4 residential units at the site along with an existing 1,000 sf commercial space and a Special Permit under §4.4.1 to change and add windows, doors, and construct an enclosed walkway between second floors of the nonconforming structure. NB zone. Ward 7.


**70 Irving St: (Case #ZBA 2012-100)** Applicants and Owners, Cynthia Taft and Frederick Mueller, seek a Special Permit under SZO §4.4.1 to alter a nonconforming single family dwelling through the installation of windows and a bulkhead door on the right side elevation. RA Zone. Ward 6.

Copies of these petitions are available for review in the Office of Strategic Planning and Community Development, located on the third floor of City Hall, 93 Highland Avenue, Somerville, MA, Mon-Wed, 8:30 am-4:30 pm; Thurs, 8:30 am-7:30 pm; and Fri, 8:30 am-12:30 pm; and at [somervillema.gov/planningandzoning](http://somervillema.gov/planningandzoning). As cases may be continued to later dates, please check the agenda on the City's website or call before attending. Continued cases may not be re-advertised. Interested persons may provide comments to the Zoning Board of Appeals at the hearing or by submitting written comments by mail to OSPCD, Planning Division, 93 Highland Avenue, Somerville, MA 02143; by fax to 617-625-0722; or by email to [dpereira@somervillema.gov](mailto:dpereira@somervillema.gov).

Attest: Dawn Pereira, Administrative Assistant


Published in Somerville News on 11/28/12 & 12/5/12.

11/28/12, 12/5/12 The Somerville News



**Somerville**  
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**ONE CALL to CITY HALL**  
**311**  
**SOMERVILLE**



**CITY OF SOMERVILLE**  
**PURCHASING DEPARTMENT**  
**IFB # 13-51**

The City of Somerville, through the Purchasing Department invites sealed bids for:

**Roof Repairs to Somerville High School: Over the Atrium**

An invitation for bids (IFB) and specifications may be obtained at the Purchasing Department, City Hall, 93 Highland Ave., Somerville, MA. 02143 on or after: **Wednesday, December 5, 2012**. Sealed bids will be received at the above office until: **Wednesday, September 19, 2012 at 11:00 A.M.**, at which time sealed bids will be open. The Purchasing Director reserves the right to reject any or all proposals if, in her sole judgment, the best interest of the City of Somerville would be served by so doing.

A Pre-Bid Site Visit will be held on Wednesday, December 12, 2012 at 11:00AM, Somerville High School, 81 Highland Ave, Somerville, MA. At the Concourse Entrance.

The contract term shall be from December 20, 2012 through December 19, 2013.

Prevailing wage rates apply to this contract. A 5% Bid Deposit will be required.

The City of Somerville Responsible Employer Ordinance will apply to this contract.

Please contact Orazio Deluca, or email [odeluca@somervillema.gov](mailto:odeluca@somervillema.gov), for information and proposal packages.

**Angela M. Allen**  
**Purchasing Director**  
**617-625-6600 ext. 3400**

12/5/12 The Somerville News



**THE TRAFFIC COMMISSION BY THE POWER VESTED IN IT THROUGH A SPECIAL ACT OF THE LEGISLATURE, CHAPTER 397 OF THE ACTS OF 1978, HEREBY AMENDS THE TRAFFIC ORDINANCES WITH THE ADDITION OF THE FOLLOWING TRAFFIC REGULATIONS:**

2012-57 Article V Section 5-11 "Bus Stops" is amended with the addition of the following location: opposite 120 Middlesex Av

2012-58 Article V Section 5-5 "Parking Locations and Prohibitions" is amended as follows: Rescind 2012-55

2012-59 Article V Section 5-6 "Permit Parking Locations and Prohibitions" is amended as follows: Rescind 2012-56

2012-60 Article V Section 5-6 "Permit Parking Locations and Prohibitions" is amended as follows: seasonal removal (April 1 - Nov 15) of 2 parking spaces on Crocker St

2012-61 Article V Section 5-6 "Permit Parking Locations and Prohibitions" is amended as follows: seasonal removal (April 1 - Nov 15) of 2 parking spaces on Packard Av

2012-62 Article V Section 5-15 "Handicapped Parking" is amended as follows: Rescind a portion of 2012-37 (8 Melvin St) and 2012-47 (15 Adrian St) by removing the trial period from both regulations.

PROMULGATED: OCTOBER 18, 2012  
ADVERTISED: DECEMBER 5, 2012  
DECEMBER 12, 2012  
DECEMBER 19, 2012  
EFFECTIVE: DECEMBER 27, 2012

**MATTHEW DIAS, ACTING DIRECTOR**

12/5/12 The Somerville News



**CITY OF SOMERVILLE**  
**PURCHASING DEPARTMENT**  
**IFB # 13-50**

The City of Somerville, through the Purchasing Department invites sealed bids for:

**Charter/Tour Bus Services**


A Invitation for Bids (IFB) and specifications may be obtained at the Purchasing Department, City Hall, 93 Highland Ave., Somerville, MA. 02143 on or after: **Monday, December 3, 2012**. Sealed proposals will be received at the above office until: **Monday, December 17, 2012 at 11:00A.M.**, at which time sealed proposals will be open. The Purchasing Director reserves the right to reject any or all proposals if, in her sole judgment, the best interest of the City of Somerville would be served by so doing.

The contract term shall be for a period of 1 year from 1/01/2013 through 12/31/2013.

Please contact Karen Mancini, Asst. Purchasing Director, x3412, or email [kmancini@somervillema.gov](mailto:kmancini@somervillema.gov), for information and bid packages.

**Angela M. Allen**  
**Purchasing Director**  
**617-625-6600 ext. 3400**

12/5/12 The Somerville News



**CITY OF SOMERVILLE**  
**PURCHASING DEPARTMENT**  
**RFP # 13-49**

The City of Somerville, through the Purchasing Department invites sealed bids for:

**Chartered Tours and Trips Services**


A Request for Proposals (RFP) and specifications may be obtained at the Purchasing Department, City Hall, 93 Highland Ave., Somerville, MA. 02143 on or after: **Monday, December 3, 2012**. Sealed proposals will be received at the above office until: **Monday, December 17, 2012 at 11:30A.M.**, at which time sealed proposals will be open. The Purchasing Director reserves the right to reject any or all proposals if, in her sole judgment, the best interest of the City of Somerville would be served by so doing.

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Please contact Karen Mancini, Asst. Purchasing Director, x3412, or email [kmancini@somervillema.gov](mailto:kmancini@somervillema.gov), for information and bid packages.

**Angela M. Allen**  
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**617-625-6600 ext. 3400**

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**CITY OF SOMERVILLE**  
**OFFICE OF CITY CLERK**  
**BOARD OF ALDERMEN**

There will be a Public Hearing before the Board of Aldermen's Committee on Licenses and Permits on **Wednesday, December 12, 2012, at 6:00 PM**, in the Committee Room on the 2nd Floor of City Hall, 93 Highland Avenue, on the petition of City Motor Group Inc. dba City Auto Sales for a Used Car Dealer's License Class II at 463 McGrath Highway, storing no vehicles inside and 30 vehicles outside, and operating Monday-Saturday from 8 AM to 8 PM and Sunday from 10 AM to 6 PM.

**THE PUBLIC IS INVITED TO ATTEND AND BE HEARD.**

**JOHN J. LONG**  
**CITY CLERK**

12/5/12 The Somerville News

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LEGAL NOTICES

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Commonwealth of Massachusetts  
The Trial Court  
Middlesex Probate and Family Court  
208 Cambridge Street  
Cambridge, MA. 02141  
(617) 768- 5800

MIDDLESEX Division Docket No. MI 12P4979EA

Estate of:

Arthur	C.	O'Leary
First Name	Middle Name	Last Name

Also Known As: \_\_\_\_\_

Date of Death: 09/03/2012

To all persons interested in the above captioned estate, by Petition of

Petitioner Elizabeth B O'Leary of Somerville MA  
First Name M.I. Last Name (City/Town) (State)

[x] a Will has been admitted to informal probate.

[x] Elizabeth B O'Leary of Somerville MA  
First Name M.I. Last Name (City/Town) (State)

has been informally appointed as the Personal Representative of the estate to serve [ ] with [x] without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representative appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

12/5/12 The Somerville News



The Somerville Historic Preservation Commission (SHPC) shall hold a Public Hearing on Tuesday, December 18, 2012 at 6:40 p.m. in the Third Floor Conference Room, City Hall regarding proposals to demolish (1) 34 Edgar Avenue by Applicants Esmaeil Mahdavi & Yeganeh Salehpour, (2) 360 Mystic Avenue by Applicant Richard Berg, (3) 26 Warwick Street by Applicant Daniel Silva, and (4) 20 Warwick Street by Applicant 20 Warwick Street Trust.

