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The Somerville Times



VOL. 5 NO. 3

SOMERVILLE, MASS. WEDNESDAY, JANUARY 18, 2017

TWENTY-FIVE CENTS

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'One Somerville' in celebration pages 12-13

A new push by the city for sound barriers along I-93



A sound barrier is badly needed along the stretch of I-93 running through Somerville, according to members of the Board of Aldermen, not only to reduce noise levels but to also lower air pollution levels.

By Jim Clark

At the last Regular Meeting of the Somerville Board of Aldermen last Thursday, a resolution was put forward by Ward 1 Alderman Matthew McLaughlin and the entire Board that the Administration advocate for sound barriers along I-93 in East Somerville to help reduce air pollution by up to 50 percent.

Speaking in favor of the resolution, McLaughlin said, "Everyone here is aware of the need for sound barriers along I-93. Probably the greatest injustice ever done to this city was I-93 cutting through Somerville and through Winter Hill, and the resulting air pollution which is statistically proven to cause cancer in these neighborhoods. It is the basis for the reason we're supposed to get the Green Line. However, because of all the changes in the city, the Wynn casino coming, economic development, Continued on page 4

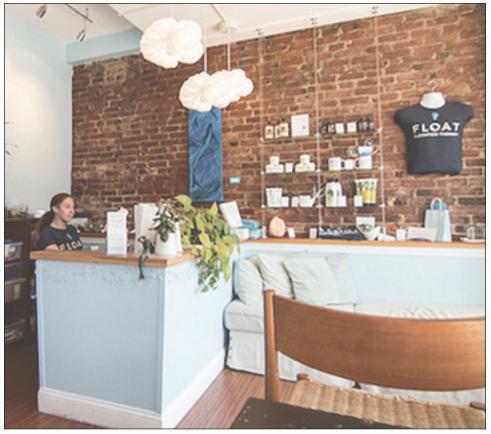
Need to relax? Float is the place to go

By Manna Parker

Float is a unique business in Magoun Square that specializes in sensory deprivation tanks. Float claims their tanks can relieve anxiety, insomnia, and pain, as well as improve your creativity.

Floating is a rising fad in the alternative medicine world right now, but in fact, sensory deprivation tanks were developed by John C. Lilly in 1954. The tank itself is lightless, soundproof, and filled with salt water at body temperature. As Lilly said about isolation tanks, "For a businessperson, a scientist, a professional of any sort, this is a boon: to be able to think, free of physical fatigue of the body. The method allows one to become free within a few minutes."

I decided to buy a session to find out how it feels to experience a sensory deprivation tank, with the words of John C. Lilly in the back of my mind. Although I attempted to go in without any expectations, even after researching the tanks beforehand, I was rather excited about the potential to achieve an altered state of consciousness while in the tank. Continued on page 17



Magoun Square is playing host to Float, a place where sensory deprivation tanks offer relaxation and a chance to unwind in a unique and invigorating way.

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This Thursday, January 19, from 5:30 to 8:30 p.m., you are invited to attend SCATV's annual meeting and ASCATDE-MY Awards event, beginning at 5:30 p.m. with the member meeting and followed by the Member Awards Ceremony at 6:30 p.m. The awards ceremony will be hosted by the ever-fabulous duo, Ken and Joe Lynch. The main order of business will be the election of four SCATV members to their board. These are three-year terms, with the opportunity for a subsequent term re-election. Submitted information from nominees will be shared on SCATV's website beginning January 4 in preparation for membership voting on the 19th. The remainder of the evening of January 19, is for recognizing and celebrating the achievements and accomplishments of the radio and television productions, SCATV and BFR producers and talent, and Community Media Supporters who all help make the Commonwealth's oldest cable access center the vibrant, beloved community asset that it continues to be today. This is a chance for media makers to reconnect with each other, acknowledge and support the work of one's peers, and to eat and have some fun. They are wishing all a safe and happy new year. They look forward to seeing you there.

You are invited to the best inauguration party this Friday night at Sally O'Brien's Pub, 335 Somerville Avenue. It's going to be huge! They are bringing in the Rockettes (one of them), The Mormon Tabernacle Choir (two of them) and many many other powerful artists have agreed to this honor. Ted Nugent has asked to perform, and I think they will have him. They are going to make Sally's great again and what better way than with a tremendous Irish Band, who we must tell you are all citizens of this great country of O'Briens. You know you must have heard of them, they are really really fantastic. No cover charge! They'll pay for it later.

Happy birthday to a few of our friends and fellow Villens here this week: Happy birthday to a great lady and retired school teacher, **Marion Joyce**. We hope she has a great birthday for herself with her many friends and family. She was a teacher at the high school. Some of us remember her Continued on page 11

The Somerville Times

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The Somerville Times is published every Wednesday

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The Somerville Times.com Comments of the Week

Response to: A one-eyed view of how we got here

Elliot Braun says:

Oh brother. This stuff again. I don't know what imaginary elephant Mr. Shelton is seeing, but the wide awake and unbiased among us clearly see it differently. This election was stolen by a gang of traitorous thugs through blatant lies and deception about their opponent and interference by the FBI and Russia. He can deny it if he wishes to, but it just makes him appear all the more foolish. His own obvious bias against the Clintons – along with the hilarious proposition that Pres. Obama's policies was some sort of carbon copy of theirs, as if that's even a bad thing – reveals an agenda that frankly baffles me.

The Democratic Party has always represented the working class better and more effectively than the other guys – not to mention pulling the country out of the jaws of complete economic collapse after each and every bout of Republican plundering – they just got conned otherwise this time. There's your elephant, in the whole.

I'm happy for Mr. Shelton that his guy won. Unfortunately for the rest of us a long and painful four years of fighting back and defending the nation confronts us. Perhaps his vision will clear and he'll join in the fight, instead of continuously attacking the wrong side.

ovr_taxed says:

Wow, great honest look inward.

I am a "deplorable" who was quite thrilled with election.

Somerville and Massachusetts will double-down on policies like sanctuary cities and government control of every facet of life to their detriment.

Mayor has very little resistance on BoA, but is backing at-large candidates to remove the few that question his infinite wisdom.

Politics as usual will eventually get rejected, a lesson national Dems learned, but local have not.

Orange Julius says:

Yeah. Honest to be sure. It's not so easy totally selling out your integrity just to try to sound deep and contrarian for your earth-shatteringly important column in a small town newspaper. Guess what? Fail. Big time. Trump and his hypercorrupt bunch of cronies will go down in history as the most disastrous thing to happen in American politics ever. And innocent people will be hurt. Sellouts like this writer will never get it. They're so far above the rest of us. Traitors and cowards all. Oh-but emails. Nitwit.

pamela says:

Thank you, Mr. Shelton. This and your previous piece are indeed local opinion – they sum up the feelings of many local citizens. There are plenty of people who have worked hard all their lives and can barely afford to live and pay their rent, who feel betrayed by local and national politicians. Hilary and her party lost because they let down so many of the people they claim to care about. People voted not necessarily for Trump but against the smug status quo. If there weren't so many people here and across the country who feel this way, no amount of hacking, fake news, or anything else put forward as an excuse would have made a measurable difference in the outcome of the election.

morgan says:

bunch of amateur gangsters. real gangsters keep much lower profiles and for good reason. this will be interesting. do the hokey pokey

http://www.slate.com/blogs/moneybox/2017/01/12/obamacare_repeal_will_hand_a_nauseating_tax_cut_to_the_rich.html

Matt says:

Elliot, I agree with you. I think part of the reason we see this is because of the bubble where we live. Many of the dangers of the new regime will be blunted, if not avoided in Mass and New England.

Log onto TheSomervilleTimes.com to leave your own comments



Legislative Matters Committee to discuss side-guards for city vehicles

By Joe Ruvido

The Board of Aldermen Legislative Matters Committee will discuss the next iteration of cyclist and pedestrian safety for the city's non-automobile users: truck side-guards.

A proposed ordinance sponsored by Ward Six Alderman Lance Davis and Ward 5 Alderman Mark Niedergang would require the city to procure vehicles with the side-guards and crossover mirrors designed to prevent collisions.

Speaking in favor of the measure, Engineer Alex Epstein noted that cities as far-flung as London to neighboring Cambridge have imposed similar measures. "This is the low-hanging fruit," said Epstein, noting that London has recorded a 20% drop in pedestrian and cyclist deaths since implementing the rules in 1986.

According to the National Transportation Safety Board the side-guards reduce the space between a vehicle's underside and the road, allowing a maximum of 13.8" of open room between the vehicle and the ground. Their purpose is to prevent cyclists, pedestrians, and even smaller motor vehicles from going underneath a truck after a side impact. Convex and cross-over mirrors can reduce the number of blind spots for the operators of large trucks.

Supporters argue that the side-guards

would help prevent deaths to cyclists like Alex Weigl, who was killed when a tractor-trailer took an illegal right turn in May of 2016. Weigl, who was in a bike lane and had a green light, was crushed by the truck's tires when he slid underneath the vehicle's cargo bed, according to a WBUR article on the accident.

"There are so many experts within our community that can bring expertise and guidance on issues"

Companies such as Airflow Deflector and Seven Hills Engineering already install the side guards on trucks in Boston and New York. A document on the City of Boston website lists a national average cost of a side-guard installation of \$847 dollars, but notes that the actual cost in Boston per vehicle was around

Ward 2 Alderman Maryann Heuston spoke in support of the proposed ordinance. "There are so many experts within our community that can bring expertise and guidance on issues," said Heuston, lauding the detailed presentation by Epstein. There was no opposition to the proposal voiced at the meeting. The Legislative Matters Committee will next meet on Thursday January 19.



An ordinance is being considered by the city that would require all municipal vehicles to be equipped with side-guards and crossover mirrors designed to prevent collisions with cyclists.

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Hosted by Aeronaut Brewing to Benefit Room to Read

On January 19, from 6:00 to 9:00 p.m., Room to Read teams up with AERO-NAUT to bring to you "BEERS FOR BOOKS: The Power of Words." Throughout the night, we will be tweeting the following prompts, and we want you to respond back over Twitter with song lyrics that...

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Use #RTRB4B to respond and we'll play the songs you tweet throughout the night. We'll give out free swag to tweeters throughout the night! We are suggesting a donation of \$10 to benefit Room to Read.

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By Jim Clark

Brick laying at its worst

While on patrol last Friday, a Somerville Police officer took note of a vehicle parked on Pearl St. with an individual who was known to to the officer. Manuel Sheehan.

Another man, also known to the officer, entered the vehicle and the two of them drove off westbound on Pearl St.

The officer notified other units of his observations, and to be on the lookout for Sheehan's vehicle. Another officer soon observed the vehicle turn right off Pearl St onto McGrath Highway, turning the wrong way down Everett Ave.

The officer activated his emergency equipment in an attempt to stop the vehicle for driving the wrong way on a one-way street. The vehicle continued until it pulled into a driveway on Everett Ave.

The first officer arrived on the scene moments later to speak with Sheehan, at which time he was alerted by the Traffic and Parking Control Officer that an assault had been witnessed that allegedly involved Sheehan.

The witness reportedly stated that he saw Sheehan and another male engage in a physical confrontation where Sheehan had two bricks in his hands.

A male victim made himself known to police, and reportedly said that he was parked in his vehicle on Everett Ave. at the corner of Cross St. awaiting the school release to pick up his son.

While sitting in his vehicle, a male who he identified as Sheehan approached his car and struck the victim with a closed fist through the open window of the vehicle, striking him on the chin.

According to the victim, Sheehan accused him of staring at his mother's house. The victim reportedly said that

he exited his vehicle and was struck again by Sheehan.

According to the victim's statement to police, he then struck Sheehan utilizing a head butt, in self-defense.

The two reportedly exchanged words, and Sheehan walked onto Cross St, while the victim returned to his car.

Seconds later, Sheehan reportedly returned with a brick and struck the victim on the left side of his head and then fled onto Cross St., where he entered his vehicle and drove onto Pearl St.

When questioned by police, Sheehan reportedly agreed to

most of the facts from what the witnesses stated, however he claims he never struck the victim, but only threatened him with the bricks.

Due to the facts noted, Sheehan was placed under arrest for assault and battery with a dangerous weapon.

The victim reportedly told police that Sheehan returned to his own car with a brick, but did not know what he did with it.

Police canvassed the area, and located numerous loose bricks, but were unable to determine which one was used in the assault.

Crime Tip Hotline: 617-776-7210

50

Arrests:

Maureen Doyle, of 630 Salem St., Malden, January 9, 8:17 p.m., arrested at Canal St. on a charge of shoplifting over \$100 by asportation.

John Dubuque, of 60 Con-

cord Ave., January 11, 12:38 p.m., arrested at McGrath Hwy. on charges of threat to commit a crime and assault 12:53 p.m., arrested at Broadwith a dangerous weapon.

Alan Zindt, of 2 Mt. Vernon St., January 12, 10:39 a.m., arrested at Broadway on a warrant charge of assault and battery.

Stephen Remick, January 13, way on warrant charges of trespassing, disorderly conduct, and threat to commit a crime.

Manuel Sheehan, of 20 Everett Ave., January 13, 2:32 p.m., arrested at home on a charge of assault and battery with a dangerous weapon.

Curtis Jefts, of 96 Chestnut St., Everett, January 14, 1:52

p.m., arrested at Webster Ave. on charges of no inspection sticker, operation of a motor vehicle with a suspended registration, uninsured motor vehicle, and operation of a motor vehicle with a suspended license.

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A new push by the city for sound barriers along I-93 CONT. FROM PG 1

the Green Line does not guarantee that pollution mitigation will happen in East Somerville.

McLaughlin went on to express his disappointment that there have been no results from the state and that he was resubmitting the resolution and also making an appeal to the public for support for the resolution.

"I put out for people to call Governor Baker and to call MassDOT and I was proud to hear that MassDOT was quite angry at the amount of calls they got and said who was responsible for this," McLaughlin continued. "So I'll take that as a badge of honor."

McLaughlin added that anyone who was interested in expressing their opinions on the matter can call MassDOT at 781-641-8300 and Governor Baker's office at 617-7254005 and demand sound barriers at I-93.

A moment of levity lightened the presentation when Board President William A. White Jr. asked McLaughlin if he had the governor's home number.