The subject of the hearing will be a review of the initial determination by the SHPC that under City of Somerville Zoning Ordinance Section 7-28b(2), the structure is considered "Significant". Public testimony followed by discussion and a vote by the Commission will be taken regarding if the building should be "Preferably Preserved". For further information, please contact the Commission Staff via (617) 625-6600 x 2525 or [kchase@somervillema.gov](mailto:kchase@somervillema.gov).

11/28/12, 12/5/12 The Somerville News

PATS TOWING

\*\*\*\*\*NOTICE TO OWNERS ONLY \*\*\*\*\*

The following abandoned and / or junk motor vehicles will be disposed of or sold, any questions regarding this matter please contact Pat's Towing.  
Monday-Friday 8:00am-5:00pm  
Tel: 617-354-4000, Fax 617-623-4287

2012	Kymco	Moped	Vin# LC2U6A039CC001485
2001	BMW	5251	Vin# WBADS33451GD50051
2000	Nissan	Maxima	Vin# JN1CA31A8YT002689
Honda	Motorcycle	Blue	Vin# 1HFSC1000DA007574

Date of Sale: December 19, 2012  
Time: 12:00 P.M.  
Location: 160 McGrath Hwy. Somerville, MA. 02143

11/21/12, 11/28/12, 12/5/12 The Somerville News

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A great season for a truly great team

CONT. FROM PG 9

to that team.

It takes an entire team to develop two State All-Scholastics. While I congratulate Felix DeBona and League MVP Thayrone Miranda, who each scored 26 goals this season (that's 18 season games and 5 play-off games for those of you wondering), these two exemplary players are just two highlights from an amazing team.

George says that this is a special bunch, and I believe him. Any group that can work through a five-year plan, keep kids coming through word of mouth, and expand that program must have developed a very close bond. When the Highlanders won the Divisional Championship in the Greater Boston League to win a tournament berth this year, all of the alumni from the last five years, the year when George started, came

down to hold the trophy. That's no accident, he says.

This group describes itself as a family, and maybe there's something to that. A family that speaks English, Spanish, Portuguese and Haitian Creole? Sounds like Somerville to me.

But again, and this is key, it takes a person of good character to be a good soccer player. Scarpelli said his mantra is to be "a gentleman first, a student second and a soccer player third, always in that order." Nine seniors will be leaving this year. Several of them will have scholarships to attend prestigious colleges like Merrimack, Northeastern and Boston University.

But eight of them will be back. From a soccer program that has become an avenue for kids in Somerville to better their lives and

better their neighborhoods they will inherit a newly forged reputation as a force to be reckoned with in this state. It will be on their shoulders to teach the new guys the importance of doing community service. I'm told that many team members put in over 100 hours per season, far more than the 40 hours required by Coach Scarpelli. They will also be expected to compile good academic and attendance records so that their futures can be all the more bright. And if they do it all again as well as they did this year, maybe they'll win a state championship next year.

Either way, these young men have proven two things. One is that hard work and persistence can pay off.

The other is that helping your friends get there is really what is worth it.

Medical cannabis and beyond

CONT. FROM PG 9

2009, 1,950 in 2010, and over 2,500 last year.

Here are just a few examples of findings that, collectively, tempt one to call cannabis a "miracle drug."

Neuropathy is nerve damage resulting from a variety of causes, including physical trauma, diabetes, liver failure, cancer, toxins, Lyme disease, HIV, and shingles. The pain caused by neuropathy is notoriously difficult to treat. In 2010, four separate University of California studies using FDA clinical trial designs found that cannabis reduced patients' pain to an extent as good as, or better than, currently available medications, but with less harmful side effects.

Cannabis is efficacious in treating the cramping, inflammation, pain, diarrhea and weight loss associated with such gastrointestinal diseases as colitis, Crohn's disease, and irritable bowel syndrome. For example, a Mayo Clinic study involving 52 patients found that a cannabinoid relaxed the colon and reduced stomach cramps after eating.

Cannabis is an effective anti-convulsant and anti-spasmodic. It has been used to treat epilepsy for over a thousand years. Today, numerous epileptics report that cannabis use completely eliminates their grand mal seizures.

Its efficacy in treating Multiple Sclerosis symptoms is well established. One 434-day study involv-

ing 167 patents, for example, found that cannabinoids relieved spasticity, pain, and bladder incontinence, without requiring dosage increases. But recent studies suggest that cannabinoids can inhibit the progression of MS as well. This is because of cannabinoids' capacity to stabilize the immune system.

A growing body of clinical and preclinical studies is finding that cannabinoids can reduce the spread of specific cancer cells, both by instructing the cells to kill themselves (apoptosis) and by blocking the formation of blood cells that feed tumors (angiogenesis). The most study thus far has focused on brain and breast tumors.

Skeptics might reasonably ask why caregivers can't just prescribe compounds whose effects mimic those of various cannabinoids. One important reason is that cannabinoids' effects are synergistic. That is, they interact with each other, with different receptors, and with over 100 terpenoids and 20 flavonoids found in cannabis to create effects that are greater and different than the sum of their parts. Science is still far from fully understanding these interactions.

A second reason is safety. "Marijuana in its natural form is one of the safest therapeutically active substances known to man." I'm quoting the Drug Enforcement Administration's former Administrative Law

Judge, Francis J. Young.

Consider, for example, that at least seven cannabinoids are known to reduce inflammation. But while at least 16,500 Americans die each year from taking anti-inflammatory drugs such as aspirin, Advil, Motrin, and Tylenol, the World Health Organization says that no death has ever resulted from a cannabis overdose.

Physicians have been using cannabis effectively for 5,000 years. Cannabis cultivators like George Washington and Thomas Jefferson extolled the plant's many virtues.

After extensive study of Indian medical literature and clinical practice, Dr. William B. Shaunessy introduced cannabis to the West's modern pharmacopeia in 1839. Queen Victoria's doctor prescribed cannabis to treat her menstrual cramps. He wrote that it was, "by far the most useful of drugs" in treating migraine, neuralgia, convulsions, and insomnia.

When it was made illegal in 1939, cannabis was the active ingredient in dozens of medicines marketed by Merck, Eli Lilly, Parke Davis, and other pharmaceutical companies.

So how did a plant that provides such exceptional benefits to humankind come to be so reviled and illegal? How did those who use, grow, and sell it come to be despised and imprisoned?

That's the subject of the next column in this series.

Ms. Cam's

Olío

Answers

Answers from page 14

1. A "tittle"

2. It is made from 25% Linen and 75% Cotton

3. The left hand

4. Mobile Army Surgical Hospital

5. Joseph Stalin, Winston Churchill and Franklin D. Roosevelt

6. Charles Manson

7. Liza Minnelli

8. In old fashioned typesetting, the "upper case" letters were stored on top of the case that held the "lower case" letters

9. No - in the 70's Finland provided schools with Donald Duck comics to promote early age literacy - in 1977

they were strapped for cash and parent groups wanted more Physical Ed and Sports in the schools so they stopped providing them - Donald is very much loved in Finland

10. It was sold as medicine - Dr. Miles Compound Extract of Tomato

11. Warren Harding

12. Mt. Fuji



• • • • ‘VILLENS ON THE TOWN’ • • • •

FOR CHILDREN AND YOUTH  
Wednesday| December 5

**East Branch Library**  
Preschool: Storytime  
11 a.m.-11:30 a.m.|115 Broadway

**Veteran's Memorial Rink**  
Free public skating  
12 p.m.-1:50 p.m.|570 Somerville Ave

Thursday|December 6

**Central Library**  
Preschool Storytime for 3 to 5 years old  
10:30 a.m.-11:15 a.m.|79 Highland Ave

**Christmas Tree Lighting**  
6:30 p.m.|City Hall Concourse

Friday| December 7

**Central Library**  
Preschool Storytime for 2 years old  
10:30 a.m.-11a.m.|79 Highland Ave

**Veteran's Memorial Rink**  
Free public skating  
12 p.m.-1:50 p.m.|570 Somerville Ave

Saturday |December 9

**Central Library**  
Make 3-D paper Snowflakes with Thy  
2 p.m.-4:30 p.m.|79 Highland Avenue

Monday |December 10

**Central Library**  
Sing-along with Steve  
11 a.m.- 12 p.m.|79 Highland Ave

Tuesday|December 11

**Central Library**  
Homeschool Reading Group  
Tammy McKanan  
617-591-0216  
10 a.m.- 2 p.m.|79 Highland Ave

**West Branch Library**  
Preschool Storytime  
11 a.m.- 11:45 a.m.|40 College Ave

Wednesday |December 12

**East Branch Library**  
Preschool: Storytime  
11 a.m.-11:30 a.m.|115 Broadway

**West Branch Library**  
Preschool: Babygarten  
11 a.m.- 11:45 p.m.|40 College Avenue

**Central Library**  
Book Group for Kids Ages 9-12  
Cathy/2950  
7 p.m.-8 p.m.|79 Highland Avenue

**Veteran's Memorial Rink**  
Free public skating  
12 p.m.-1:50 p.m.|570 Somerville Ave

MUSIC  
Wednesday|December 5

**Johnny D's**  
Holiday Pre Heat|Local Musicians, Bloggers, Writers,Music Scene Movers & Shakers, Mix, Mingle and Spin their favorite tunes. Free Admission!  
17 Holland St|617-776-2004