Ward 2 Alderman Maryann M. Heuston suggested that the state delegation be asked to press the matter on the state level. "Since our state delegation has been so effective with the Green Line, I think we would be remiss if we didn't include our state delegation to go to bat for us on this," said Heuston. "Because I recall Alderman Sullivan has been for awhile asking for these barriers for noise. So, it's been a long-standing request, and I think our state delegation should be included in the phone calls."

Alderman White suggested that the entire Board be included in sponsoring the resolution, noting that the issue has been addressed by the Board as a whole for many years.

Alderman-At-Large Dennis M. Sullivan spoke to the issue as well saying, "I drive by on 93 every day on my way to work -93 South, going to work - and I look at the fence that is falling down."

Sullivan reported that a permanent fence was recently put up during the holidays, but he challenged those present at the meeting to name a particular neighborhood that had been impacted more severely that the Nunnery Grounds.

"I travel around the state a lot with my job," Sullivan continued, "Wakefield, Medford, they've got big walls constructed." He pointed out that the impacted neighborhoods in those cities were farther away from the



Ward 1 Alderman Matthew McLaughlin made a strong case for renewing the city's effort to get a sound barrier wall constructed along the Somerville portion of I-93.

highway than the affected areas in Somerville.

Sullivan summed up by saying, "We need to get it done. We're an environmentally challenged community and this is just another example that we need to get going on this and we need

strong representation at the state level.

The matter was referred the Committee on Public Health and Public Safety and a copy of the resolution sent to the members of the Somerville state delegation.

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Take the Gastroparesis Pie Face Challenge

By Jessica Kenney

Many times throughout our daily lives, we are encountered with ads for donations to research various diseases, medications, or fundraisers for cures. But there are some sicknesses that are barely recognized. Gastroparesis is one of those illnesses.

Gastroparesis is defined as "a condition in which the spontaneous movement of the muscles- motility- in your stomach does not function normally." This means that the stomach is prevented from emptying properly. It can cause nausea and vomiting, and cause problems with nutrition and blood sugar levels. Five million people live with this disease, and although there are some treatments for it, there is no cure.

One person who is very familiar with gastroparesis is 19 year old, Andrew Belliveau.

Andrew was diagnosed with gastroparesis when he was eleven years old. His symptoms included extreme nausea and

vomiting anywhere from 10-15 times a day. Because of the limited awareness about this disease, Andrew often found it hard to communicate to teachers and coaches what he was going through. He could barely go to school, and freshman year considered himself the "ghost of St. Mary's" where he attended high school, because he could only stay for about an hour and a half before having to leave.

"They taught me to never give up...they have been my rock"

Going to public events and playing sports was difficult, because he was always feeling sick and had to leave constantly to throw up. Andrew states that gastroparesis took away his childhood, considering



Andrew Belliveau demonstrates the Gastroparesis Pie Face Challenge, a fundraising program intent on benefiting research into finding a cure for the stomach disorder.

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CALL FOR INITIAL FREE CONSULTATION 617 629-8888 FAX 617 623-7990 he was diagnosed so young, and that he was "existing in life but not living."

Andrew eventually had a gastric simulator, or as he explained it "a pacemaker for the stomach," put in. This simulator kick starts motility and keeps it going, and since getting one of these, Andrew has not had any symptoms of gastroparesis.

Although this was an extremely positive thing for him, the success rate of these simulators varies, and going through insurance to get one is a long and difficult process. Andrew said that one of his biggest goals in life was to do something to raise awareness of this disease, to promote more research that may eventually lead to a cure for this debilitating illness.

Knowing he wanted to do something to make more people aware of what gastroparesis is, Andrew began thinking of ideas. His mother pitched him the idea of starting a challenge of some sort. Andrew recalled the board game Pie Face, which became popular a couple years ago. He was also inspired by the wildly popular ALS Ice Bucket Challenge which began in 2014, a challenge that thousands of people took part in. Andrew liked that this challenge used common household items, and he decided he wanted to do something similar. He figured that whipped cream and a paper plate or pie tin were easy enough items to get a hold of. Thus, the Gastroparesis Pie Face Challenge was born.

On July 27, 2016, just before August which is also Gastroparesis Awareness Month, Andrew officially started the challenge, and the rules are simple. Pie yourself in the face, donate a dollar to G-PACT, (Gastroparesis Patient Association for Cures and Treatments) a non-profit organization and support center for people dealing with this disease, nominate somebody else, and spread the word.

This challenge is simple and enjoyable to partake in. It also is symbolic of the disease, because as participants in the challenge are not actually eating the pie, it represents how those who suffer from gastroparesis cannot eat at times, because their stomachs cannot empty properly. Andrew's main goal of this challenge was to raise more awareness of gastroparesis that would hopefully Continued on page 17

Beacon Hill Roll Call



ALSO UP ON BEACON HILL

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Somerville:



Rep. Christine Barber

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. 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. Mike Connolly

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. Patricia Jehlen

DISTRICT REPRESENTED: Second Middlesex. - Consisting of the cities of Cambridge, wards 9 to 11, inclusive, Medford and Somerville, and the town of Winchester, precincts 4 to 7, inclusive, in the county of Middlesex.

THE HOUSE AND SENATE: There were no roll calls in the House or Senate last week. Beacon Hill Roll Call has obtained from the state treasurer's office the 2016 official list of the "per diem" travel, meals and lodg-

Our Legislators in the House and Senate for ing reimbursements collected by the Legislature's 40 state senators from January 1, 2016 through December 31, 2016. The list reveals that senators collected a total of \$51,725.

> Under state law, per diems are paid by the state to senators "for each day for travel from his place of residence to the Statehouse and return therefrom, while in the performance of his official duties, upon certification to the state treasurer that he was present at the Statehouse." These reimbursements are given to senators above and beyond their regular salaries.

> The amount of each per diem varies, based on the city or town in which a senator resides and its distance from the Statehouse. In 2000, the Legislature approved a law doubling per diems to the current amounts. The payments range from \$10 per day for senators who reside in the Greater Boston area to \$90 per day for some western Massachusetts lawmakers and \$100 per day for those residing in Nantucket. Senators from areas farthest from Boston's Statehouse most often collect the highest total of annual per diems.

> Some supporters of the per diems say the system is fair and note the rising costs of travel, food and lodging. They argue that many legislators spend a lot of money on travel to Boston and some spend the night in Boston following late sessions. Others say that some legislators accept the per diem but use it to support local nonprofit causes. They say that not taking the per diem would leave that money in the state's General Fund to be spent frivolously.

> Some opponents argue that most state employees, and even people working for private companies, are not paid additional money for commuting. They say the very idea of paying any per diem is outrageous when thousands of workers have lost their jobs and homes, and when funding for important state programs has been cut.

> The 2016 statistics indicate that 16 of the 40 senators who served in 2016 received reimbursements ranging from \$820 to \$8,280, while 24 senators have so far chosen not to apply for any money. Three current senators were not yet in office in 2016 and therefore couldn't collect per diems. According to the state treasurer's office, a legislator can request to be paid a per diem for any day in the current year and the previous year. Any request for a day prior to that time period will be denied.

> The senator who received the most per diem money in 2016 is former Sen. Benjamin Downing (D-Pittsfield), who received 8,280.

> The other four senators who received the most are Sens. Karen Spilka (D-Ashland), \$6,534; Stan Rosenberg (D-Amherst), \$5,700; and Donald Humason (R-Westfield), \$4,554; and former Sen. Daniel Wolf (D-Harwich), \$4,860.

SENATORS' 2016 PER DIEMS TOTAL

The dollar figure next to the senator's name represents the total amount of per diem money the state paid him or her in 2016. The number in parentheses represents the number of days the senator certified he or she was at the Statehouse during that same period. Senators who have not requested any per diems have "0 days" listed. That is not meant to imply that these senators didn't attend any sessions but rather that they chose not to request any per diems.

\$1,110 (111 days) Sen. Patricia Jehlen

MAKE DAYLIGHT SAVINGS TIME PERMA-NENT - The special legislative commission charged with studying the practical, economic, fiscal and health-related impacts of the state remaining on Eastern Daylight Time (EDT) throughout the calendar year held its first meeting last week. The commission was created last year and its report and recommendations are due March 31, 2017. Currently, the Bay State is on EDT only when we push the clocks ahead during the period of the second Sunday in March to the first Sunday in November. During EDT, evening daylight lasts an hour longer while sunrise is an hour later.

Supporters of permanent EDT say that it delivers more sunlight in the evening after work and school when people can enjoy it, rather than during the morning rush. They argue that studies show it helps businesses, saves energy, reduces robberies and improves physical and mental health.

Opponents question the energy savings and say that studies have shown that EDT increases risk of a heart attack. Some farmers say the practice leaves them with an hour less sunlight to get crops to market and tampers with the milking schedules of cows which often do not adapt easily to a sudden shift. Many parents and schools oppose EDT because it makes sunrise times much later and results in children being out on dark streets on their way to school.

The commission has not yet scheduled its next meeting. All meetings are open to the public. You can find out the date of the next hearing or offer your opinion via e-mail to the committee's chair Sen. Eileen Donoghue at eileen. donoghue@masenate.gov or by regular mail at: State House, Room 112, Boston, MA 02133.

GOV. BAKER SIGNS SEVERAL BILLS INTO LAW - Gov. Charlie Baker signed several bills into law last week including:

LICENSE AND REGULATE NATUROPATH-IC DOCTORS (H 4787) - Creates a state board to license and regulate naturopathic doctors and requires that these doctors have extensive training in a naturopathic program at an approved naturopathic medical college. The bill sets out allowable practices that naturopathic doctors may perform but does not permit them to perform surgery or invasive procedures or prescribe a controlled substance.

The American Association of Naturopathic Physicians defines naturopathic doctors as "primary care and specialty doctors who address the underlying cause of disease through effective, individualized natural therapies that integrate the healing powers of body, mind and spirit."

Supporters say the bill would ensure high-quality naturopathic care in the Bay State and protect the consumer from unqualified practitioners who claim to be naturopathic doctors. "It's important for us to utilize prevention, therapeutic treatment and natural therapies whenever possible," said sponsor Sen. Marc Pacheco (D-Fall River). "For those who find it helpful, naturopathic medical treatment will be well-served by a board of registration to establish requirements and authorized practices. Consumer protection must be a priority."

House 11:06 a.m. to 11:08 a.m.

Beacon Hill Roll Call continued



The Massachusetts Medical Society (MMS) opposed the legislation. "The establishment of licensure for naturopathy is disappointing, as licensing is likely to be perceived by the public as an endorsement of an area of care that lacks rigorous medical training and standards of care, and offers few if any treatments based on clinical and scientific evidence," said James Gessner, President of the MMS. "We urge patients to be cautious when considering naturopathic treatments."

WARNING SYSTEM AT BEACHES - CA-LEIGH'S LAW (S 1956) - Creates a program that uses different colored flags to advise beachgoers of the safety conditions at their beach. This uniform warning system would be required at all public beaches maintained by the Department of Conservation and Recreation. Cities and towns would have the option of using the flags for their local beaches.

The bill was filed at the urging of Anthony Harrison, the father of Caleigh Harrison, the 2-year-old girl who went missing while at the beach in 2012 and is believed to have been swept out to sea. Supporters say the flag system might have saved Caleigh's life and should become law in order to save the lives of others.

INSURANCE FOR SELF-STORAGE RENTAL UNITS (H 4765) - Allows owners of self-storage facilities to offer renters insurance to cover the loss of or damage to the customer's belongings that are stored at the facility. The measure also requires that employers provide their workers with training to teach them about the ins

and outs of this type of insurance. The insurance would be provided through a third-party insurance company.

Supporters say the Bay State should join the 20 other states that allow and regulate this practice. They note it will protect the consumer and make it easier to buy this type of insurance. They say that most customers are under the false impression that their homeowner policy already covers their storage room or that the owner carries insurance for the customer.

MONEY FOR AIDS AND HEPATITIS (H 3960)

- Expands the use of a fund currently used for AIDS prevention and reduction efforts. The bill would allow the money to also be used on programs for HIV or viral hepatitis prevention and treatment. The funds are from revenue voluntarily paid by taxpayers using a checkoff system on their income tax return and from private sources including gifts, grants and donations.

"The key to reducing the death rate for people reported with HIV/AIDS is ensuring that those already diagnosed remain engaged in care and targeting those at high risk," says Rep. Jennifer Benson (D-Lunenburg), the chief sponsor of the measure. "The Department of Public Health is already doing a commendable job combatting this disease ... [this] will simply allow for the department to enhance those services and expand research."

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 leg-

islators 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 January 9-13, the House met for a total of seven minutes while the Senate met for a total of nine minutes.