**Sally O'Brien's Bar**  
Free Poker, lots of prizes! 8 p.m.  
335 Somerville Ave|617-666-3589

**The Burren**  
Pub Quiz 8 p.m.  
Comedy 10 p.m.  
247 Elm Street|617-776-6896

**PA'S Lounge**  
345 Somerville Ave|617-776-1557

**On The Hill Tavern**  
Sports Trivia  
499 Broadway|617-629-5302

**Orleans Restaurant and Bar**  
Trivia  
65 Holland St|617-591-2100

**Precinct Bar**  
3penny Open Mic (No Cover)  
70 Union Sq|617-623-9211

**Bull McCabe's Pub**  
The Nephrok All Stars  
366A Somerville Ave|617-440-6045

**Highland Kitchen**  
TJ The DJ Presents The People's Karaoke  
10 p.m.|150 Highland Ave|617-625-1131

**Samba Bar & Grille**  
608 Somerville Ave|617-718-9177

**Rosebud Bar**  
Free Pool|Game Night  
381 Summer St

**Radio Bar**  
Warp Speed Wednesday pilot episode featuring episodes of Star Trek the Next Generation, Firefly, The Prisoner, and screening of Starship Troopers  
379 Summer St

**Cantina la Mexicana**  
Salsa Dance Night

7 p.m.|247 Washington St.

**Arts at The Armory**  
Wiretap Wednesday Open Stage  
7 p.m.|Café|191 Highland Ave

Thursday|December 6

**Johnny D's**  
El Vez  
17 Holland St.|617-776-2004

**Sally O'Brien's**  
Spring Hill Rounders grassy  
Thursdays 7:30 p.m.  
335 Somerville Ave|617-666-3589

**The Burren**  
Scattershot 80's Night  
247 Elm Street|617-776-6896

**PA'S Lounge**  
Tim Brown|Tess Johnson|Sean Morceau|Brian Chenard  
345 Somerville Ave|617-776-1557

**On The Hill Tavern**  
Live DJ Music  
499 Broadway|617-629-5302

**Orleans Restaurant and Bar**  
65 Holland St|617-591-2100

**Precinct Bar**  
Ladies Cover Band Night|Christie Prince as (Hole)| Ana Karina Da Costa as (Sinead O Connor)|Tanya Darling as (Liz Phair)  
70 Union Sq|617-623-9211

**Bull McCabe's**  
Dub Down Featuring The Scotch Bonnet Band  
366A Somerville Ave|617-440-6045

**Joshua Tree**  
256 Elm St. |617-623-9910

**Samba Bar & Grille**  
608 Somerville Ave|617-718-9177

**Rosebud Bar**  
Fortran| Mason Vincent and the Cannibal Kings  
381 Summer St.

**Somerville Theatre**  
Awkward Compliment's Thursday Night Comedy Night  
8 p.m.|55 Davis Square

**Radio Bar**  
Brendan Boogie's Rock and Roll Radio Revue featuring Brendan Boogie and the Broken Gates, Naked On Roller Skates, The Phil Aiken Army  
379 Summer St

**Cantina la Mexicana**  
247 Washington St.

**Arts at the Armory**  
Choose to Find  
7:30|Performance Hall|191 Highland Ave

Friday|December 7

**Johnny D's**  
Robby Krieger's Jazz Kitchen|Eric French  
17 Holland St|617-776-2004

**Sally O'Brien's**  
Stan Martin Band |6 p.m.  
Todo Bien \$5 cover  
335 Somerville Ave|617-666-3589

**The Burren**  
Jimmy's Down  
247 Elm Street|617-776-6896

**Orleans Restaurant and Bar**  
DJ  
10 p.m.|65 Holland St

**Precinct Bar**  
Hear Now Live Presents:Falling Rock Zone|Mike Woo's Raging Bone|Blueprint for a Riot|The Deep North|Andrew O'Keeffe  
70 Union Sq|617-623-9211

**PA'S Lounge**  
Congress|Old English|The Post Nobles|Matt Fuller  
345 Somerville Ave|617-776-1557

**On The Hill Tavern**  
499 Broadway |617-629-5302

**Orleans Restaurant and Bar**  
DJ starting at 10 p.m.  
65 Holland St|617-591-2100

**Bull McCabe's**  
Jess Tardy Band  
366A Somerville Ave|617-440-6045

**Joshua Tree**  
256 Elm St. |617-623-9910

**Samba Bar & Grille**  
Live music  
9 p.m.|608 Somerville Ave|617-718-9177

**Rosebud Bar**  
A Minor Revolution|oc45|Rough Splits|The Down and Outs|Trophy Lungs  
381 Summer St

**Casey's**  
Entertainment every Friday  
173 Broadway|617- 625-5195

**Cantina la Mexicana**  
TBA  
247 Washington St.

**Radio Bar**  
Upstairs: The Milling Gowns CD release party  
Downstairs: Freak Flag presents Guerrilla Toss, New England Patriots In Heat  
379 Summer St

**Somerville Theatre**  
Slutcracker  
8 p.m.|55 Davis Square

Saturday|December 8

**Johnny D's**  
First Night! Workmen's Circle Radical Hanukkah Party featuring Michael Winograd Klezmer Ensemble Cd Release|Dirty Water Brass  
17 Holland St|617-776-2004

**Sally O'Brien's**  
Tom Hagerty Band|6 p.m.  
Jody Blackwell with Erinn Brown \$5 cover|9 p.m.  
335 Somerville Ave|617-666-3589

**The Burren**  
Spitting Vinnies  
247 Elm Street|617-776-6896

**Precinct Bar**  
Music vs. Cancer Fundraiser|Christian McNeill and Sea Monsters|Dub Apocalypse|B3 Kings  
70 Union Sq|617-623-9211

**Orleans Restaurant and Bar**  
Karaoke  
65 Holland St

**PA'S Lounge**  
Tom Flash & the Lightning Band|The Off Chance|The Brother Fox|Tristan Omand  
345 Somerville Ave|617-776-1557

**On The Hill Tavern**  
Live DJ Music  
499 Broadway|617-629-5302

**Bull McCabe's**  
Kevin Connolly Band  
366A Somerville Ave|617-440-6045

**Joshua Tree**  
256 Elm St. |617-623-9910

**Samba Bar & Grille**  
608 Somerville Ave|617-718-9177

**Rosebud Bar**  
Big Bad Bobbie and The Shoehorns|Dead Ellington|Minus World|Post Neutral  
381 Summer St

**Casey's**  
Entertainment every Saturday  
173 Broadway|617- 625-5195

**Cantina la Mexicana**  
TBA  
247 Washington St.

**Radio Bar**  
Upstairs: The Vital Might CD release party  
Downstairs: Last Stand, The Unstablars, The Hired Men, Cerebral Ballsy  
379 Summer St

**Arts at The Armory**  
Greg Klyma  
7 p.m.|Cafe|191 Highland Ave

**Somerville Theatre**  
Slutcracker  
8 p.m.|55 Davis Square

Sunday|December 9

**Johnny D's**  
Open Blues Jam|4:30 p.m.  
17 Holland St.|617-776-2004

**Sally O'Brien's Bar**  
Annual Parkinson Benefit|noon Frank Drake Sunday Showcase |5 p.m.  
John DeCarlo & Company|8 p.m.  
335 Somerville Ave|617-666-3589

**The Burren**  
Burren Acoustic Music Series  
247 Elm Street|617-776-6896

**PA'S Lounge**  
345 Somerville Ave|617-776-1557

**Precinct Bar**  
70 Union Sq|617-623-9211

**Bull McCabe's Pub**  
Dub Apocalypse  
366A Somerville Ave|617-440-6045

**Highland Kitchen**  
150 Highland Ave|617-625-1131

**Rosebud Bar**  
Karaoke  
381 Summer St

**Orleans Restaurant and Bar**  
Game Night  
65 Holland St|617-591-2100

**Radio Bar**  
Up|Open mic comedy with PJ Westin  
7:30-9:30p Free  
379 Summer St

**Arts at The Armory**  
Overboard at the Arts at the Armory Cafe!  
7 p.m.|Café  
Chris Smither

7 p.m.|Performance Hall|191 Highland Ave

**Somerville Theatre**  
Slutcracker  
2 p.m., 8 p.m.|55 Davis Square

Monday|December 10

**Johnny D's**  
Team Trivia|8:30 p.m.  
17 Holland St | 617-776-2004

**Sally O'Brien's Bar**  
Cheapshots Comedy Club open mike|7 p.m.  
Marley Mondays with the Duppy Conquerors|9:30 p.m.  
335 Somerville Ave|617-666-3589