,	Senate 11:05 a.m. to 11:10 a.m
Tues. January 10	No House session No Senate session
Wed. January 11	No House session No Senate session
Thurs. January 12	House 11:03 a.m. to 11:08 a.m. Senate 11:11 a.m. to 11:15 a.m.
Fri. January 13	No House session No Senate session

Mon. January 9

Bob Katzen welcomes feedback at bob@beaconhillrollcall.com

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Recent Single Family Homes Sold in Somerville Over the Past Month: **Address Description DOM List Price Sale Price** 22 Billingham Street 10 room, 3 bed, 1f 1h bath Victorian 56 \$1,075,000 \$1,040,000 173 Willow Ave 8 room, 4 bed, 3f 0h bath Victorian \$1,450,000 13 \$1,325,000 20 Elston St 7 room, 4 bed, 3f 1h bath Other (See Remarks) \$1,389,000 26 \$1,399,000 8 133 Powder House Boulevard 10 room, 4 bed, 3f 2h bath Colonial \$1,400,000 \$1,450,000

Recent Condominiums Sold in Somerville Over the Past Month:				
Address	Description	DOM	List Price	Sale Price
30-32 Charnwood Road U:1	5 room, 2 bed, 2f 1h bath 2/3 Family	10	\$673,900	\$705,000
65 Oak Street U:2	5 room, 2 bed, 2f 0h bath 2/3 Family	19	\$675,000	\$681,000
21 Carlton U:1	4 room, 2 bed, 2f 0h bath 2/3 Family	29	\$695,000	\$695,000
7 Hodgdon Place U:N/A	6 room, 3 bed, 2f 1h bath Townhouse	186	\$698,000	\$675,000
197 Washington Street U:405	3 room, 2 bed, 2f 0h bath Mid-Rise	189	\$699,000	\$690,000
29 Oak St U:D	6 room, 2 bed, 2f 0h bath Rowhouse	24	\$699,000	\$695,000
23 Mason St U:2	7 room, 3 bed, 2f 1h bath 2/3 Family	19	\$769,000	\$820,000
135 Willow Avenue U:9	5 room, 2 bed, 2f 0h bath Low-Rise	58	\$769,000	\$769,000
135 Willow St U:7	5 room, 2 bed, 2f 0h bath Garden	33	\$799,900	\$795,000
57 Pitman Street U:4A	6 room, 2 bed, 2f 0h bath Mid-Rise	31	\$899,900	\$875,000
11 Dresden Cir U:1	7 room, 3 bed, 2f 0h bath 2/3 Family	89	\$939,900	\$920,000
315 Highland Avenue U:101	7 room, 3 bed, 2f 0h bath Mid-Rise	90	\$1,295,000	\$1,295,000
223 Morrison Avenue U:223	8 room, 4 bed, 3f 1h bath Attached	17	\$1,345,000	\$1,375,000
315 Highland Avenue U:203	6 room, 3 bed, 2f 0h bath Mid-Rise	44	\$1,395,000	\$1,395,000

		Recent Multi-Family Homes Sold in Somerville Over	r tne Past Mo	ntn:	
l	Address	Description	DOM	List Price	Sale Price
l	77 Walnut St	3 unit, 12 total room, 4 total bedroom 3 Family	16	\$869,000	\$900,000
l	18 Sycamore Street	2 unit, 12 total room, 5 total bedroom 2 Family	78	\$875,000	\$835,000
l	19 Russell Rd	2 unit, 11 total room, 4 total bedroom 2 Family	78	\$899,900	\$867,500
l	17 Prospect Hill Ave	2 unit, 10 total room, 5 total bedroom 2 Family	32	\$955,000	\$950,000
l	24-26-28 Marion St.	3 unit, 11 total room, 5 total bedroom 3 Family	28	\$979,900	\$1,053,000
	18 Munroe St	2 unit, 13 total room, 6 total bedroom 2 Family	17	\$1,100,000	\$1,035,000
	24-26-28 Marion St.	3 unit, 11 total room, 5 total bedroom 3 Family	28	\$979,900	\$1,053,000

OBITUARY

George Fernandes



George Fernandes was born on April 19,1924 in Somerville,MA, the son of John and Gabriela Fernandes. George passed away in Dallas, TX on January 8, 2017. George was preceded in death by his mother Gabriela, father John, his wife Juanita, sister Theresa Doherty, brother John Jr. and granddaughter Misty Kelley. Surviving him are his son Gerald, daughter Cynthia Hanson, sister Lorraine Hughey, and granddaughters Aaran and Ashley. He attended the Annapolis Naval Academy and joined the Army Air Corps to serve his country during World War II on the crew of a B-24 Liberator in the Pacific Corridor. He also served in the Air Force Reserves and flew supplies to the troops in Viet Nam on a C-119 flying boxcar. Working at LTV he was an inspector on aircraft and was a chief inspector for the booster rockets for the Apollo 11 spacecraft. He loved country music, round dancing, square dancing and clogging, and was said to be the oldest clogger in Texas at 80 years old. George was loved by all who knew him as he was a very caring and giving person.

Visitation will be held on Thursday, January 19th from 6-8pm at Moore Funeral Home, Arlington, Texas.

www.moore-funeralhome.com. Funeral Services will be held at the funeral home on Friday, January 20th at 3pm with reception to follow.

Somerville Public Schools Open Houses January 18-20

Get a closer look at Somerville's early childhood center and elementary/middle grades schools. Prospective SPS parents, guardians and families are invited to visit our schools (Capuano, Argenziano, Brown, East Somerville, Healey, Kennedy, West Somerville, Winter Hill) during their Open Houses, January 18-20 between 8:30am and 1:30pm to get a first-hand look at each school.

Enjoy a tour, visit classrooms, and meet staff, students, pares> for more information.

'Ambient' at Somerville's **Washington Street gallery**



In Washington Street's new show, Ambient, visual art reflects the co-incidence experimental music residency hosted by Non-Event and held in the Washington Street gallery.

In conjunction with the weeklong event led by invited guest artist Michael Pisaro, the visual artists of Washington Street are interpreting the term "ambient." Represented media include painting, sculpture, photography, drawing, embroidery, and installation.

Jill Comer's sculptural installation draws on meaningful symbols from her life; Jesse Kenas Collins and Mitch Shiles have created near-invisible installations that you might overlook. Lee Kilpatrick is exhibiting personal panoramic photography, and Gretchen Graham is working with color photography rather than with her usual black and white. Athena Moore's book-based sculpture draws on her bookbinder training, while Lauren Leone and Sally Scopa exhibit some of the larger pieces, embroidery and oil pastels, respectively.

Participating Artists: Jill Comer, Gretchen Graham, Jesse Kenas Collins, Lee Kilpatrick, Lauren Leone, Athena Moore, Sally Scopa, Mitch Shiles.

ON VIEW: January 14-29, Saturdays 12-4 p.m., and by appointment 321 Washington Street, Somerville, MA 02143 + 617 623-5315

CONTACT: gallery321@washingtonst.org

About Washington Street

Washington Street is a gallery and studio space for more than twenty visual artists, and presents exhibitions, concerts, film series, a regular experimental sound series, and other art initiatives. Washington Street participates in Somerville Open Studios each May. Washington Street's gallery and studios are at 321 Washington Street, Somerville, MA, between Union Square and Beacon Street, a five-minute walk from Union Square and a ten-minute walk from Harvard University. Washington Street is near or on the following bus routes: 83, 85, 86, 87, 91, and CT2. Parking is free and ample.

ents, and school leadership during your visit. No appointment necessary. All are welcome. Visit www.somerville.k12.ma.us/ openhouseshttp://www.somerville.k12.ma.us/openhous-

Dorothy's Corner



Homemade Croutons 1-1/2 tsp Kosher Salt

Once you make these, you will never purchase croutons from a store again! In just a few minutes of preparation and a trip to the oven, you will have the most delicious, crunchy bits to top your salad or soups. Feel free to customize with your own preferences of spices and herbs. Any choice of bread can be used. I used day old sourdough for these.

8 Cups cubed bread 1/2" X 1/2" 4 Oz Extra Virgin Olive Oil 1-1/2 tsp Garlic Powder 1 tsp Onion Powder 1/8 cup Dried Parsley Flakes 2 tsp Dried Thyme

1/4 tsp freshly ground Black Pepper 1/4 tsp Rosemary Powder or 1 tsp regular dried, chopped Rosemary

Preheat oven to 400 degrees. In a large bowl, blend all the ingredients, except for the cubed bread. Once completely blended, add the cubed bread and gently toss to coat all pieces. Bake in a large, lined baking sheet for 25-30 min, or until crisp and well browned. Let cool for a couple of hours, then place in an airtight container. They can be stored for up to 8 weeks. That's if they last that long. Serves 6-8.

Visit Dorothy's website at http://ddimarzo2002.wix.com/thymethief.



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COMMENTARY

The views and opinions expressed in the commentaries and letters to the Editor of The Somerville Times do not reflect the views and opinions of The Somerville Times, its publishers or staff.

Excerpts from Alderman at Large and Board President William A. White Jr.'s Mid-term speech

By William A. White Jr.

The following are excerpts from Alderman White's speech delivered at the Board of Aldermen Organizational Meeting on Monday, January 9, 2017 in the Aldermanic Chambers:

The developments in Washington, D.C. teach us that there are many factors that may have a drastic impact on our programs and finances but are beyond our control. So as we move forward in debating the very important financial and development issues that face us, we must keep this fundamental fact of life in mind.

It doesn't mean that we all better hide under our desks and quake in fear but it also means that we can't risk the City's future on a roll of the dice. Not that anyone here would propose either alternative.

Facing these challenges, we have a Board that is well equipped to exercise its role in City government. Let me ex-

plain why. One of the strengths of this Board is its committee system. Based on the emails and telephone calls that I receive and from comments that folks make when I talk to them on the street or in the supermarket, many don't seem to realize that most of the work that this Board performs is done in its committee meetings. That is where most proposed financial and legislative matters are discussed and deliberated over - many times for months and sometimes for years.

Usually, only those items that favorably pass through the committee process are actually voted on by the Board at the Thursday meetings that people see on TV or that are reported in the papers. If they don't pass through the committee process, they are usually placed on file or withdrawn. There is no obvious NO vote at an alderman meeting.

So I fear that because of the way our meetings are covered, some of our residents sometimes think that this Board acts as a rubber stamp because they are not aware of the items that the Board does not pass, nor are they aware of those items that are refined or the financial items that may not be approved or have their amounts reduced while they go through the committee process.

Unlike the US Congress, where the parties relish drawing lines in the sand with nothing passing, we try to work cooperatively with the administration and come up with solutions to the problems facing our City. Let's look at some examples:

During the past couple of years, the Board expressed concern over the proposed taking of real estate for the construction of a fire station on Somerville Avenue, so this item did not move forward. We all recognize the need for a new fire station, so we will work cooperatively with the administration in finding a solution that does not require the taking of real estate by eminent domain.

There are also bonding requests that had been submitted to the Finance Committee that were not approved. Some are being refined. So, trust me, for those who think that their real estate taxes are too high, if this Board were only a rubber stamp, those taxes would be higher.

Likewise, this Board was presented with the proposed zoning overhaul for the entire City. The Board expressed strong concerns about many of its provisions, but we didn't simply vote it down and forget about it. Instead, we are working with the City's Planning staff towards the submission of a new zoning proposal which we hope will meet our concerns.

Similarly, we are addressing the proposed rezoning of Union Square that is currently before us with the same oversight. I want to commend Alderman Davis, our only freshman alderman last year, [and he is the only alderman I will mention by name because of that freshman status] who as Chair of the Land Use Committee has presided over all of the meetings relating to the new zoning for the entire City and for Union Square, and has run a very open and inclusive process for public participation and in depth analvsis by the Board.

And folks shouldn't think that our Board is merely reactive to items that are submitted to us by the administration. I would

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Alderman at Large and Board President William A. White Jr

MOUNT VERNON

like to discuss some of the ac-

complishments of the Board

on its own items. Last year this

Board approved 6 ordinances or

amendments to existing ordi-

nances that addressed a number

of quality of life issues that had

been presented to us by resi-

1. allowing the Board of Health

14 Broadway

dents such as:

to regulate

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Continued on page 10

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Monday January 23 Shawn Carter's Cheapshots Comedy Jam 7 p.m. Marley Mondays with Duppy Conquerors 10 p.m.

> **Tuesday January 24 TBA**

Wednesday January 25 Free Poker, lots of prizes! 8 p.m.

Thursday January 26 HereNowLive presents \$10 cover 9 p.m.

Friday January 27

Tom Hagerty Acoustic Band 6 p.m. HereNowLive presents \$10 cover 9 p.m.

Saturday January 28 Patsy Hamel Band 6 p.m.

Chris Hersch & The Moonraiders, Lonesome Draw \$5 cover 9 p.m.

Sunday January 29

The Natural Wonders 4 p.m. What She Said 8 p.m.

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COMMENTARY

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Data Download with Mayor Joseph A. Curtatone



By Joseph A. Curtatone

Taking a closer look at this month's notable city data – and interesting numbers.

2: That's the number of people allegedly behind 53% of Somerville package thefts in December. This December Somerville Police got reports of package thefts from 17 residences (down from 28 in December 2015), and arrested two people allegedly responsible from thefts from nine homes. Package thefts happen year round, and around 25% happen in De-

cember. If a package is stolen from your building, make sure you report it to the police.

175: That's how old our city is this year. Since this is a big birthday, all year we'll be celebrating the 175th anniversary of breaking off from Charlestown to form our own city. The celebration kicked off at the State of the City Address on January 9 and will continue with 12 months of events and opportunities to learn about Somerville's rich history, celebrate our present, and look to our future. Visit Somervillema.gov/somerville175 for information on upcoming events or to share your stories about Somerville and suggest 175th activities.

46.6%: For the first time, in as long as many of us can remember, we've changed which side we park on during a snow

emergency. So how did it go during the first snow emergency of Somerville's first Park Even snow season? We issued 46.6% fewer tickets than during the first snow emergency last winter. Historically, the first emergency of the winter sees the most tickets, and it drops off from there with each storm as people get used to the parking rules again.

We're glad that so many people followed this winter's Park Even parking. We'll still be doing outreach to make sure everyone knows that this winter season vehicles need to be moved to the even side of the street during snow emergencies, unless street signage says otherwise. At the end of the season we're also planning on doing a survey through our alert system on how residents feel about the change, so expect more data on this coming up.

In the meantime, you can also help us spread the word by letting friends and neighbors know about the City's snow website, www.somervillema. gov/snow, where all our snow policies are posted, as well as information on how to sign up to get City alerts.

400: Thanks to some motivated Somerville residents, that's the number of metric tons of carbon equivalent that soon will no longer be emitted into our atmosphere each year. A total of 115 Somerville households signed up to purchase discounted solar panels for their roofs via our Solarize Somerville Campaign last year. Now these homeowners will be able to cover their electricity usage and save money with renewable electricity. They will also be collectively reducing greenhouse gas emissions by an estimated 400 metric tons. To put that into perspective, according to this cool online calculator hosted by the U.S. Environmental Protection Agency, removing 400 metric tons of CO2 is equivalent to taking 84.5 cars off the road for a full year. Or, put another way, it would take 10,366 ten-year-old trees to absorb 400 metric tons of carbon in a year.

Data-based decision making is at the core of how the City of Somerville develops policy and sets priorities. Every day we check the latest 311 stats, and throughout the week we meet for in-depth review of departmental data and city trends. The monthly Data Download column shares some of the data we've been reviewing recently. To see more Somerville Data, visit the online Somerville Data Farm at http://www.somervillema.gov/datafarm/.

Excerpts from Alderman at Large and Board President William A. White Jr.'s Mid-term speech CONT. FROM PG 9

dogs on dining premises with outdoor seating;

2. regulating the times that commercial establishments can place trash on sidewalks;

3. regulating the hours that commercial parking lots can be swept:

4. strengthening our demolition ordinance so that residents can be more effectively notified when buildings in their neighborhoods are being demolished;

5. providing for a warning, instead of an immediate fine, for the first offense by folks with overgrown grass or bushes, and

6. restricting construction activities in residential neighborhoods during early hours

We also amended two existing ordinances to give the Board of Aldermen approval authority for increases in water and sewer rates after public notice and we approved an ordinance to establish a senior citizen water and sewer rate discount program.

We also worked with the administration to make some changes and passed our revised Pay to Play Ordinance which provides for one of the strictest regulations of contributions by developers and others doing business with a city in the entire country.

And, when 11 registered voters with an accompanying petition from 511 residents exercised their right to submit a proposed zoning amendment for inclusionary housing, this Board spent many hours in meetings, working to refine that proposed ordinance. The end result was an ordinance that will not only increase the to-

tal amount of affordable units that will be constructed in the City, but, for the first time adds a new tier of affordable housing for moderate and middle income families who are being priced out of Somerville.

And, in addition to doing all of these tasks, the members of the Board of Aldermen submitted 621 orders and resolutions last year to address issues presented to us by residents. These, together with the items submitted by the administration, were addressed at 141 committee meetings, plus we had 30 regular and special meetings of the Board of Aldermen. Those numbers do not include the numerous neighborhood and civic meetings that aldermen attend.

In addition to the proposed zoning overhauls that I men-

tioned earlier, based on our discussions on the Green Line Extension, we can expect substantial bonding requests from the administration. It is important to note that the proposed zoning that will be submitted to us will incorporate concepts that are novel in this state and in most of the country. I anticipate that the bonding requests, when combined with our existing debt, will be of a total amount that is unprecedented in our City's history.

We have 11 members, each with an individual view and philosophy who will decide these items. In order for any of these zoning or bonding requests to pass, 8 out of the 11 members will have to approve them. The state was wise to require these 8 votes out of 11 on issues that

can impact the fundamental nature of our City. I can make no promises or predictions about the outcome of these items nor would it be appropriate for me to do so. I will never claim that I speak for any member of the Board of Aldermen on any issue that is before the Board.

All I can do is promise that I will do my best as President to insure that the Mayor has a fair opportunity to present his requests to the Board, that all members of the Board have the opportunity to pose all of their questions and receive thorough answers and information in response, and, most importantly, that all members of our community have an opportunity to weigh in on these issues, especially at appropriate public hearings.

Friends of Charlene Harris set up fundraiser

A fundraiser is being created to assist Charlene Harris and her family while she fights her battle against cancer. Charlene Harris served as Ward 4 School Committee person for many years.

There isn't anyone who has known Charlene through work, sports, charities, or as a student who hasn't been positively impacted by her generous and giving personality. In the time that she worked in Somerville she has gone above and beyond for students in the city. The positive impact on these young adults has been immeasurable and now her family could benefit from our helping hand.

The self-proclaimed Wicked Witch of Somerville could use our help during these times so please give what you can and spread the message to anyone you know. Thank you for your help.

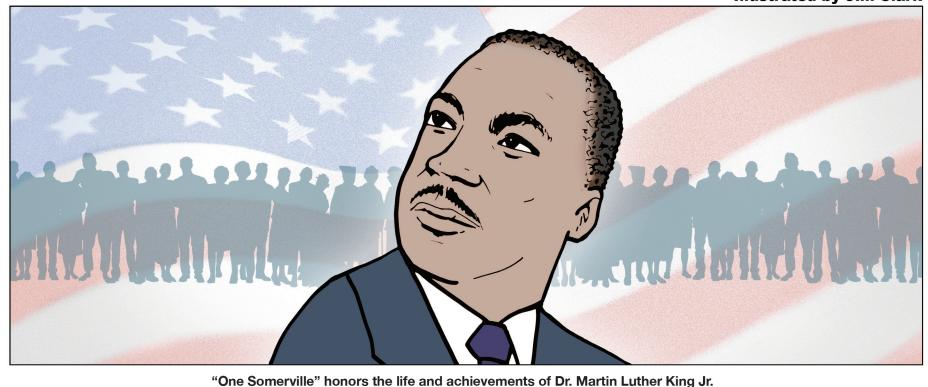
Go to https://www.gofundme.com/friendsofch2017 to donate.



COMMENTARY

SIGNS OF THE TIMES

Illustrated by Jim Clark



Our View Of The Times



The annual celebration of Martin Luther King Jr. Day reminds us of the importance of tolerance and embracing diversity in this modern age, just as it was in the days when Dr. King walked among us.

The civil rights movement of the 60s may seem like a distant and detached part of American history for some, perhaps as remote as the civil war itself in the minds of the young who did not live in that time. And yet, there was never a time in our history when the principles involved in that struggle are more relevant and meaningful than today, and even more so as we step forward into the future.

The great melting pot that is at the heart of the American dream is constantly tasked with the challenge of people of mixed racial, ethnic, and national identity blending and working together as equal

partners with a common goal: to live freely and prosper in a land still stands as the best possible hope for so many.

As we all strive to surmount the wearisome onus of turning back the economic downturn that has kept many down over the past few years, and at the same time celebrate all that is good and count our blessings each day, the great equalizer remains in effect. We recognize and embrace the common humanity in all of us.

The tireless efforts of those like Dr. King helped to teach us the importance of knowing these things. As we acknowledge and celebrate the man this week, let us take time to consider what has taken place in this country since he was taken from us. We are a better society now, and that should never be taken for granted. We are indeed "One Somerville."

Newstalk CONT. FROM PG 2

back in the 60's when she first started as a teacher up there. A nice lady and dedicated to her profession and, of course, a smile all the time. Happy birthday this week to attorney and local guy Bob Daut. Happy birthday wishes also to Phil Forsyth, who grew up here in Somerville and went into the military. We thank him for his service. We hope he has a great birthday as well.

Happy birthday to our great City of Somerville. This year we are celebrating 175 years since breaking away from Charlestown, when we were referred to as Charlestown Beyond the Neck! The city will be planning some events this year in celebration, watch for updates as we go along.

Somerville Rotary celebrates 93 years of service to the city and it is looking for some new members. Rotary is a service club for businesses and local non-profits. Somerville Rotary meets at 12:15 p.m. every Tuesday at the Holiday Inn. If you'd like to find out more about Rotary and what it does here both in the city and internationally, go to the their website at www.somervillerotary.org.

Condolences to the family and friends of Sal DiDomenico who passed away this week. A Somerville guy who moved to FLA. We extend our sympathy to all his many family and friends. Visiting hours at Doherty's are this Thursday, 4:00 - 8:00 p.m.

Pat Reardon, a local Somerville lady, retired Somerset Bank manager and Past President of Somerville Rotary has been ill and we send our warmest regards for a fast get-back-on-yourfeet and back-to-normal. Pat is a great lady, loved by many here in the city. She and her husband Joe live in the Magoun Square area and are known all across the city.

Our good friend Charlie Chisholm is still over at MGH. Major surgery was just completed and some more to come to get him back on his feet. Not a great place to spend extended time, in the hos-

There's a new website in town. Check it out at www.somervillema.com. The Somerville Times is on the site. Also check

out www.medfordma.com. Someone

asked online why we keep these two

pital, so we hope he gets better soon.

websites in Newstalk. We guess it's because we like them.

For those that might be interested in obtaining certification for firearms should look up the Lawrence Rod & Gun Club. They provide an extensive program at the end of which you receive certification for Massachusetts/NRA Certified Firearm Safety Classes. They run a class once a month, which is limited to 10 people and we hear that this is the place to go to learn safety when handling guns. Email gunclub@earthlink.net for more information and or go to their website at www.lawrencerodandgunclub.org and read up about the course. We've been told that the course has seen a major increase in people applying for it, especially women. We can tell you first hand here that it's a great course and quite thorough. The same goes for this in Newstalk. The club has informed us that many residents of Somerville have called or gone to the club to find out about certification.

It's 2017 and Demet's Donuts over on

Mystic Avenue donuts is the best. We're noticing more and more Somerville residents over there getting their coffee

and donuts to start the day. The ladies working there are fantastic and always smiling. If you're in the mood for a huge, great tasting donut drop over early since they disappear as the day gets on.

Campaigns are starting. We hear that one candidate is already having a fundraiser to challenge the Alderman At Large, and there might be more than three new challengers to the incumbent. We even hear that in Ward 1 there is a person seriously considering a run. Ward 5 is another, and in Ward 7 we hear that someone ... names to follow as they consider it. We are sure that others will be declaring very shortly. In order to effectively run a campaign a potential candidate should be making their presence known shortly. If you're considering running let us know, unless we hear before you tell us!

Playworks seeks volunteers from the age 50+ generation to work with children ages 5-12 as Assistant Recess Coaches in our Somerville partner schools. Volunteers must be able to commit to mid-day school recess, volunteering at least once a week and for the bulk of the school year. By becoming a Continued on page 21

'One Somerville'

Mayor Joseph A. Curtatone, the Health and Human Services Department and the Somerville Public Schools hosted the annual Martin Luther King, Jr. Celebration event, entitled "One Somerville" on Monday, January 16, in observance of national Martin Luther King Jr. Day.

The annual event was held at the East Somerville Community School and featured a keynote address by Tufts University's Provost and Senior Vice President David R. Harris, as well as presentations by winners of a student essay contest and a presentation of Martin Luther King, Jr.'s words and photos.

Performances included the Somerville High School Chorus, the Somerville High School World Percussion Ensemble, and She Boom.

The event is organized in cooperation with the City of Somerville Health and Human Services Department, Office of Diversity, Equity & Inclusion, Somerville Public Schools, and the Somerville Human Rights Commission.

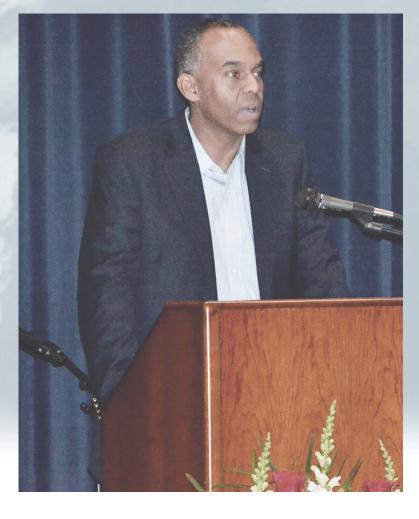








































Go to www.thesomervilletimes.com for more photos

Photos by Claudia Ferro





14 JANUARY 18, 2017

SPORTS

SHS Girls Varsity Basketball loses to Saugus, Everett





The Somerville High School Girls Varsity Basketball team played Saugus last Wednesday, January 11 at Saugus and lost 43-61. They played Everett high at home on Friday, January 13 and lost 32-58. The game was neck and neck during the first two periods, but Everett picked up their game at the end. The team next plays Notre Dame Academy in Hingham on Wednesday, January 18 and Medford High at home on Tuesday, - Photos by Bobbie Toner January 24.

Ms. Cam's lio

Olio - (noun) A miscellaneous mixture, hodgepodge

- 1. When did Martin Luther King receive the Nobel Peace Prize?
- 2. How old must a person be to run for president of the U.S.?
- 3. What is the only inauguration element mandated by the U.S. Constitution?
- 4. When was the inauguration moved to Jan 20?
- 5. When was the first woman allowed to participate in the inaugural parade?
- 6. What inauguration had the first poet?

- 7. What is dry ice?
- 8. Which popular liquor can be made from potatoes?
- 9. Who is Calvin Broadus better known as?
- 10. Tommy Lee Jones and Will Smith starred together in which 1997 film?
- 11. Which actress costarred with Mel Gibson in the 1997 film Conspiracy Theory?
- 12. Which chess piece can only move diagonally?

Answers on page 17

www.somervillema.com www.medfordma.com

To advertise in The Somerville Times call **Bobbie Toner: 617-666-4010**



Skating at Frog Pond



A crisp and sunny day presented the perfect backdrop for a trip to Boston's Frog Pond recently. Members of the Somerville Schools middle grades afterschool program took a lesson in safe travel using Boston's public transportation system, then navigated to the Boston Common, the oldest public park in the United States, for an afternoon of ice skating, Boston history, and socializing.

Middle grades afterschool programs at the East Somerville Community School and West Somerville Neighborhood School, as well as the newly launched middle grades program at the Argenziano School, are open to students in Grades 6-8 attending any of the schools throughout the District

SHS basketball alumni deliver heartfelt message to team during surprise visit



On Wednesday January 11, the Somerville Boys Basketball program got a surprise visit after practice from former SHS Head Coach Rich Melillo (SHS '72) and former players: Vladimir Benoit (SHS '02), Jocelyn Velney (SHS '02), and Ronelson Lovaincy (SHS '04). The alumni delivered a heartfelt and powerful message about community, life lessons, and achievement.

Vladimir Benoit, a Fitchburg State Graduate and Retirement Consultant at Empower Retirement Services, spoke in depth about growing up with family that suffered from mental illness and relying on positive mentors in the community. Jocelyn Velney, Somerville Firefighter, told his story of being the last basketball player picked freshmen year to team MVP and Greater Boston League All-Star as a senior, and how hard work transformed him on and off the court.

Ronelson Lovaincy, a Western New England College graduate and Product Manager at New Balance, talked to the team about his struggles academically freshmen year and how he was able to achieve his goals on and off the court by dedicating himself to his studies.

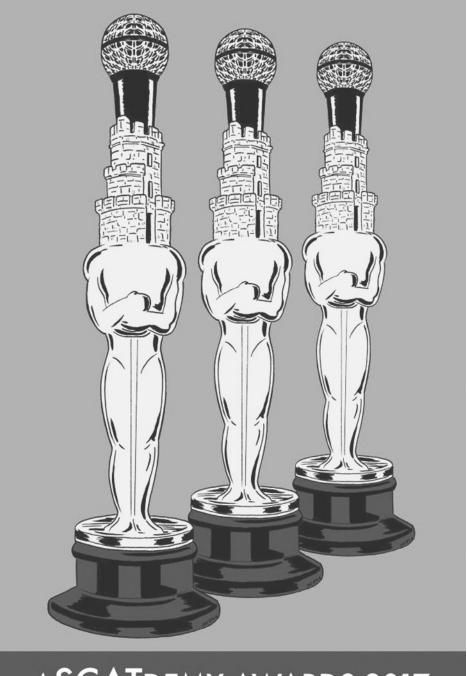
Coach Rich Melillo, Director of Student Services for the Somerville Public Schools, made a passionate plea regarding the importance of making good decisions and of being a positive member of the school community.