**The Burren**  
Bur Run|6:45 p.m.  
Big Night Out|8 p.m.  
247 Elm Street|617-776-6896

**On The Hill Tavern**  
499 Broadway|617-629-5302

**PA'S Lounge**  
345 Somerville Ave|617-776-1557

**Precinct Bar**  
UnRegular Radio Presents  
70 Union Sq|617-623-921

**Bull McCabe's Pub**  
Stump Team Trivia  
8 p.m.|366A Somerville Ave|617-440-6045

**Rosebud Bar**  
Massmouth  
381 Summer St

**Radio Bar**  
379 Summer St

**Arts at the Armory**  
Not So Silent Monday  
7 p.m.|Café|191 Highland Ave

Tuesday|December 11

**JohnnyD's**  
Bad Girls Upset by the Truth starring Ad Frank & Lisa McColgan|Joe Turner & The Seven Levels  
17 Holland St|617-776-2004

**Sally O'Brien's Bar**  
Panda Bar |8 p.m.  
335 Somerville Ave|617-666-3589

**The Burren**  
Open Mic w/ Hugh McGowan  
247 Elm Street|617-776-6896

**On The Hill Tavern**  
Stump Trivia (with prizes)  
499 Broadway|617-629-5302

**PA'S Lounge**  
Open Mic - Rock, Folk, R&B, Alt, Jazz & Originals etc. Hosted by Tony Amaral  
345 Somerville Ave|617-776-1557

**Precinct Bar**  
70 Union Sq|617-623-9211

**Bull McCabe's Pub**  
Skiffy & The Ghetto People Band  
366A Somerville Ave|617-440-6045

**Highland Kitchen**  
Spelling Bee Night First Tuesday of the month  
150 Highland Ave|617-625-1131

**Samba Bar & Grille**  
608 Somerville Ave|617-718-9177

**Rosebud Bar**  
Karaoke  
381 Summer St

**PJ Ryan's**  
Pub Quiz  
10 p.m.|239 Holland St.|617-625-8200

**Radio Bar**  
379 Summer St

**Arts at The Armory**  
Canis Major Herbal Workshop  
7 p.m.|Cafe|191 Highland Cafe

Wednesday|December 12

**Johnny D's**  
Bad Girls Upset by the Truth starring Ad Frank & Lisa McColgan |Baker Thomas & Friends  
17 Holland St|617-776-2004

**Sally O'Brien's Bar**  
Free Poker, lots of prizes! 8 p.m.  
335 Somerville Ave|617-666-3589

**The Burren**  
Pub Quiz 8 p.m.  
Comedy 10 p.m.  
247 Elm Street|617-776-6896

**PA'S Lounge**  
345 Somerville Ave|617-776-1557

**On The Hill Tavern**  
Sports Trivia  
499 Broadway|617-629-5302

**Orleans Restaurant and Bar**  
Trivia  
65 Holland St|617-591-2100

**Precinct Bar**  
3penny Open Mic (No Cover)  
70 Union Sq|617-623-9211

**Bull McCabe's Pub**  
The Nephrok All Stars

366A Somerville Ave|617-440-6045

**Highland Kitchen**  
TJ The DJ Presents The People's Karaoke  
10 p.m.|150 Highland Ave|617-625-1131

**Samba Bar & Grille**  
608 Somerville Ave|617-718-9177

**Rosebud Bar**  
Free Pool|Game Night  
381 Summer St

**Radio Bar**  
Warp Speed Wednesday  
379 Summer St

**Cantina la Mexicana**  
Salsa Dance Night  
7 p.m.|247 Washington St.

CLASSES AND GROUPS  
Wednesday|December 5

**Central Library**  
Book Group: Mystery  
7 p.m.-8:30 p.m.|79 Highland Ave

**Central Library**  
U.S. Census Bureau Recruiting Session  
Melanie Jetter617-424-4527  
9 a.m.-5 p.m.|79 Highland Avenue

**Third Life Studio**  
Beyond beginning Belly Dance with Nadira Jamal  
7:30 p.m.|Level 2|33 Union Sq|www.nadirajamal.com

Thursday| December 6

**Central Library**  
U.S. Census Bureau Recruiting Session  
Melanie Jetter617-424-4527  
9 a.m.-5 p.m.|79 Highland Avenue

**Central Library**  
Writing Workshop with Regina Hansen  
7 p.m.-8:30 p.m.|79 Highland Avenue

**Central Library**  
Open Dialogue: Options for our Gifted Students  
Anni Satinover/781-665-2032  
7 p.m.-9 p.m.|79 Highland Avenue

**West Branch Library**  
Learn English at the Library!  
(Session 1) 6 p.m. - 7 p.m.  
(Session 2) 7:15 p.m.- 8:15 p.m.  
40 College Avenue

**First Church Somerville**  
Debtors Anonymous- a 12 Step program for people with problems with money and debt. 7 p.m.-8:30 p.m.|89 College Ave (Upstairs Parlor). For more info call: 781-762-6629

Saturday| December 8

**Arts at the Armory**  
Winter Farmers' Market  
9:30 a.m. - 2 p.m.|Performance Hall|191 Highland Ave

**Bagel Bards**  
Somerville Writers and Poets meet weekly to discuss their work  
9 a.m.-12 p.m.|Au Bon Pain| 18-48 Holland St

Sunday| December 9

**Unity Church of God**  
Fourth Step to Freedom Al-Anon Family Groups  
7:00 P.M. | 6 William Street  
Enter upstairs, meeting is in basement.

Monday| December 10

**East Branch Library**  
Learn English at the Library!  
(Session 1) 6 p.m.-7 p.m.  
(Session 2) 7:15 p.m. - 8:15 p.m.  
115 Broadway

**Third Life Studio**  
Bollywood Dance!With Sarina  
7:30 p.m.|bostonbollywooddance@gmail.com

Tuesday| December 11

**Central Library**  
Learn English at the Library!  
6 p.m.-7:30 p.m.|79 Highland Avenue

**Third Life Studio**  
Vinyasa Flow Yoga & Meditation  
9:15 a.m.-10:15 a.m.|617-628-7884

**The Art of Singing Group**  
7 p.m.-9:15 p.m.|33 Union Sq|617-628-0916 srlibana@gmail.com

Wednesday| December 12

**Third Life Studio**  
Beyond beginning Belly Dance with Nadira Jamal  
7:30 p.m.|Level 2|33 Union Sq|www.nadirajamal.com



## SENIOR CENTER HAPPENINGS:

**Welcome to our centers!** Everyone 55+ are encouraged to join us for fitness, culture, films, lunch and Bingo. Check out our calendar and give a call with any questions or to make a reservation. 617-625-6600 ext. 2300. Stay for lunch and receive free transportation.

**Holland Street Center** - 167 Holland Street

**Ralph & Jenny Center** - 9 New Washington Street

**Cross Street Center** - 165 Broadway

**Holiday Bazaar** coming to Holland Street Center December 6 and 7. Come support the Council on Aging and find some great holiday goodies, trimmings and more.

**Some Council on Aging highlights in the coming weeks:**

A lunchtime series on **Stress Management & Self Care** comes to the Holland Street Center from 12:30 - 1:30 pm. Tuesdays beginning 12/4 - 12/18. 12/4 - **Reiki**; 12/11- **Meditation**; 12/18 **Alternative Therapies**. No cost but RSVP required. Presented by Roberta Robinson of the Cambridge Health Alliance. Brown Bag (bring your own lunch). Light refreshments served.

Get ready for our **Holiday Cookie Celebration** on December 17 at Holland Street. Bring in a family or favorite recipe and some baked cookies to share. Stay and sample the best from Somerville with some tea, hot chocolate and eggnog. Stay for “MusicalConversation” as Alan brings back Natasha Folk Project for a musical hour of conversation. RSVP with Judy at 617-625-6600 ext. 2300.

**Illumination Tour** is December 15 at 4:15 pm. For \$5, ride the trolley and view the sparkling lights.

**Yoga/Meditation** 4-week session coming January 22. \$20 for the four weeks. Tuesdays at 2:00 pm. Holland Street Center.

**We know you have always wanted to learn Belly Dancing.** Here's your chance. Beginner Adult Belly Dancing comes to Holland Street Center Tuesdays at 5:00 p.m. Class is \$5. Get that core strong and help your back muscles get strong and stay strong. All levels.

**We heard you singing in the shower** - now join us in person. The Moonlighters meet every Monday at 10:30 am at Holland Street. All levels welcome. No experience needed.

**Cards and Games hour** at Ralph & Jenny at 10:00 am every day the center is open. Come join your friends or make some new ones. Cards, Scrabble and Cribbage.