Argenziano Night at Gracie's Ice Cream

Stop by Gracie's Ice Cream in Union Square on Thursday, January 19, between 2:30 and 10:00 p.m. to enjoy some delicious ice cream and support Somerville's Argenziano School. Make an evening of it with some musical entertainment before or after your ice cream treat; the district-wide Beginners Instrumental Concert begins at 6:30 p.m. and will be held at the Somerville High School Auditorium.





ASCATDEMY AWARDS 2017

THURSDAY, JANUARY 19 • SCATV • UNION SQUARE • SOMERVILLE, MA

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

MICHAEL F. GLAVIN **EXECUTIVE DIRECTOR PLANNING DIVISION**

LEGAL NOTICE OF PUBLIC HEARING

A public hearing for all interested parties will be held by the Zoning Board of Appeals on Wednesday, February 1, 2017 at 6:00 p.m. at City Hall, Aldermanic Chambers, 2nd Floor, 93 Highland Avenue, Somerville, MA.

25-27 Mason Street: (Case #ZBA 2017-05) Applicant/Owner, Augustus Means, seeks a Special Permit pursuant to SZO §4.4.1 and §4.5.1 to alter a non-conforming two-family dwelling to extend the first floor porch and add a porch at the second floor. RA zone. Ward 7.

259 McGrath Highway: (Case #ZBA 2008-38-R1-12/16) Applicant, Paul Cook, Divine Signs, and Owner, Herb Chambers of Somerville, Corp., seek a Special Permit Revision under SZO \$5.3.8 in order to alter signage on the existing façade of the structure. IA Zone. Ward 2.

245 Elm Street: (Case #ZBA 2017-02): Applicant, Garden Remedies, Inc., and Owners, Dana Family Realty Trust and RMD, Sr. Realty Trust, seek a Special Permit under SZO §7.15 to establish a Medical Marijuana Facility in the ground level and basement of the building. CBD Zone and Medical

30 Inner Belt Road: (Case #ZBA 2017-03) Applicant, Canal Realty Trust, and Owner, CPT 30 Inner Belt, LLC, seek a Special Permit with Design Review under SZO §7.11.13.1.1.b. and a Special Permit under §9.13 to establish a wholesale distribution business in approximately 90,000 square feet of the existing building. IA Zone. Ward 2.

419 Broadway: (Case 2017-06) Applicants and Owners, Thomas Sullivan & Maria del Carmen Sullivan, seek special permits under \$4.4.1 of the SZO to extend existing non-conformities, §7.11 to increase the number of units on the property, and parking relief under §9.13 . RC zone. Ward 5.

25 Ivaloo Street: (Case 2016-145) Applicants and Owners, Tuesday Thomas & Can Keskin seek a Special Permit under \$4.4.1 of the SZO to substantially alter a non-conforming structure by razing the structure and rebuilding a single family residence.

301 Summer Street: (Case 2016-144) Applicants & Owners, Susan Dunbar & Donald Knerr, seek a Special Permit under §4.4.1 to alter a non-conforming property by enclosing a back porch within the rear yard setback. RA zone. Ward 6.

22 Wesley Park: (Case 2016-155) Applicant, Esmond Kane, and Owner, Rosemary McDonough, seek a Special Permit under §4.4.1 to alter a non-conforming property by constructing dormers in the side yard setbacks. RB zone, Ward 3.

Per Somerville Zoning Ordinance (SZO) section 13.3.3, the Board will review and vote upon policy changes to facilitate the creation of affordable homeownership opportunities under the inclusionary housing program. The first change would revise the calculation establishing the purchase price of units available to households at or below 80%, 110% and 140% of Area Median Income (AMI). The second change would revise the basis for the interest rate to be used in calculating the monthly mortgage loan amount a household can afford. Section13.3.3 of the Ordinance calls for the Special Permit Granting Authority to conduct a public hearing to receive comment prior to adopting any change in these standards.

Applications are not posted online. Copies of these applications are available for review in the Office of Strategic Planning and Community Development (OSPCD), 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. Reports, plans and decisions, when completed, are posted online at www.somervillema.gov/planningandzoning. As cases may be continued to later dates, please check the agenda on the City's $website\ or\ call\ before\ attending\ a\ meeting.\ \underline{Continued\ cases\ will\ not\ be\ re-advertised}.\ Interested\ persons\ may\ provide\ comments$ 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.



311[1]

Attest: Dawn Pereira, Administrative Assistant

As published in The Somerville Times on 1/18/17 & 1/25/17.

1/18/17 The Somerville Times



CITY OF SOMERVILLE PURCHASING DEPARTMENT IFB 17-46

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

Various Trips and Tours for Council on Aging Constituents

Invitations for Bid (IFB) may be obtained online at http://www.somervillema.gov/bidpostings or from the Purchasing Department, Somerville City Hall, 93 Highland Ave., Somerville, MA, 02143 on or after Tuesday, January 17th, 2017. Sealed bids will be received at the above office until: Monday, February 13th, 2017 at 11:00 a.m. 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 City of Somerville, Council on Aging (COA), is seeking a qualified Contractor to provide complete chartered bus services that include various excursion packages.

Please contact Michael Richards at mrichards@somervillema.gov for more information.

> Michael Richards **Assistant Purchasing Director** 617-625-6600 x. 3403

1/18/17 The Somerville Times

REQUEST FOR PROPOSALS CITY OF SOMERVILLE **PURCHASING DEPARTMENT** RFP 17-47

Climate Change Action Plan Consulting Services

The City of Somerville, through its Office of Sustainability and Environment (OSE), is seeking a contractor to provide a comprehensive strategy for addressing climate change in Somerville.

Bid packages may be obtained online at http://www.somervillema. gov/bidpostings or from the Purchasing Department, Somerville City Hall, 93 Highland Ave., Somerville, MA, 02143 on or after Tuesday Jan-

Sealed proposals must be submitted no later than 11:00 A.M. Monday February 13th, 2017.

Please contact Michael Richards at mrichards@somervillema.gov for more information.

> Michael Richards **Assistant Purchasing Director** 617-625-6600 x. 3403

1/18/17 The Somerville Times



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

MICHAEL F. GLAVIN **EXECUTIVE DIRECTOR**

PLANNING DIVISION

LEGAL NOTICE OF PUBLIC HEARING

A public hearing for all interested parties will be held by the Planning Board on Thursday, February 2, 2017 at 6:00 p.m. at the Aldermanic Chambers, 2nd Floor of City Hall, 93 Highland Avenue, Somerville, MA.

282 Broadway: (Case #: PB 2016-22) Applicant, Cambridge Reprographics, and Owner, Trust The 282 Broadway Nominee Trust, seek a Special Permit §6.1.22.D.5 and §12.4 for storefront signage. CCD-55

Applications are not posted online; Copies of these applications 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; Reports, plans and Decisions, when completed, are posted online at www.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 will 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.

Attest: Kevin Prior, Chairman To be published in the Somerville Times 1/18/17 & 1/25/17.

1/18/17 The Somerville Times

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

CITATION ON PETITION FOR ORDER TO RENDER

MIDDLESEX Division

Docket No. MI 15P1322EAA

Estate of: Joan M Robinson

Date of Death: __10/22/2014__

To all interested persons:

A Petition has been filed by

Judy A. Robinson of Somerville MA

requesting that the Court enter an Order that

Somerville MA

be ordered to render an inventory, render an account, compel distribution and for such other relief as requested in the Petition.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on 02/20/2017.

This is NOT a hearing date, but a deadline by which you must file

a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

Witness, Hon. Edward F Donnelly Jr., First Justice of this Court.

Date: January 12, 2017

Tara E. De Cristofaro **Register of Probate**

1/18/17 The Somerville Times

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NOTICE IS HEREBY GIVEN ON THE APPLICATION OF 28 Fitchburg St Iron Mountain (name) (address) TO BE A PUBLIC WAREHOUSE WITHIN AND FOR THE Middlesex Somerville, MA

> FOR THE PURPOSE OF CONDUCTING A **GENERAL WAREHOUSE BUSINESS AS** PROVIDED IN CHAPTER 105 OF THE **MASSACHUSETTS GENERAL LAWS**

(city/town

1/18/17 The Somerville Times

(county)

Q&A: What is the best way to discuss elder self-neglect?

By Lisa Waxman

A: Elder self-neglect is not an easy topic to discuss, but there are times when it's necessary especially if there's concern about the safety of a loved one.

Elder self-neglect is defined as the failure or refusal of an independent older adult to provide one or more of the necessities essential to their physical and mental wellbeing.

In many cases, it stems from long-term behavior that's no longer safe or healthy as a person's circumstances change.

In any event, it is vital to remember that, when you're dealing with an adult who is competent to make his/her own decisions, you need to respect his/her wishes, because that is how we all want to be treated. There are programs that can help, but the elder

needs to be onboard with accepting the help.

We find that being very respectful is the best way to proceed. You need to approach the situation from the elder's point of view. Listen carefully to the elder's perspective and work with him/her to acknowledge whatever the issue is. Sometimes that can take time but patience is a must. You want to work alongside the elder at a pace with which they feel comfortable.

I think it's very important to state that most adults engage in some sort of self-neglect at times—be it not going to the doctor when we're sick or not eating well if you have diabetes. We all self-neglect to a certain degree. But unfortunately as we get older the stakes get higher and the consequences can be

What we try to do with older adults is validate that change is very hard, and for many older adults change means the loss of something. They have fears about losing independence and changing routines can be quite disorienting. Acknowledging and validating specific concerns while being on the elder's side is the way to get in the door and develop a strong rapport.

Accepting help often means change, and for most adults that doesn't happen overnight. It really requires a feeling of being understood and trusting that accepting help will to be to their benefit.

For more information, check out the Self-Neglect episode of Aging Well at the SCES You-Tube channel, or contact the SCES Aging Information Center at 617-628-2601 for free advice and guidance.



Lisa Waxman, LICSW is a community social worker at Somerville-Cambridge Elder Services (SCES), a non-profit agency that supports the independence and wellbeing of older people in Somerville and Cambridge.

Need to relax? Float is the place to go **CONT. FROM PG 1**



Upon arriving at Float, I was greeted by a friendly attendant who explained the process to me. He then left me to undress, shower, and get into the tank. There are four tanks at float, two different types - one with a high ceiling and one that was more enclosed. Each of the tanks and shower is in its own separate room for complete privacy. I chose the one with the higher ceiling.

At first when I got in the tank, I had trouble becoming completely comfortable right away. It took some trial and error to

figure out the best way to lie in the tank. After I became relaxed however, I noticed my thoughts began to float away, and my body faded from my conscious thoughts. I was left floating, completely relaxed and in a trance like state.

After my ninety-minute session was complete, I showered and dressed. I found myself feeling quite sleepy and peaceful, so I headed to a back sitting room where I sat with tea and a blanket and contemplated awhile before leaving.

Although I do not feel I

achieved an altered state of consciousness, overall I found the experience both relaxing and enlightening. Floating also left me craving more; as soon as I got out of the float tank, I wanted to get back in. I made another appointment with the strong desire to follow up on my curiosity and perhaps improve on my last visit.

If you also want to try floating in a sensory deprivation tank, you can find Float at 515 Medford Street in Somerville or you can book an appointment online at www.floatboston.com.

Take the Gastroparesis Pie Face Challenge CONT. FROM PG 5

lead to more research and a cure. take the challenge. Since then, ton sports, including the Red as well, and has passed it on to Sox. At the end of December of 2016, he tweeted David Price of the Boston Red Sox, and asked him to participate in what had been dubbed the GP Pie Face Challenge. Price responded that he would take the challenge, and Andrew was thrilled. He says he was "overly ecstatic" about Price doing the challenge and that it "meant the world to him...I couldn't even describe how great that felt."

A few days later, Price uploaded a video of him taking a pie to the face, and he also challenged Brock Holt of the Red Sox to

Andrew is a huge fan of Bos- Holt has taken the challenge Andrew Benintendi, who also participated. Many more have joined in as well.

Andrew would like to recognize his parents, Tom and Eileen, his sister Julia, and his girlfriend Kaitlin for their encouragement throughout his fight with gastroparesis and in creating this challenge. "They taught me to never give up...they have been my rock," Andrew says of his support system.

This challenge and Andrew himself are proof that it just takes one person to start something great, that your struggles



David Price of the Boston Red Sox took the Gastroparesis Pie Face Challenge, along with teammate Brock Holt.

do not define you, and that if people take just a little bit of time to participate in something simple and fun, it can make a difference in so many lives. So grab your whipped cream and pie tins everybody, and take part in the Gastroparesis Pie Face Challenge.