**Do you crochet or would you like to learn?** Thursdays at 10:45 a.m. At Ralph & Jenny Center. Join a great group in learning to crochet or share your projects you are working on.

A few stops left for **New York City Trip**. Get yours before they fill up.

**Hu KeLau** - dinner and performance - December 5.

**Shopping in New York City** - December 8 & 9.

**Newport Mansion Tour** - December 13.

**Winter Wonderland at Aqua Turf Club** - December 18.

**STAY ACTIVE:**

**Belly Dancing** - Tuesdays 5:00 p.m. Holland Street. \$5.

**QiGong** - Wednesdays at Holland Street from 1:15 - 2:00 p.m.

**Flexibility & Balance** - all three centers.

**Strength with Geoff** - Tuesdays at Holland and Thursdays and Ralph & Jenny.

**December 5**

**Huke Lau**

**Bowling at 1:00 at Flatbreads**

**Holland Street Center**  
Flexibility & Balance|9:30 a.m.

**Qi gong**|1:15 p.m.  
167 Holland Street|617-625-6600 x 2300

**Cross Street Center**  
Closed

**Ralph & Jenny Center**  
Cards & Cribbage|10 a.m.  
Bingo|12:45 p.m.  
9 New Washington Street|617-666-5223

**December 6**

**Bazaar**

**Holland Street Center**  
Current Events|10 a.m.  
Indoor Exercise|11 a.m.  
Bingo|12:45 p.m.  
167 Holland Street|617-625-6600 x 2300

**Ralph & Jenny Center**  
Strengthening|10 a.m.  
Cards & Cribbage|10 a.m.  
Crochet & Knitting|10:45 a.m.  
Bingo|12:45 p.m.  
9 New Washington Street|617-666-5223

**December 7**

**Bazaar**

**Holland Street Center**  
Bingo|12:45 p.m.  
167 Holland Street|617-625-6600 x 2300

**Cross Street Center**  
Closed  
165 Broadway|617-625-6600 x 2335

**Ralph & Jenny Center**  
Closed  
9 New Washington Street|617-666-5223

**December 10**

**Holiday Inn Dance**

**Holland Street Center**  
Gardening|9 a.m.  
Singing|10:30 a.m.  
167 Holland Street|617-625-6600 x. 2300

**December 11**

**Holland Street Center**  
Strengthening Exercise|9:15 a.m.  
Shine by appt.|10 a.m.  
Stress Management Meditation|12:30 p.m.  
Belly Dancing|5 p.m.  
167 Holland Street|617-625-6600 x. 2300

**Cross Street Center**  
Indoor Exercise|10:30 a.m.  
Bingo|12:45 p.m.  
165 Broadway|617-625-6600 x 2335

**Ralph & Jenny Center**  
Cards and Cribbage|10 a.m.  
Flexibility and Balance|10:30 a.m.  
Bingo|12:45 p.m.  
9 New Washington Street|617-666-5223

**December 12**

**Hanscom AFB**

**Bowling at 1:00 at Flatbreads**

**Holland Street Center**  
Flexibility & Balance|9:30 a.m.  
Qi gong|1:15 p.m.  
167 Holland Street|617-625-6600 x 2300

**Cross Street Center**  
Closed

**Ralph & Jenny Center**  
Cards & Cribbage|10 a.m.  
Bingo|12:45 p.m.  
9 New Washington Street|617-666-5223

**Computer Tutorial** - Retired computer teacher Barbara Marshall will be volunteering on select Thursdays from 11 - 12 at the Holland Street Center to provide individualized computer training. To schedule an appointment, call 617-625-6600 ext. 2300.

**Check out our Facebook site** for photos from our events and exercise and tips for everyday healthy living at [www.facebook.com/somervilleCOA](http://www.facebook.com/somervilleCOA).

## The quiet power of meditation

Meditation is a powerful tool for helping us keep the mind clear. Think of all the noise that is continually going on in your head. Meditation helps you clear the mind to find a peaceful place to be.

Many people, when you ask them about meditation, think that it is “hocus pocus” or something that they could never do. One thinks that it would be hard to sit still for so long or that they would just fail at it and it wouldn't work. It isn't that hard and it has been proven to help with memory, attention, thought and consciousness.

So what does one do at a meditation workshop? It varies. For example, it may be about learning how to come up with a mantra - an expression that one repeats over and over again - that allows one to escape the rambling of the mind and focus instead on a syllable, a word, or a phrase. By sitting or lying down, one repeats this mantra over and over again for 5, 10, or twenty minutes.

It is a skill that has been shown to lower blood pressure, ease chronic pain and soothe headaches and stomachaches. It can help one relax the tight muscles in one's body just

through the most basic of mantras - “OM.”

The Somerville Council on Aging is offering two different series with meditation in mind. The first is a lunchtime series on *Stress Management & Self Care* that will focus on Reiki, meditation and an overview of alternative therapies. This series begins December 4 from 12:30 - 1:30 p.m. and continues through December 18. It is free and open to the public. Bring your lunch and there will also be light refreshments. Come to just one or all three.

The other event is called *Four Weeks to Better Health*, meeting on December 22 and continuing every Tuesday through February 12. This meets at 2:00 - 3:00 p.m. The cost is \$20 for the four week session. This is led by a certified yoga/meditation instructor. Session one covers happy hips, knees and feet. Session two covers good digestion. Session three focuses on healthy hearts and session four is on mindfulness and mediation.

Both events are at the Holland Street Center at 167 Holland Street Somerville. RSVP and pre-registration is required. 617-625-6600 ext. 2316.

### A poem for all of our children

*An elderly couple came to the offices of The Somerville News and asked that we publish the following poem. They felt they had been somewhat forgotten by their children, and that many of their elderly friends felt the same thing about their children. The poem is a message to these children, one expressing a need for recognition and love - before it is too late.*

**The Time is Now**

*(Author unknown)*

If you are ever going to love me,  
Love me now, while I can know  
The sweet and tender feelings  
Which from true affections flow.  
Love me now.  
Do not wait until I'm gone  
And then have it Chiseled in marble,  
Sweet words on ice cold stone.  
If you have tender thoughts of me  
Please tell me now.  
If you wait until I am sleeping  
Never to awaken,  
There will be death between us  
And I won't hear you then.  
So, if you love me, even a little bit,  
Let me know it while I am living  
So I can treasure it.



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# Somerville residents to miss 'Silver Linings Playbook'

By Maria A. Cortes

A new, highly anticipated movie *Silver Linings Playbook* by David O. Russell stars Jennifer Lawrence as a young widow and Bradley Cooper as her love interest who is suffering from bipolar disorder. Scheduled to be released at the Somerville Theatre on November 21, the movie never made it to the big screen in Somerville, since the film studio The Weinstein Company withdrew the movie release plans. A touching love and life story from the *Silver Linings Playbook* will hopefully be shown to the Somerville audience in the near future.

The movie begins with Bradley Cooper's character Pat Solitano being released from a mental institution after spending eight months trying to control his anger and mood swings. Pat is a former teacher. Former because of the one incident that locked Pat into the Baltimore State Mental Hospital. He found out that his wife Nikki (Brea Bee), an English teacher at a local school, is cheating on him with the history teacher. Pat "snapped" and beat him up almost to death. Taken out of the hospital by his mom, Pat is now living with his parents and trying to get his life back with the help of his "silver lining" positive outlook.

Despite all the pain Nikki caused him, Pat still loves her and desperately tries to reach her, even though Nikki filed a restraining order against him. Over a dinner at his friend's house, Pat meets Tiffany (Jennifer Lawrence), who offers her help in getting a letter from Pat to Nikki. In exchange for her favor, Pat will be Tiffany's partner in an upcoming dance competition. Reluctant at first, Pat realizes that Tiffany is his only way to

reach out to Nikki and accepts Tiffany's conditions. As Pat starts training with Tiffany, he begins to discover the ways of controlling the emotions that are responsible for his actions, and dealing with his family and friends who happen to be even "crazier" than he is.

It seems that David O. Russell found a formula for a perfect movie: pick a great story that can relate to everyone (preferably set in some local neighborhood), cast some great actors (not necessarily famous, but with a keen sense of an emotion), set a specific rhythm and have the actors live the story out. Add a great score to that, and get one of the best movies of the year.

How simple! Russell used it for *The Fighter* and got seven Academy Award nominations. It can be easily predicted that *Silver Linings Playbook* with its touching story backed up by the best performances from Lawrence and Cooper is a definite candidate for the Oscars this year. David O. Russell was able to squeeze an entirely different story in his favorite frame that worked so well in *The Fighter*: Same small community, same not-good-enough-yet "hero," same "crazy" family in an always crowded house, and same troubled female character that gets another chance of fixing her life after she meets the "hero."