From on page 14 Ms. Cam's Answers

1. 1964, for combating racial inequality through nonviolent resistance

2.35

That the president make an oath or affirmation before that person can "enter on the Execution" of the office of the presidency

4. 1937

March 5, 1917 -Woodrow Wilson was the first to allow women to participate in the Inaugural parade

6. Robert Frost was the first inaugural poet in 1961 at President John F. Kennedy's inauguration

7. Solid Carbon Dioxide

8. Vodka

9. Snoop Dogg

10. Men In Black

11. Julia Roberts

12. A bishop

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• • • • VILLENS ON THE TOWN • • • •

CHILDREN AND YOUTH Wednesday January 18

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

Thursday|January 19

Central Library Library Preschool: Storytime for 3 to 5 year

10:30 a.m.- 11:15 a.m.|79 Highland

Central Library

Lego Club 3:30 p.m. - 4:30 p.m.|79 Highland

Friday|January 20

Central Library Children's Game Day 3:30 p.m.-5 p.m.|79 Highland Ave

Central Library Preschool: Storytime for 2 year olds

10:30 a.m.-11 a.m.|79 Highland Ave

Central Library
TELL (Teen Library Leaders) Meeting 3 p.m. - 5 p.m. | 79 Highland Ave

Sunday January 22

Central Library Writing Workshop for Teen 2:30 p.m.-3:45 p.m.|79 Highland Ave

Monday January 23

Central Library Sing Along 11 a.m. - 11:45 a.m.|79 Highland Ave

Central Library Creative Drama Workshop 4 p.m.-5 p.m.|79 Highland Ave

Tuesday January 24

Central Library

Homeschool Réading Group for Ages

9:30 a.m. - 11:30 a.m. | 79 Highland

West Branch Library

Preschool Storytime 11 a.m. - 11:45 a.m.|40 College Ave

Somerville High School Anime Club 2:45 p.m. - 4:30 p.m.|79 Highland

Wednesday January 25

East Branch Library Preschool Storytime

11 a.m. - 11:30 a.m. | 115 Broadway

MUSIC | ARTS

Wednesday January 18

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

The Burren Front Room

Back Room

Backroom Series: The Towers We Live In & Ruthless Moon|7:30 p.m. Comedy Night With Jordan Handren-Seavey|10 p.m. 247 Elm Street|617-776-6896

P.A.'s Lounge

Tom Beyer 8 p.m. So + SoThe First Supper Ten Dollar Mistake 345 Somerville Ave

On The Hill Tavern

499 Broadway|617-629-5302

Orleans Restaurant and Bar

65 Holland St|617-591-2100 **Bull McCabe's Pub**

The A-Beez – Funk & Soul 366A Somerville Ave|617-440-6045

Thunder Road Bearly Dead – Wednesday Night Grateful Dead Residency 8 p.m.| 379 Somerville Ave

Highland Kitchen 150 Highland Ave|617-625-1131

Samba Bar & Grille

608 Somerville Ave|617-718-9177

Joshua Tree Bar & Grill Pub Trivia

8:30 p.m.|256 Elm Street|(617) 623-

ONCE Lounge & Ballroom Truckfighters Kings Destroy, Gozu 9 p.m.|156 Highland Ave

The Rockwell 255 Elm Street

Arts at the Armory Winter Art Show

All Day.|Café|191 Highland Ave

Thursday|January 19

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

The Burren

Lunchtime Concert Series | 1-2pm Matt Borrello, Mike Verge & Compa-Backroom Series | Damn Tall Buildings

- Upstate Rubdown Opens | 7 p.m. Scattershots|10 p.m. 247 Elm Street|617-776-6896

P.A.'s Lounge Dancehall Lounge

345 Somerville Ave

On The Hill Tavern Live DJ Music

499 Broadway|617-629-5302 Orleans Restaurant and Bar

65 Holland St|617-591-2100

Bull McCabe's 366A Somerville Ave|617-440-6045

Joshua Tree

256 Elm St. |617-623-9910

Samba Bar & Grille

608 Somerville Ave|617-718-9177

Somerville Theatre Awkward Compliment's Thursday Night Comedy Night

8 p.m.|55 Davis Square **Thunder Road** Flux Capacitor (Jam Band) 8 p.m.|379 Somerville Ave

ONCE Lounge & Ballroom Into Another High Disciple, Supertouch

8 p.m|156 Highland Ave The Rockwell Comedy War Stories|7 p.m. Roast Battle|9 p.m.

255 Elm Street Arts at the Armory Winter Art Show All day|Café

Castle of Comedy 7 p.m.| Cafe|191 Highland Ave

Friday|January 20

Sally O'Brien's

Johnny Come Latelies |6 p.m. So Many Roads, Mystical Misfits \$10 cover|9 p.m. 335 Somerville Ave|617-666-3589

The Burren

Backroom Series: That One Eyed Kid -Ryan Sweezey |7 p.m. Cover Up 10 p.m. 247 Elm Street 617-776-6896

P.A.'s Lounge DTT|8 p.m. The Guilloteenagers Vet Anslinger Effzero

345 Somerville Ave Orleans Restaurant and Bar

10 p.m.|65 Holland St

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

10 p.m.|366A Somerville Ave|617-440-6045

Joshua Tree DJ McRiddleton

256 Elm St. |617-623-9910 Samba Bar & Grille

9 p.m.|608 Somerville Ave|617-718-

Casey's

Entertainment every Friday 173 Broadway|617- 625-5195

Thunder Road 379 Somerville Ave

ONCE Lounge & Ballroom 156 Highland Ave

The Rockwell Shit-Faced Shakespeare: Romeo & Juliet|7 p.m. 255 Elm Street

Arts at the Armory Winter Art Show All Day.|Café|191 Highland Ave

Saturday January 21

Sally O'Brien's Oné Thin Dime |6 p.m. The Martians, SPF 4 \$5 cover|9 p.m. 335 Somerville Ave|617-666-3589

The Burren

Front Room: Bluegrass Session|2 p.m.

The BagBoys|5 p.m. Irish Session|9:30 p.m.

Back Room The Burren Backroom Saturday & Sunday Jazz Brunch with Tom Pendergast

8 a.m.-2:30 p.m. The Social No.11|7 p.m. Red Square 10 p.m. 247 Elm Street 617-776-6896

P.A.'s Lounge La Rock Ola 345 Somerville Ave

Orleans Restaurant and Bar Karaoke

65 Holland St On the Hill Tavern Live DJ Music

499 Broadway|617-629-5302 Bull McCabe's

366A Somerville Ave|617-440-6045

Ioshua Tree DJ El Sid! 256 Elm St. |617-623-9910

Samba Bar & Grille Live Band & DJ

608 Somerville Ave|617-718-9177

Entertainment every Saturday 173 Broadway 617-625-5195

Thunder Road ONCE in Valhalla: the magnificent seventh

7:30 p.m.|379 Somerville Ave ONCE Lounge & Ballroom Punk Rock Aerobics |12 p.m

Perturbator|9 p.m. 156 Highland Ave The Rockwell

Shit-Faced Shakespeare: Romeo & Juliet|7 p.m.

255 Elm St Arts at the Armory Winter Art Show All Day. Café

7 p.m.|Café The Peoples' Inauguration Concert 7 p.m.|Performance Hall||191 High-

Songwriter In The Round - Bob Dylan

Sunday January 22

Sally O'Brien's Bar Roy Sludge Trio 6 p.m.|335 Somerville Ave|617-666-

The Burren

land Ave

Front Room Beatles Brunch|11 a.m.-3 p.m. John Gannon & Friends Irish Session 3

p.m.

. Back Room The Burren Backroon Saturday & Sunday Jazz Brunch with Tom Pendergast

Lisa and Sruli|3 p.m. Alan Kaufman & Friends Old Timey|5

The Burren Lantern Sessions | 8 p.m. 247 Elm Street 617-776-6896

PA'S Lounge 345 Somerville Ave **Bull McCabe's Pub**

Dub Apocalypse 366A Somerville Ave|617-440-6045

Highland Kitchen Sunday Brunch Live Country & Bluegrass Sunday Night Live Music

150 Highland Ave|617-625-1131 **Orleans Restaurant and Bar** Game Night

65 Holland St|617-591-2100 Samba Bar & Grille Live Band & DJ

608 Somerville Ave|617-718-9177 **Thunder Road** Americana Sundays w/Greg Klyma

7 p.m.|379 Somerville Ave ONCE Lounge & Ballroom 156 Highland Ave

Boston Crime Scenes 4 p.m.|255 Elm St Arts at the Armory

2 p.m.|Performance Hall

Family Concert: Carnival of the

The Rockwell

Winter Art Show All Day.|Café Global Music Sketches feat. the debut of Strandön plus Tania Mesa 4 p.m.|Café Family Concert: Carnival of the Animals - Cambridge Symphony Orchestra (1)

Animals - Cambridge Symphony Orchestra (2) 4 p.m.|Performance Hall| 191 High-

land Ave

Monday January 23 Sally O'Brien's Bar

Shawn Carter's Cheapshots Come-Marley Monday with The Duppy Conquerors reggae|10 p.m. 335 Somerville Ave|617-666-3589

The Burren Front Room

Bur-Run Helena Delaney, Johnny O'Leary & Friends Irish Session 9 p.m. Back Room: Stump Trivia|8:30 p.m.

247 Elm Street|617-776-6896 P.A.'s Lounge Chris Cyrus 8 p.m. Tim Mann

Ian Cat Dan Barrenechea (of the Pillow Men) 345 Somerville Ave

On The Hill Tavern 499 Broadway|617-629-5302 **Bull McCabe's Pub**

Stump! Team Trivia 366A Somerville Ave|617-440-6045 Thunder Road

The Murdock Manor Stripped Sets

Monday Night Series 7:30 p.m.|379 Somerville Ave ONCE Lounge & Ballroom Charles Berthoud Andrew Tufano and Gabe Burdulis

8 p.m.|156 Highland Ave The Rockwell **Boston Crime Scenes** 7:30 p.m.|255 Elm St

Arts at the Armorv Winter Art Show All Day.|Café|191 Highland Ave

Tuesday January 24

Sally O'Brien's Bar

335 Somerville Ave|617-666-3589

The Burren Front Room

Jason Anick and the Swingers Swing/ Jazz|8:30 p.m. Back Room: Open Mic w/ Hugh McGowan|10

247 Elm Street 617-776-6896 PA's Lounge Open Mic Night 345 Somerville Ave

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

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

Highland Kitchen First Tuesday of the Month|Spelling Bee Night hosted by Victor and Nicole of

The fun starts at 10:00p.m. 150 Highland Ave|617-625-1131 Samba Bar & Grille

608 Somerville Ave|617-718-9177 PJ Ryan's

Thunder Road

Egoart.

Pub Quiz 10 p.m.|239 Holland St.|617-625-8200

Thunder & Lightening Sessions 7:30 p.m.|379 ONCE Lounge & Ballroom

156 Highland Ave Arts at the Armory Winter Art Show

All Day.|Café|191 Highland Ave Wednesday | January 25

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

The Burren Front Room Exile on Elm Back Room Backroom Series: Lisa Bastoni CD Release Show|7:30 p.m. Comedy Night With Jordan Handren-Seavey 10 p.m. 247 Elm Street|617-776-6896

P.A.'s Lounge Mike Dunbar 8 p.m. Matt Minigell Gianna Botticelli Mike Sweeney The Solars

345 Somerville Ave

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

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

Bull McCabe's Pub The A-Beez – Funk & Soul

366A Somerville Ave|617-440-6045 Thunder Road

Founders Brewing Presents: Bearly

Dead – Wednesday Night Grateful **Dead Residency** 8 p.m.| 379 Somerville Ave

Highland Kitchen 150 Highland Ave|617-625-1131

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

Joshua Tree Bar & Grill Pub Trivia 8:30 p.m.|256 Elm Street|(617) 623-

9910 ONCE Lounge & Ballroom 156 Highland Ave

The Rockwell 255 Elm Street

Arts at the Armory Winter Art Show All Dav. | Café Page Turners & Octopladd 6 p.m.|Cafe|191 Highland Ave

CLASSES AND GROUPS Wednesday January 18

(TAB Building) 2nd Floor Author Presentation by Juliette Fay 10 a.m. - 11 a.m. | 167 Holland St.

Thursday January 19

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 Ave

Central Library

FREE Yoga at the Library 6 p.m.-7 p.m.|79 Highland Ave **East Branch Library**

Drop in Knitting at the East Branch 6:30 p.m.-8:30 p.m.|115 Broadway **East Branch Library** Family Game Night At the East

6:30 p.m.- 8:30 p.m.|115 Broadway East Branch Library Night Owl's Lego Club

6:30 p.m.-8:30 p.m.|115 Broadway 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

Friday January 20 **Central Library**

lic Input & Participation Meeting 6 p.m.-8 p.m.|79 Highland Ave

Saturday|January 21 **Central Library** Lacan Reading Group 10:30 a.m.- 12:30 p.m.|79 Highland

The Growing Center's Future: A Pub-

Somerville Winters Farmer Market 9:30 a.m.|Performance Hall|191 Highland Ave

Somerville Writers and Poets meet

9 a.m.-12 p.m Au Bon Pain | 18-48

Holland St

weekly to discuss their work

Bagel Bards

Sunday January 22 Fourth Step to Freedom Al-Anon Family Groups 7:00 P.M. | 6 William Street Unity Church of God

Enter upstairs, meeting is in basement. Monday January 23

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

6:30 p.m. - 8:30 p.m.|40 College Ave Tuesday January 24

Learn English at the Library 6 p.m. - 7 p.m.|79 Highland Ave Wednesday | January 25

Central Library Mystery Book Club

Central Library

7 p.m.- 8:30 p.m.|79 Highland Ave

PLACES TO GO, THINGS TO DO!

SENIOR CENTER HAPPENINGS:

Welcome to our centers. Everyone 55+ is encouraged to join us for fitness, culture, films, lunch and Bingo. Our centers are open to everyone from Somerville and surrounding communities. 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.

All clubs and groups welcome new members.

Holland Street: 167 Holland Street

*Monday through Friday 9:00 A.M. – 3:00 P.M.

617-625-6600 Ext. 2300

*Our Holland Street Center will be serving lunch on Monday, Thursday & Fridays only until further notice.

Cross Street Center: 165 Broadway

Tuesday & Thursday 8:30 A.M. to 12:30 P.M. Wednesday – 9:00 A.M. to 3:00 P.M. (Please note time change) (617) 625-6600 Ext. 2335.

Ralph and Jenny Center: 9 New Washington Street, Tuesday through Thursday 9:00 A.M. – 3:00 P.M. (Please note time change) (617) 666-5223.

Join the SCOA's email group – The email group is for Somerville Council on Aging Seniors and/or Caregivers who are interested in the latest information on resources, events, programming, etc., in and around the Somerville area. Use the link https://groups.google.com/group/somerville-council-on-aging - If you have any questions or need help joining please contact Debby Higgins at 617-625-6600, ext. 2321 or email DHiggins@Somervillema.gov

Ageless Grace – Ageless Grace, the Council on Aging's new Fitness class for the body and mind. Held on Mondays at 4:00 p.m. at the Holland St. Center, the Ageless Grace program is an innovative wellness and fitness program done seated in a chair to upbeat music. Classes are playful, imaginative and different every time. All the movements are designed to focus on the healthy longevity of the body and the brain. Contact Chris at 617-625-6600 ext. 2315 for more information and to sign up. Cost is \$20.00 for 5 classes.

Yoga - Thursdays from 9:00 a.m. to 10:00 a.m. A 5-week Yoga series is a low-impact and easy-to-follow paced program that lets you stretch and relax to help start your day. Contact Chris at 617-625-6600 ext. 2315 for more information and to sign up. Cost is \$20.00 for 5 classes.