Although similarities with *The Fighter* on the structural level are obvious, *Silver Linings Playbook* delivers a more lyrical and personal story. The fact that Russell's own son is bipolar definitely contributes to that. It is full of humor and funny moments, but it is also full of life, with problems, swearing, lost jobs and pensions, stress, depressions, and weekly football games. Each character is presented with



*Silver Linings Playbook* takes a deeper look into life and love.

an incredible depth due to its constant position in a contrast with other characters. Thus, Pat is compared to his father (who also had a history of anger outbursts), to his brother (who is a "good" one in the family, while Pat is "the bad" one), and to his friend Ronny. The last comparison is significant, since it reveals that Ronny, who has a perfect family and a great house, is not happy at all but chooses to hide his true feelings under a big smile, while releasing his stress in a lone violent outbursts in his basement. Pat, conversely, spent months in a mental hospital and continues therapy, his marriage failed and now lives with his parents, and strongly disagrees with Ronny. David O. Russell gives the audience a chance to take sides and decide for themselves who is right and who is wrong.

As for the acting, Jennifer Lawrence as a young woman who lost her husband and has been trying to get in terms with life ever since is as good as ever with her

realistic play. Bradley Cooper positively delivers his best performance in years in *Silver Linings Playbook*. Chris Tucker brings some good laughs, Australian actress Jacki Weaver is exceptional as Pat's mother, and Robert De Niro, who plays Pat's enthusiastic football fan-father, will evoke a whole range of emotions and even tears. The camera work perfectly reflects the characters' inner feelings: in the beginning, close ups make you feel trapped in Pat's memories and anger. At the end, the camera catches a whole family gathering with Pat finding harmony and peace within himself. The perfect emotional rhythm that David O. Russell was able to find in his latest works and implement into his new movie *Silver Linings Playbook* makes it a must-see of this Christmas season.

*Silver Linings Playbook*: directed by David O. Russell. Starring Jennifer Lawrence, Bradley Cooper, Robert De Niro, Jacki Weaver, Chris Tucker. Rated R.

## Farewell Foodmaster

CONT. FROM PG 9

and they would let her. After a few times the owner, Johnnie De Jesus Sr. had a shopping cart full of staples waiting for her and gave her the groceries and the cart. Her own private carriage! That is true. She would ask, 'Can I borrow a carriage, and then return it right away to the courtesy booth?' And I think that they liked that. We wound up doing a lot better, but Johnnies really helped us back then."

There are so many personal stories regarding Johnnies on Clarendon Hill. One of my best friends used to deliver groceries. Another pal worked in the deli and was also a "bagger" at the Ball Square store. So many of my friends chimed in saying that they worked at Johnnies while in high school starting at \$1.60 an hour. Two of my best friends who have been married for years met at the Clarendon Hill store. Were you one of the kids who used to slide on those rollers that were part of the outdoor delivery system? You got a number that corresponded with the cart that rolled your order out to be loaded into your car. Now you remember, right? A bagger was still available to help bring your food out to your car right up until the end.

Although I was never in there, I am told that the Beacon St. Foodmaster was just as popular as the Alewife store. My friend

shares this sentiment: "My father played his numbers every day at Johnnie's for decades and when they announced that they were closing the store, my dad was beside himself."

For Somerville residents that are very set in their ways, closing stores like Foodmaster is a culture shock. I've found that we true Villens do not accept change well. We like our schedules and we like getting into a routine and sticking to it. By the way, I never referred to the store as Foodmaster. It was always "Johnnie's" to me, and no matter what they put in that sad vacant building, I will always remember that it was where "Johnnie's" used to be. Johnnie's Foodmaster will always be a huge part of Somerville history. Thank you and good luck to the De Jesus family and all the employees for many years of service and memories.

Please send me your ideas for articles and stories. You can go to my Facebook page, email me at jimmydl@rcn.com or leave a message at 617-623-0554.

Jimmy is available to host your event, play music, or just spice up any party or function. Call 617-623-0554 or jimmydel@rcn.com

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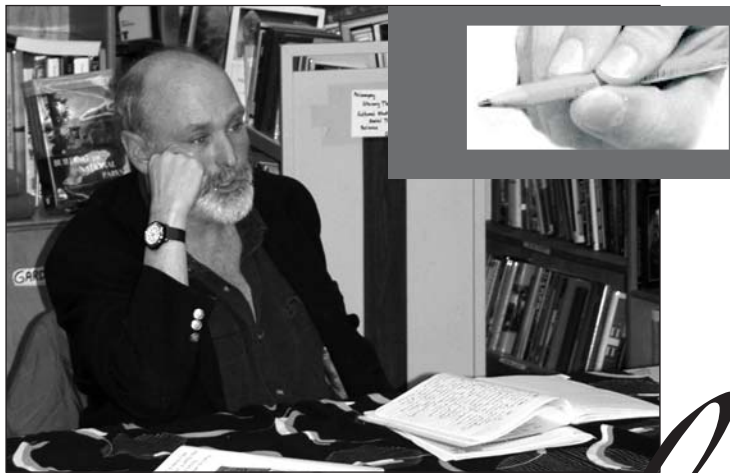
# Somerville Community Access TV Ch.3 Programming Guide

Want to learn TV production? Final Cut Pro? Soundtrack Pro? Green-screen? Call us today for more info! 617-628-8826							
<b>Wednesday, December 5</b>							
12:00am	Free Speech TV	6:00pm	Al Jazeera TV (Free Speech TV)	1:00pm	Bongoman	10:00am	Somerville Newspaper Reading
6:00am	Heritage Baptist Church	6:30pm	Discovering Justice: Know your rights	2:00pm	Henry Parker Presents	11:00am	Nossa Gente e Costumes
7:00am	Road to Recovery	7:00pm	The Literati Show	2:30pm	The Strike Heard Around the World	Noon	Democracy Now! (Free Speech TV)
8:00am	Democracy Now! (Free Speech TV)	7:30pm	Rooster Tails	3:00pm	Tele Magazine	1:00pm	Ablevision
9:00am	Creating Cooperative Kids	8:00pm	Fouye Zo Nan Kalalou	4:00pm	Fluff Festival	1:30pm	Outdoor Adventures
10:00am	Abugida Television	9:30pm	The Entertainer's Show	5:00pm	Tele Kreyol	2:30pm	Somerville Housing Authority
11:00am	Somerville Newspaper Reading	10:00pm	Tonight's Special	6:00pm	Basic Buddha	3:00pm	Exercise with Robyn and Max
Noon	Democracy Now! (Free Speech TV)	10:30pm	Somerville Rocks	6:30pm	Nepali SCAT Studio Show	3:30pm	Esoteric Science
1:00pm	Somerville Housing Authority	11:00pm	Creepy Castle	8:00pm	David Parkman	4:00pm	The Thom Hartmann Show (Free Speech TV)
1:30pm	Teen TV	<b>Friday, December 7</b>		9:00pm	Nossa Gente e Costumes	5:00pm	Culture Club
2:00pm	Culture Club	12:00am	Free Speech TV	10:00pm	Bandwidth TV	5:30pm	Physician Focus
2:30pm	Life Matters	6:00am	Road to Recovery	10:30pm	Somerville Rocks	6:00pm	Al Jazeera TV (Free Speech TV)
3:00pm	Medical Tutor	7:00am	Culture Club	11:00pm	Gay TV (Free Speech TV)	6:30pm	Literati Scene
3:30pm	Inside Talk	7:30am	Physician Focus	<b>Sunday, December 9</b>		7:00pm	Critical Focus
4:00pm	The Thom Hartmann Show (Free Speech TV)	8:00am	Democracy Now! (Free Speech TV)	12:00am	Free Speech TV	8:00pm	Grill Dog presents
5:00pm	Neighborhood Cooking.	9:00am	What the Fluff?	6:00am	Program Celebrai	9:00pm	Dedilhando A Saudade
5:30pm	Cooking with Georgia & Dez	10:00am	Somerville News Reading	7:00am	Flipside	10:00pm	Dead Air Live
6:00pm	Al Jazeera TV (Free Speech TV)	11:00am	Somerville Back in the Day	7:30am	Discovering Justice	11:00pm	Energy Theater
6:30pm	Critical Focus	Noon	Critical Focus	8:00am	Effort Pour Christ	<b>Tuesday, December 11</b>	
7:30pm	Basic Buddha	1:30pm	Somerville Housing Authority	9:00am	Heritage Baptist Church	12:00am	Free Speech TV
8:00pm	Somerville Pundits	2:00pm	Neighborhood Cooking	10:00am	International Church of God	6:00am	Road to Recovery
8:30pm	The Entertainer's Show	2:30pm	Cooking With Georgia	10:30am	Basic Buddha	7:00am	Nicole's Review Show
9:00pm	Somerville Rocks!	3:00pm	Brunch with Sen. Bernie Sanders	11:00am	Somerville News Reading	7:30am	The Literary Scene
9:30pm	Shrink Rap	4:00pm	The Thom Hartmann Show (Free Speech TV)	11:30am	Somerville Housing Authority	8:00am	Democracy Now! (Free Speech TV)
10:00pm	Energy Theater	5:00pm	SCAT Holiday Show	Noon	The Entertainer's Show	9:00am	Somerville News Reading
11:00pm	The Garage	5:30pm	Art @ SCATV	12:30pm	The Garage	10:00am	Tele Kreyol
11:30pm	The Literary Scene	6:00pm	Al Jazeera TV (Free Speech TV)	1:00pm	Critical Focus	11:00am	Somerville Most Interesting Places
<b>Thursday, December 6</b>		6:30pm	Groundwork Somerville	2:00pm	Energy Theater	11:30am	Ablevision
12:00am	Free Speech TV	7:00pm	Real Estate Answer Show	3:00pm	Rompendo en Fe	Noon	Democracy Now! (Free Speech TV)
6:00am	Atheist Viewpoint	7:30pm	Grasping Nature	4:00pm	Dedilhando A Saudade	1:00pm	Critical Focus
6:30am	International Church of God	8:00pm	Visual Radio	5:00pm	Ethiopian Satellite TV	2:00pm	Healthy Hypnosis
7:00am	Physician Focus	9:00pm	The Garage	6:00pm	Abugida TV	2:30pm	Outdoor Adventures
7:30am	Grasping Nature	9:30pm	Bandwidth TV	7:00pm	SCAT Holiday Program	3:30pm	Teen TV
8:00am	Democracy Now! (Free Speech TV)	10:00pm	Somerville Rocks	7:30pm	Rooster Tails	4:00pm	The Thom Hartmann Show (Free Speech TV)
9:00am	Somerville News Reading	10:30pm	Wine Inside & Out	8:00pm	Telemagazine	5:00pm	Poet to Poet
10:00am	Active Aging	11:00pm	Bread and Roses	9:00pm	Effort Pour Christ	5:30pm	Jeff Jam Sing Song Show
10:30am	Jeff Jam Sing Song Show	<b>Saturday, December 8</b>		10:00pm	Nepali SCAT Studio Show	6:00pm	Al Jazeera TV (Free Speech TV)
11:00am	Creating Cooperative Kids	12:00am	Free Speech TV	11:30pm	Somerville Rocks!	6:30pm	Rooster Tails
Noon	Democracy Now! (Free Speech TV)	6:00am	Arabic Hour	<b>Monday, December 10</b>		7:00pm	Art @ SCATV
1:00pm	Deusi Bhailo Music Program from Nepal	7:00am	Creating Cooperative Kids	12:00am	Free Speech TV	7:30pm	Greater Somerville (LIVE)
2:30pm	Critical Focus	8:00am	Jeff Jam Sing Song Show	6:00am	Atheist Viewpoint	8:00pm	Dead Air Live
3:30pm	Art @ SCATV	9:00am	Festival Kreyol	6:30am	Physician Focus	9:00pm	Literary Scene
4:00pm	The Thom Hartmann Show (Free Speech TV)	10:00am	Tele Galaxie	7:00am	Creating Cooperative Kids	9:30pm	Watch This
5:00pm	Ablevision	11:00am	Dead Air Live	8:00am	Democracy Now! (Free Speech TV)	10:00pm	Somerville Back in the Day
5:30pm	Culture Club	Noon	Reeling Movie Show	9:00am	Rooster Tails	10:30pm	Tonight's Special
		12:30pm	Grasping Nature	9:30am	Jeff Jam Sing Song Show	11:00pm	Creepy Castle