Silver Alert Program – The Somerville Council on Aging with the Somerville Police Department have implemented a program to take a proactive approach towards protecting some of Somerville's most vulnerable citizens who suffer with serious cognitive impairments that put them at risk for wandering and getting lost. The Silver Alert Program is designed to collect specific information about a potential missing person, along with photo identification. This confidential information will be kept on file for immediate use in the event a loved one is reported missing. Please contact the SCOA at 617-625-6600, ext. 2300 for additional information or to register.

Free Smoke Alarm/Carbon Monoxide Detectors

- The Somerville Council on Aging, The Health & Human Services Department partnering with The Somerville Fire Department are offering free smoke alarm / carbon monoxide detectors (they are one unit) to Somerville older adults and residents with a wide range of disabilities. To qualify you must be an older adult, 60 years of age or older, and live in Somerville (own or rent) or a Somerville resident with a disability (Photoelectric Alarms with ADA Compliant Strobe Light are available.) There is a brief application that will need to be filled out, signed and returned. Please contact Debby Higgins, Outreach Coordinator at the Somerville Council on Aging, at 617-625-6600, ext. 2321 to request an application. Don't delay calling. This program is on a first come / first serve basis and will be ending December 31, 2016. This is a Federally funded grant.

Free Groceries Every Month? - You may be eligible for the Commodity Supplemental Food Program! CSFP is a once a month food distribution for individuals 60 years of age or older. You may be eligible to receive two free bags on food once a month containing healthy shelf stable products. Proof of identity and age are all that is required to apply. For more information or to apply please call 617-625-6600, ext. 2300 – applications are available at the front desk of our Holland Street Center.

Meet the Author – Wednesday, January 18 at our Holland Street Center from 10:00 to 11:00 a.m. Meet author Juliette Fay for a multi-media presentation based on her latest book, The Tumbling Turner Sisters. For additional information or to RSVP please call Debby Higgins at 617-625-6600, ext. 2321.

Afternoon at the Movies – Tuesday, January 24 at our Holland Street Center starting at 12:30 p.m. This month's movie is "Sully" starring Tom Hanks. RSVP to Josephine at 617-625-6600, ext. 2300.

Painting with Linda – Fridays, January 27, February 3 and February 10 from 10:00 a.m. to 11:00 a.m. at our Holland Street Center. \$15 fee for supplies and materials – space is limited – registration is a must – please call Josephine or Connie at 617-625-6600, ext. 2300.

Highlander Café Luncheon – Tuesday, January 31 at the SHS Highlander Café. Doors open at 10:45 a.m. - chicken parm or baked haddock - \$10 fee – RSVP to Connie at 617-625-6600, ext. 2300

Powers Music School – Thursday, February 2 at our Holland Street Center at 10:30 a.m. "Benny and Beyond" with jazz duo, Todd Brunel on clarinet and Joe Reid on paino. RSVP by calling 617-625-6600.

Diabetes Shoe Clinic – Tuesday, April 18 at our Holland Street Center from 9:00 a.m. to noontime. If you have Medicare and diabetes you should be eligible for a free pair of diabetes shoes every year. An appointment is a must so please call Natasha at 617-625-6600, ext. 2317.

Happy Wedding Anniversary – Monday, April 24th at 11:30 a.m. at the Somerville Holiday Inn located on 30 Washington Street. Are you a married couple celebrating 50 years or more of marriage? The SCOA is looking for couples to come celebrate this joyous occasion. We will be hosting an Anniversary Luncheon. Please call 617-625-6600, ext. 2300 to get on the list to join the festivities.

Kentucky Derby – Thursday, May 4 to Tuesday, May 9th - \$1,154 per person / double only – 6 days & 5 nights – Package includes roundtrip motor coach transportation, 5 nights accommodation, general admission to Kentucky Derby, Louisville Slugger Factory and so much more. Please contact Connie at 617-625-6600, ext. 2300 for additional information.

PLEASE NOTE THE FOLLOWING INFORMATION:

Friendly Caller Program - Do you know someone who could benefit from a friendly call? Maybe you are feeling isolated and want someone to talk to – or you just want someone to listen. Please call Natasha at 617-625-6600 ext. 2300 to sign up for our "Friendly Caller" Program. The trip to the Kentucky Derby is sold out. There is a waiting list if you would like your name placed on the waiting list please call Connie at 617-625-6600, ext.

The Cupid Super Bingo at Ralph & Jenny is sold out.

LGBTQ EVENTS:

2300

LGBTQ Advisory Group – This group meets quarterly in the conference room of our Holland Street Center at 4:30 p.m. and run for one hour. We are always looking for new members who would like to serve on the Advisory Group. Please call Debby Higgins, Outreach Coordinator at 617-625-6600, ext. 2321 or email dhiggins@Somervillema.gov if you have any questions or if you should need additional information.

LBT Women Fit-4-Life - Fitness and Nutrition Classes. Classes are Tuesday and Thursday evenings starting at 6:00 P.M. \$10 a month fee - scholarships available & it just might be covered under your insurance. We have available slots and would love to have you. If you have any questions or require additional information, please contact our Health & Wellness Coordinator, Chris Kowaleski at 617-625-6600 Ext. 2300.

2017 Advisory Dates 4:30-5:30 p.m. at 167 Holland Street

March 13, July 10, October 16.

2017 Event Dates

April 27 – Health Fair @ Holland St. Center 4:30-6:00 p.m.

June 2 – Dance @ The Holiday Inn 6:00 p.m.

September 18 - TBA

December 18 - TBA

For more information contact Debby Higgins, Outreach Coordinator at 617-625-6600 ext. 2321 or dhiggins@ somervillema.gov

*If you require additional information or have any

questions regarding the LGBTQ events or the Advisory Group, please call 617-625-6600 Ext. 2300

STAY ACTIVE:

Walking & Talking Group – Starting on Monday, May 4th at 8:30 A.M. – out of our Holland Street Center. We'll take a gentle 30 minute walk around the community every Monday – meeting in the downstairs lobby of the Holland Street Center. For more information or to sign up please contact Chris Kowaleski our Health & Wellness Coordinator at 617-625-6600 ext. 2315.

Weekly Exercise Class Schedule

Holland = (H) Ralph & Jenny = (RJ) Cross Street = (C)

Mondays:

1:00 Fit-4-Life Group C (H)

Tuesdays:

9:15 Strengthening - \$3 per class (H) 11:15 Fit-4-Life (C) 1:00 Dalcroze Eurhythmics*** 6:00 LBT Fit-4-Life* (H)

Wednesdays:

8:45 Fit-4-Life Group A (H) – Exercise 9:00 Fit-4-Life Group B (H) - Nutrition 10:00 Fit-4-Life Group B (H) – Exercise 10:00 Fit-4-Life Group A (H) – Nutrition 12:00 Fit-4-Life Group C (H) - Nutrition 1:00 Fit-4-Life Group C (H) - Exercise 5:15 Zumba for All - \$3 per class (H)

Thursdays:

9:00 Yoga (H) (5 week series) – On hiatus till January 9:30 Strengthening - \$3 per class (RJ) 11:15 Fit-4-Life (C) 6:00 LBT Fit-4-Life*(H)

Fridays:

8:45 Fit-4-Life Group A (H) - Exercise 10:00 Fit-4-Life Group B (H) – Exercise

*All Fit-4-Life classes are \$10 per month and require pre-registration

One-on-one nutrition is on hiatus til further notice.

Wednesday, January 18

9:00 Bowling at Flatbreads 11:30 Lunch (RJ) 12:45 Bingo (RJ)

Thursday, January 19

10:00 Current Events (H)10:00 English Conversation (C)10:00 Blood Pressure Screening (H)11:00 Computer tutorial with Barbara (H) (by appoint-

ment only)

11:30 Lunch (C,H,RJ) 12:45 Bingo (H, RJ) 1:00 Arts & Crafts (C)

Friday, January 20

10:00 Book Club (H) 11:30 Lunch (H) 11:45 Bingo (H)

Monday, January 23

9:30 Veteran's Group (H) 10:00 English Conversation (C) 11:30 Lunch (C)

Tuesday, January 24

10:00 English Conversation (C)
11:30 Lunch (C)
11:30 Pizza & Movie (H)
12:00 Computer tutorial with Norbert (H) (by appointment only)

Wednesday, January 25

9:00 Bowling at Flatbreads 11:30 Lunch (RJ) 12:45 Bingo (RJ) 4:30 Bingo (H)

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Newstalk CONT. FROM PG 11

Playworks volunteer, you would become a vital member of a school's recess team by assisting with recess games and act as an informal role model or "grandparent figure" to children ages 5-12. Be part of a national movement where adults across the country are using recess as a way to make a positive impact on the lives of children and promote healthy relationships. Please contact: **Ann** at Playworks 617-708-1734. Website: Playworks.

Somerville History Trivia game and Audrey Ryan at Aeronaut Brewing Co. Duck Village Stage Series takes place Wednesday, January 18. 7:00 – 8:00 p.m.: Learn a little about Somerville's past (or just hang out and enjoy the fun) at Somerville History Trivia Night, co-sponsored with the Somerville Museum. Win history-related prizes. No

historical knowledge required. 8:00 – 10:00 p.m.: The Union Square Playlist presents singer-songwriter and multi-instrumentalist Audrey Ryan. Ryan has practiced in the former American Tube Works building at 440 Somerville Avenue since 2004. She also produces a series of concerts by local and touring musicians in her practice space and has been nominated for multiple Boston Music Awards. Ryan's most recent EP is *Let's*

Go to the Vamp and her music has been heard on a variety of television shows including Glee and Teen Mom. The Pittsburgh City Paper says, "Because Audrey Ryan's songwriting is so good, even if she is pulling and tugging on an accordion or picking on a banjo and stomping her tambourine adorned foot, the music is just as moving live as it is on her phenomenal album." For more information visit www.audreyryan.com.

Somerville Community Access TV Ch.3 Programming Guide

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Wednesday	, January 18	5:30pm	Creative Somerville Series	10:00am	Tele Galaxie	11:30am	Art at SCATV
6:00am	Life Matters	6:00pm	Villain News Network	11:00am	Haitian Poetry	12:00pm	The Thom Hartmann Show
6:30am	Exercise with Robyn	6:30pm	Somerville Neighborhood News	12:00pm	The Somerville Line	1:00pm	Infinite Momentum
7:00am	Poet to Poet	7:00pm	Taking Back your Health (Live call-in)	1:00pm	Start Up TV	1:30pm	Legacies
7:30am	Somerville Neighborhood News	7:30pm	Mass Climate Action Network	2:00pm	SCATV Presents: Duck Village Stage	2:00pm	The Literati Scene
8:00am	Democracy Now! (Free Speech TV)	8:00pm	Fouye Zo Nan Kalalou (Live call-in)	3:00pm	Telemagazine	2:30pm	SCATV Bulletin Board
9:00am	The Literati Scene	9:30pm	Henry Parker Presents	4:00pm	Chef's Table Series	3:00pm	Exercise with Robyn
9:30am	Mass Climate Action Network	10:00pm	Road to Recovery	5:00pm	Tele Kreyol	3:30pm	MAPS
10:00am	Somerville Storytime	11:00pm	Simply Hanging with Pete and Nate	6:00pm	Effort Pour Christ	4:00pm	Free Speech Television
10:30am	Somerville Good Old Days	11:30p	Grown Up Storytime	7:00pm	Gay USA	5:00pm	Telegalaxie
11:00am	Chef's Table Series	Friday, Ja	nuary 20	8:00pm	Creative Somerville Series	6:00pm	3
12:00pm	Free Speech TV	6:00pm	The Literati Scene	9:00pm	Nossa Gente e Costumes		The Struggle
1:30pm	Physicians Focus	6:30pm	Life Matters	10:00pm	Open Line News with Davey D	6:30pm	Start Up TV
2:00pm	Road to Recovery	7:00am	Poet to Poet/Writer to Writer	11:00pm	Gay News USA (Free Speech TV)	7:30pm	Somerville Good Old Days
2:30pm	Blokesworld	7:30am	Color in your life	Sunday I	anuary 22	8:00pm	The Somerville Line
3:30pm	SCATV Bulletin Board	8:00am	Democracy Now! (Free Speech TV)	6:00am	Somerville Story Time	9:00pm	Dedilhando au Saudade
4:00pm	Free Speech Television	9:00am	Middlesex Senate District Debate	6:30am	Eckankar	10:00pm	Bate Papo com Shirley
5:00pm	Art At SCATV	10:00am	Middlesex Representative District Debate	7:00am	Nossa Gente's e Costumes	11:00pm	Visual Radio
5:30pm	Messier Mantra	10:30am	Somerville Good Old Days	8:00am	Effort Pour Christ	Tuesday	January 24
6:00pm	Haitian Poetry	11:00am	Somerville Story Tellers	9:00am	Heritage Baptist Church	6:00am	Art at Scat
7:00pm	Creative Somerville Series	12:00pm	Free Speech TV	10:00am	Aging Well	6:30am	Esoteric Science
7:30pm	MAPS on TV	1:00pm	Health is Wealth	10:30am	International Church of God	7:00am	JuPrey Promotions
8:00pm	Somerville Pundits	1:30pm	Aging Well	11:00am	Chef's table Series	8:00am	
8:30pm	SCATV Bulletin Board	2:00pm	Henry Parker Presents	12:00pm	Middlesex Senate District Debate		Democracy Now! (Free Speech TV)
9:00pm	Bay State Biking News	2:30pm	Carven Salsa Dancing	1:00pm	MIddlesex Representative District Debate	9:00am	Chefs table Series
10:00pm	SCATV Presents: Duck Village Stage	3:00pm	Democracy Now! (Free Speech TV)	2:00pm	Mass Climate Action Network	10:00am	Eat well be happy
11:00pm	Warm up Wednesday	4:00pm	Gay USA (Free Speech TV)	2:30pm	Monday's at 9	10:30am	Cooking with Georgia and Dez
11:30pm	Rare Groove Revolution	5:00pm	Reeling Review	3:00pm	Infinite Momentum	11:00am	The Somerville Line
		5:30pm	Somerville Good Old Days	3:30pm	Greater Somerville	12:00pm	The Thom Hartmann Show
Thursday, Ja		6:00pm	Words on Film	4:00pm	Dedilhando a Saudade	1:00pm	Aging Well
6:00am	JuPrey Promotions	6:30pm	Finger on the Pulse	5:00pm	Dead Air Live	1:30pm	Somerville Pundits
7:00am	The Struggle	7:00pm	Beyond Boston	6:00pm	Abugida TV	2:00pm	The Struggle
7:30am	SCATV Bulletin Board	7:30pm	Fallon's Daily Toast	7:00pm	African Television Network	2:30pm	Health is Wealth
8:00am	Democracy Now! (Free Speech TV)	8:00pm	CTBS	8:00pm	Telemagazine	3:00pm	Taking back your health
9:00am	Esoteric Science	10:00pm	JuPrey Promotions	9:00pm	Cinema Somerville	3:30pm	Physicians Focus
9:30am	Somerville Pundits	11:00pm	Grownup Story Time	11:00pm	Simply Hanging with Pete and Nate	4:00pm	Ring of Fire (Free Speech TV)
10:00am	Dead Air Live	11:30pm	SCATV Bulletin Board	11:30pm	Grown Up Story Time	5:00pm	Poet to Poet/Writer to Writer
11:00am	Greater Somerville					5:30pm	Duck Village Stage
11:30am	Legacies		, January 21		January 23	6:30pm	Beyond Boston
12:00pm	The Thom Hartman Show	6:00am	Life matters	6:00am	Health is Wealth		Somerville Neighborhood News
1pm-3pm	SCATV Cooking Bloc	6:30am	Eat well be Happy	6:30am	Villain News Network	7:00pm	Greater Somerville
1:00pm	Chef's Table Series	7:00am	The Folkorist	7:00pm	The Struggle	7:30pm	
2:00pm	Eat Well be Happy	7:30am	Wild Tales - Song of the River	7:30am	Aging Well	8:00pm	Dead Air Live
2:30pm	Cooking with Georgia and Dez	8:00am	Villain news Network	8:00am	Democracy Now! (Free Speech TV)	9:00pm	Mondays at 9
3:00pm	Democracy Now! (Free Speech TV)	8:30am	Somerville Story Tellers	9:00am	Duck Village Stage	9:30pm	Infinite Momentum
4:00pm	Free Speech Television	9:00am	Jeff Jam Sing Song Show	10:00am	Baystate Biking news	10:00pm	Middlesex Senate District Debate
5:00pm	Poet to Poet/Writer to Writer	9:30am	Henry Parker Presents	11:00am	Color in your Life	10:30pm	MIddlesex Representative District Debate