# City Cable TV Schedule for the Week

<b>CITY TV 13/22</b>							
<b>Wednesday, December 5</b>							
9:00am:	Somerville By Design - Meeting 2	12:00pm:	Clean 'Ville of Health	12:00pm:	Senior Circuit	12:30pm:	SHS Boys' Soccer vs Randolph 10/1
12:00pm:	School Committee Meeting - REPLAY	12:15pm:	From Prospect Hill to Salisbury Prison	12:30pm:	Voices of Somerville	2:00pm:	SHS Football vs Medford 11/9
2:30pm:	Talking Business	1:15pm:	Talking Business	1:00pm:	Union Square Walking Tour	7:00pm:	Highlander Forum
7:00pm:	The Mayor's Report	1:35pm:	Congressional Update	1:50pm:	Honk!	7:30pm:	SHS Soccer vs Randolph 10/1
7:30pm:	Talking Business	2:05pm:	Somerville By Design - Meeting 2	7:00pm:	Senior Circuit	9:00pm:	SHS Football vs Medford 11/9
7:50pm:	Seriously Somerville w/ Jimmy Del Ponte	7:00pm:	Clean 'Ville of Health	7:30pm:	Somerville Fire Dept. Ride Along	<b>Sunday, December 9</b>	
8:10pm:	Congressional Update	7:15pm:	From Prospect Hill to Salisbury Prison	7:45pm:	The Mayor's Report	12:00am:	Highlander Forum
8:40pm:	Chamber of Commerce Dinner	8:15pm:	Talking Business	8:15pm:	Christmas Tree Lighting & Celebration	12:30am:	SHS Boys' Soccer vs Randolph 10/1
<b>Thursday, December 6</b>		8:35pm:	Congressional Update	12:00am:	Senior Circuit	2:00am:	SHS Football vs Medford 11/9
12:00am:	The Mayor's Report	9:05pm:	Somerville By Design - Meeting 2	12:30am:	Somerville Fire Dept. Ride Along	9:00am:	Our Schools, Our City
12:30am:	Talking Business	<b>Sunday, December 9</b>		12:45am:	The Mayor's Report	12:00pm:	Our Schools, Our City
12:50am:	Seriously Somerville w/ Jimmy Del Ponte	12:00am:	Clean 'Ville of Health	1:15am:	Christmas Tree Lighting & Celebration	12:30pm:	SHS Boys Soccer vs Madison Pk 10/29
1:10am:	Congressional Update	12:15am:	From Prospect Hill to Salisbury Prison	<b>EDUCATIONAL CHANNEL 15</b>		2:00pm:	SHS Fall Sports Rally
1:40am:	Chamber of Commerce Dinner	1:15am:	Talking Business	<b>Wednesday, December 5</b>		3:05pm:	SHS Boys' Soccer vs Randolph 10/1
9:00am:	Clean 'Ville of Health	1:35am:	Congressional Update	9:00am:	Highlander Forum	7:00pm:	Our Schools, Our City
9:15am:	From Prospect Hill to Salisbury Prison	2:05am:	Somerville By Design - Meeting 2	12:00pm:	Highlander Forum	7:30pm:	SHS Boys Soccer vs Madison Pk 10/29
12:00pm:	Senior Circuit	9:00am:	Honk!	12:30pm:	SHS Boys Soccer vs Medford 10/22	9:00pm:	SHS Fall Sports Rally
12:30pm:	Veterans' Day Ceremony	12:00pm:	Senior Circuit	2:00pm:	SHS Boys Soccer vs E Boston 10/5	10:05pm:	SHS Soccer vs Randolph 10/1
12:55pm:	Chamber of Commerce Dinner	12:30pm:	The Mayor's Report	7:00pm:	SHS Football vs Cambridge	<b>Monday, December 10</b>	
2:00pm:	Union Square Walking Tour	1:00pm:	Veterans' Day Ceremony	9:00pm:	SHS Boys Soccer vs Medford 10/22	12:00am:	Our Schools, Our City
7:00pm:	Voices of Somerville	1:25pm:	Seriously Somerville w/ Jimmy Del Ponte	10:30pm:	SHS Boys Soccer vs E Boston 10/5	12:30am:	SHS Boys Soccer vs Madison Pk 10/29
7:30pm:	Somerville: Haven for Ingenious Minds	1:45pm:	Joe's Jazz & Blues Fest	<b>Thursday, December 6</b>		2:00am:	SHS Fall Sports Rally
8:45pm:	The Mayor's Report	2:45pm:	Chamber of Commerce Dinner	12:00am:	SHS Football vs Cambridge	3:05am:	SHS Soccer vs Randolph 10/1
9:15pm:	Somerville Gives Back	7:00pm:	Senior Circuit	2:00am:	SHS Boys Soccer vs Medford 10/22	9:00am:	Highlander Forum
9:30pm:	Honk!	7:30pm:	The Mayor's Report	3:30am:	SHS Boys Soccer vs E Boston 10/5	12:00pm:	SHS Football vs Cambridge
<b>Friday, December 7</b>		8:00pm:	Veterans' Day Ceremony	9:00am:	SHS Sports Rally	2:00pm:	SHS Boys' Soccer Playoffs State Semifinal
12:00am:	Voices of Somerville	8:25pm:	Seriously Somerville w/ Jimmy Del Ponte	12:00pm:	Our Schools, Our City	3:40pm	SHS Girls' Soccer vs Manchester Essex
12:30am:	Somerville: Haven for Ingenious Minds	8:45pm:	Joe's Jazz & Blues Fest	12:30pm:	SHS Boys Soccer vs Cambridge 10/19	7:00pm:	Our Schools, Our City
1:45am:	The Mayor's Report	9:45pm:	Chamber of Commerce Dinner	3:00pm:	SHS Boys Soccer vs Andover 10/15	7:30pm:	Highlander Forum
2:15am:	Somerville Gives Back	<b>Monday, December 10</b>		7:00pm:	Our Schools, Our City	8:00pm:	SHS Football vs Swampscott 9/7
2:30am:	Honk!	12:00am:	Senior Circuit	7:30pm:	SHS Girls Soccer vs Newton South 9/7	10:00pm:	SHS Boys' Soccer vs Everett vs 9/28
9:00am:	Domestic Violence Vigil	12:30am:	The Mayor's Report	9:00pm:	SHS Boys Soccer vs Cambridge 10/19	<b>Tuesday, December 11</b>	
12:00pm:	Clean 'Ville of Health	1:00am:	Veterans' Day Ceremony	10:30pm:	SHS Boys Soccer vs Andover 10/15	12:00am:	Our Schools, Our City
12:15pm:	From Prospect Hill to Salisbury Prison	1:25am:	Seriously Somerville w/ Jimmy Del Ponte	<b>Friday, December 7</b>		12:30am:	Highlander Forum
1:15pm:	Talking Business	1:45am:	Joe's Jazz & Blues Fest	12:00am:	Our Schools, Our City	1:00am:	SHS Football vs Swampscott 9/7
1:35pm:	Congressional Update	2:45am:	Chamber of Commerce Dinner	12:30am:	SHS Girls Soccer vs Newton South 9/7	3:00am:	SHS Boys' Soccer vs Everett vs 9/28
2:05pm:	Somerville By Design - Meeting 2	9:00am:	Union Square Walking Tour	2:00am:	SHS Boys Soccer vs Cambridge 10/19	9:00am:	SHS Band & Drumline Fall Compilation
7:00pm:	Clean 'Ville of Health	12:00pm:	Congressional Update	3:30am:	SHS Boys Soccer vs Andover 10/15	12:00pm:	Our Schools, Our City
7:15pm:	From Prospect Hill to Salisbury Prison	12:30pm:	Senior Symposium	9:00am:	Our Schools, Our City	12:30pm:	Raising Families
8:15pm:	Talking Business	2:00pm:	Clean 'Ville of Health	12:00pm:	Highlander Forum	1:00pm	SHS Boys' Soccer vs Billerica
8:35pm:	Congressional Update	7:00pm:	Somerville By Design - Meeting 2	12:30pm:	SHS Boys' Soccer vs Randolph 10/1	2:45pm:	SHS Boys' Soccer vs Westford
9:05pm:	Somerville By Design - Meeting 2	8:00pm:	Congressional Update	2:00pm:	SHS Football vs Medford 11/9	7:00pm:	Raising Families
<b>Saturday, December 8</b>		8:30pm:	Somerville Gives Back	7:00pm:	Highlander Forum	7:30pm:	Our Schools, Our City
12:00am:	Clean 'Ville of Health	8:45pm:	Somerville: Haven for Ingenious Minds	7:30pm:	SHS Boys' Soccer vs Randolph 10/1	8:00pm:	Highlander Forum
12:15am:	From Prospect Hill to Salisbury Prison	<b>Tuesday, December 11</b>		9:00pm:	SHS Football vs Medford 11/9	8:30pm:	SHS Boys' Soccer vs Needham
1:15am:	Talking Business	12:00am:	Somerville By Design - Meeting 2	<b>Saturday, December 8</b>		12:00am:	Raising Families
1:35am:	Congressional Update	1:00am:	Congressional Update	12:00am:	Highlander Forum	12:30am:	Our Schools, Our City
2:05am:	Somerville By Design - Meeting 2	1:30am:	Somerville Gives Back	12:30am:	SHS Boys' Soccer vs Randolph 10/1	1:00am:	Highlander Forum
9:00am:	Somerville Fire Dept. Ride Along	1:45am:	Somerville: Haven for Ingenious Minds	2:00am:	SHS Football vs Medford 11/9	1:30am:	SHS Boys' Soccer vs Needham
		9:00am:	From Prospect Hill to Salisbury Prison	9:00am:	Raising Families		
				12:00pm:	Highlander Forum		





## OFF THE SHELF

by Doug Holder

# Somerville's Kirk Etherton and Lucy Holstedt:

## A Couple Who Holds the Arts as High Holy

More than once I have heard a knock on my door late in the evening and it turned out to be my School St. neighbor Kirk Etherton. Etherton is a very creative Somervillian and when the germ of an idea germinates in his head about the promotion of an artistic project neither the dark of night nor the cold blasts of winter can keep him from his appointed rounds. He has also been known to drop off artful notes in my mailbox, or stop me in the street to tell me about the latest fascinating person he met, something like a Tibetan monk who has a knack for kosher cooking, and is an excellent break dancer.

Lucy Holstedt, his other half, or as Etherton would surely put it his better half, is equally as active and passionate and the pair compliments each other well. Holstedt is a professor at Berklee College of Music in Boston, and an accomplished pianist, composer, vocalist-and may I add one mean poet. Early in her career she started as a scientist working at a lab at Columbia University in New York City and lived on the Lower East Side. But eventually she gravitated to the music scene playing the piano in clubs, restaurants, and coffeehouse such as: *Folk City* and the *Rosebud Coffeehouse*, as well as other venues across the city.

In 1998 at Berklee, Holstedt started the *Women Musicians Network* event. It was established to have women students perform their own music. Now, years later, it is a very diverse network that strut their stuff on the stage. For instance, one group that is now big on the Boston music scene *Zili Misik*, is an all-female/Afro/Pop/Haitian/R&B/ group. This group got their start with the Network.

Etherton has for years worked in the advertising industry on projects for the Hynes Convention Center in Boston, the anti-smoking campaign for the Mass. Department of Health, to name just a few. But he is no slouch in his pursuit of the Arts. He is a published poet and won the 2009 *Ibbetson Street Press Poetry Award* presented at the Somerville News Writers Festival. Etherton taught himself the guitar when he was a mere boy, and now in his middle years he composes and performs his own music and songs often in collaboration with Holstedt.

Right now Etherton is working on promoting a new record company Mountain of Leopards founded by a former Somervillian. He is also on the board of the Boston National Poetry Festival and has his hand in many organizations.

Holstedt reminded me she was part of the famed



Kirk Etherton.



Lucy Holstedt.

Mrs. Potato Head sketch comedy group, in which she developed characters and songs for this band of sisters. Her own music is played across the country mainly at Unitarian churches.

The two are lovers of Somerville. Both have lived in Somerville for 15 years. Holstedt lived on Ibbetson Street, where the Ibbetson Street Press was birthed. Of the city she said:

"It is a wonderful place. It has such a wide variety of people. It is international. All these pocket parks, cafes, etc... In Somerville everybody lets you pet their pet and chat with the children. You can be yourself here-and there is not a need to fit into a particular niche."

Beside her, Etherton nodded in agreement. But from the corner of his eye I could see he was looking at the crowd at the crowded café for his next find in this burg we have come to know as the *Paris of New England*.

# Lyrical SOMERVILLE

edited by Doug Holder

Well...a few houses down from me on School St. in Union Square is the home of Lucy Holstedt and Kirk Etherton. Both Lucy and Kirk are accomplished poets and musicians and very much part of the fabric of our artistic community. Here are a couple of poems from this duo that I am sure you will enjoy.

### Somervillenelle

They say I'm a Somervillen,  
I live across the Cambridge line.  
Well, you see why: That's my billin'-

address. On Saturdays I'm chillin'  
with Bagel Bards, who, when they rhyme,  
they say, "I'm a Somervillen!"

My next-door neighbor's brew I'm swillin',  
purple wine from her grape vine.  
(Well, you see why that's my buildin'.)

"Location, location, 1-in-a-million!  
Everything in this burb's prime,"  
they say. I'm a Somervillen,

and as your neighbor I'd be willin'  
to do a favor any time.  
Well, you see why my fame's buildin'!

Now, I've tried to write a villan-  
elle, and it turned out just fine.  
They say I'm a Somervillen,  
L-U-C-Y: that's my billin'.

– Lucy Holstedt

### Union Square July Haiku

Days before the Fourth,  
a slow-motion explosion:  
these yellow flowers.

– Kirk Etherton

To have your work considered for the Lyrical send it to:  
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and huge yard.

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**Sold!**



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room. Two car attached garage.

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**Brockton**



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baths. Large fenced yard,  
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**Under Agreement**



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**Somerville**

**Under Agreement**



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**Somerville**



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