CITY TV 22 (Comcast) 13 (RCN) Schedule

Rally Point

Rally Point

MLK Celebration

7.00aiii	Joiner ville ivilateriti Ceremonies 1.7.17
12:00pm	Talking Business "Chill Ville"
12:18pm	Rally Point
12:45pmB0	OA Special Mtg. on GLX Funding - 12.6.16
3:12pm	Domestic Violence Vigil
6:30pm	Caroling with the Mayor
7:00pm	Congressional Update
7:31pm	MLK Celebration
9:01pm	I Feira de Educação
9:08pm	Talking Business "Chill Ville"
9:30pm	241st Flag Raising on Prospect Hill
10:30pm	SomerViva em Português
Thursday,	January 19
12:00am	Aldermen at Work - Tony Lafuente
12:30am	241st Flag Raising on Prospect Hill
1:30am	Somerville Midterm Ceremonies 1.9.17
8:00am	Fit-4-Life #3 2017
9:00am	SomerViva em Português
9:30am	241st Flag Raising on Prospect Hill
12:00pm	Somerville Midterm Ceremonies 1.9.17
1:18pm	Green Line Extension Community
Meeting - 1	12.7.16
6:30pm	241st Flag Raising on Prospect Hill
7:30pm	Aldermen at Work - Bill White
8:00pm	State Funding for Union Sq. Ceremony
8:30pm B0	DA Special Mtg. on GLX Funding - 12.6.16
Friday, Jai	nuary 20
	•

Wednesday, January 18

8:00am

9:00am

4:00pm	Fit-4-Life #3 2017
6:30pm	SomerViva em Português
7:00pm	Aldermen at Work - Bill White
7:30pm	MLK Celebration
9:00pm	Talking Business "Chill Ville"
9:18pm	Community Preservation Act Committee
Meeting	,
10:48pm	Veterans Day 2016
Saturday,	January 21
12:00am	Somerville Midterm Ceremonies 1.9.17
1:18am	Congressional Update
1:49am	Board of Aldermen Meeting - 1.12.17
9:00am	Community Preservation Act Committe
Meeting	
12:00pm	Talking Business "Chill Ville"
12:18pm	Seriously Somerville w/ Jimmy Del Ponte
12:46pm	Rally Point
1:10pm	241st Flag Raising on Prospect Hill
2:04pm	Aldermen at Work - Bill White
6:30pm	241st Flag Raising on Prospect Hill
7:30pm	SomerViva em Portuguese

Somerville Midterm Ceremonies 1.9.17

Annual Chamber of Commerce Dinner

Annual Chamber of Commerce Dinner

Talking Business "Chill Ville"

Aldermen at Work - Bill White

Talking Business "Chill Ville"

12:00am

1:18am

1:42am

2:00am

9:00am

9:30am

1:30pm

1:48pm

6:45pm

9:00am 11:00am

1:00pm

3:00pm

Our Schools, Our City

Our Schools, Our City

SHS Boys Basketball v Arlington

Kennedy School 4-8 Winter Concert

12:00pm

Fit-4-Life #3 2017

Somerville Midterm Ceremonies 1.9.17

3:18pm	State Funding for Union Sq. Ceremony
3:43pm	Raising Families "Special Needs Education"
9:11pm	Seriously Somerville w/ Jimmy Del Ponte
9:40pm	SomerViva nan Kreyol
0:02pm	The Strange Career of General Charles Lee
unday,	January 22
2:00am	Raising Families "Special Needs Education"
2:30am	241st Flag Raising on Prospect Hill
:30am	SomerViva em Portuguese
2:00am E	BOA Special Mtg. on GLX Funding - 12.6.16
9:00am	Aldermen at Work - Bill White
9:30am	MLK Celebration
2:00pm	Senior Circuit "New COA Programs"
2:30pm	Raising Families "Special Needs Education"
:00pm	Somerville Midterm Ceremonies 1.9.17
2:18pm	Congressional Update
1:00pm	Fit-4-Life #4 2017
5:30pm C	Connecting Communities "New Employees"
7:00pm	Senior Circuit "New COA Programs"
7:30pm	Aldermen at Work - Bill White
3:00pm	MLK Celebration
9:30pm	Community Preservation Act Committee
Meeting	
1:00pm	Rally Point
Monday,	January 23
2:00am	Senior Circuit "New COA Programs"
2:30am	Aldermen at Work - Bill White
:00am	Board of Aldermen Meeting - 1.12.17

Talking Business "Chill Ville"

ducation"	12:00pm	Rally Point
Del Ponte	12:30pm	SomerViva em Portuguese
an Kreyol	1:00pm	Raising Families "Special Needs Education"
harles Lee	1:30pm	241st Flag Raising on Prospect Hill
	2:30pm	SomerViva nan Kreyol
ducation"	4:00pm	Upcoming Meeting Agenda
spect Hill	7:00pm	School Committee Meeting - LIVE
ortuguese	Tuesday.	January 24
- 12.6.16 Bill White elebration rograms" ducation" ies 1.9.17 all Update e #4 2017 nployees" rograms"	12:00am 12:30am 1:48am 2:03am 8:00am 9:00am 12:00pm 12:30pm 1:00pm	State Funding for Union Sq. Ceremony Somerville Midterm Ceremonies 1.9.17 Veterans Day 2016 SomerViva nan Kreyol Fit-4-Life #4 2017 Somerville Midterm Ceremonies 1.9.17 Senior Circuit "New COA Programs" Caroling with the Mayor Aldermen at Work - Bill White
Bill White elebration Committee	1:30pm 2:00pm 6:30pm 7:00pm	SomerViva em Portuguese MLK Celebration Raising Families "Special Needs Education" Senior Circuit "New COA Programs"
Rally Point	7:30pm 8:00pm	Aldermen at Work - Bill White SomerViva em Portuguese
rograms"	8:30pm	School Committee Meeting - 1.23.17
Bill White	Wedneso	lay, January 25
- 1.12.17	12:00am	School Committee Meeting - 1.23.17
Rally Point	3:00am	Congressional Update
e		

12:00pm

1:30pm

SomerViva em Portuguese

Rally Point

SHS Girls Basketball v Whittier

SHS Girls Basketball v Georgetown

9:30am Connecting Communities "New Employees"

Educational TV 15 Schedu

6:00pm

9:00am

9:45am

10:00am

11:00am	Kindergarten Registration
11:45am	What's Going On
12:00pm	SHS Girls Basketball v Everett
2:00pm	SHS Boys Basketball v Medford
3:30pm	SHS Hockey v Everett
5:00pm	Our Schools, Our City
6:00pm	Kennedy School 4-8 Winter Concert
7:00pm	Kindergarten Registration
7:45pm	What's Going On
8:00pm	SHS Girls Basketball v Everett
10:00pm	SHS Boys Basketball v Medford
11:29pm	Our Schools, Our City
Thursday, J	anuary 19
12:00am	SHS Boys Basketball v Arlington
2:00am	SHS Hockey v Everett
9:00am	SHS Boys Basketball v Arlington
10:45am	What's Going On
11:00am	Kennedy School 4-8 Winter Concert
12:00pm	Our Schools, Our City
1:00pm	SHS Boys Basketball v Malden
2:25pm	Kindergarten Registration
3:00pm	SHS Hockey v Everett
	11:45am 12:00pm 2:00pm 3:30pm 5:00pm 6:00pm 7:00pm 7:45pm 8:00pm 10:00pm 11:29pm Thursday, J. 12:00am 2:00am 9:00am 10:45am 11:00am 12:00pm 1:00pm 1:25pm

Wednesday, January 18

9:00am

4:30pm

5:00pm

10:00am

7:00pm	Kennedy School 4-8 Winter Concert
8:00pm	Our Schools, Our City
9:00pm	SHS Boys Basketball v Malden
10:30pm	SHS Hockey v Everett
Friday, Janua	ry 20
12:00am	SHS Boys Basketball v Arlington
2:00am	Kennedy School 4-8 Winter Concert
9:00am	Kindergarten Registration
9:45am	What's Going On
10:00am	SHS Girls Basketball v Everett
12:00pm	SHS Girls Basketball v Whittier
1:30pm	SHS Girls Basketball v Georgetown
3:00pm	SHS Girls Basketball v Charlestown
4:30pm	Our Schools, Our City
5:00pm	SHS Girls Basketball v Everett
7:00pm	SHS Girls Basketball v Malden
9:00pm	Our Schools, Our City
10:00pm	SHS Girls Basketball v Malden
Saturday, Jan	uary 21
12:00am	SHS Girls Basketball v Malden
1:30am	SHS Boys Basketball v Arlington
4:00am	Public Domain Theater
9:00am	SHS Girls Basketball v Everett

SHS Boys Basketball v Arlington

SHS Girls Basketball v Malden

SHS Hockey v Everett

8:00pm	SHS Boys Basketball v Arlington
10:00pm	SHS Hockey v Everett
Sunday, Janu	uary 22
12:00am	SHS Girls Basketball v Malden
2:00am	Kennedy School 4-8 Winter Concert
3:00am	Public Domain Theater
6:00am	Public Domain Theater
9:00am	Kennedy School 4-8 Winter Concert
10:00am	SHS Girls Basketball v Malden
11:00am	Our Schools, Our City
12:00pm	SHS Boys Basketball v Arlington
2:00pm	ESCS Winter Concert
3:00pm	SHS Winter Concert
5:00pm	Kennedy School 4-8 Winter Concert
6:00pm	SHS Girls Basketball v Malden
7:00pm	Our Schools, Our City
8:00pm	SHS Boys Basketball v Arlington
10:00pm	ESCS Winter Concert
11:00pm	Kindergarten Registration
Monday, Jan	uary 23
12:00am	SHS Hockey v Everett
1:30am	SHS Girls Basketball v Everett

SHS Girls Basketball v Everett

i is boys basketball v Arlington	3:00pm	2H2 Ciris Basketball v Charlestown
SHS Hockey v Everett	4:30pm	Our Schools, Our City
	5:00pm	SHS Girls Basketball v Everett
SHS Girls Basketball v Malden	7:00pm	SHS Boys Basketball v Arlington
edy School 4-8 Winter Concert	9:00pm	Our Schools, Our City
Public Domain Theater	10:00pm	SHS Girls Basketball v Malden
Public Domain Theater edy School 4-8 Winter Concert	Tuesday, Ja 12:00am	anuary 24 SHS Winter Concert
SHS Girls Basketball v Malden	2:00am	What's Going On
Our Schools, Our City HS Boys Basketball v Arlington	2:15am	SHS Hockey v Everett
ESCS Winter Concert	9:00am	Our Schools, Our City
SHS Winter Concert	10:00am	SHS Hockey v Revere
edy School 4-8 Winter Concert	11:30am	SHS Hockey v Everett
SHS Girls Basketball v Malden	1:00pm	SHS Girls Basketball v Malden
Our Schools, Our City	2:30pm	What's Going On
HS Boys Basketball v Arlington	3:00pm	SHS Boys Basketball v Arlington
ESCS Winter Concert	5:00pm	Our Schools, Our City
Kindergarten Registration	6:00pm	SHS Hockey v Revere
	7:30pm	SHS Hockey v Everett
SHS Hockey v Everett	9:00pm	SHS Girls Basketball v Malden
SHS Girls Basketball v Everett	10:30pm	What's Going On
Kindergarten Registration	11:00pm	SHS Boys Basketball v Arlington
What's Going On	12:30am	SHS Hockey v Revere
SHS Girls Basketball v Everett	2:00am	Kennedy School 4-8 Winter Concert

SOMERVILLE edited by Doug Holder

The new Poet Laureate of Somerville Gloria Mindock writes, "I will serve the Somerville community with regular office hours, hosting a poetry round table open to all writers, workshops and readings for the elderly, poetry with puppets for children, readings and an informative talk about El Salvador's civil



war and the Salvadoran writing today in our community, and the giving away of free books throughout Somerville as part of Read America Read. I look forward to representing the city of Somerville for the next two years."

THE CHASE

I am the supervisor of the waves—watching... waiting for a change. The white caps sparkle, show beauty, and the violence of the water.

Sometimes my thoughts drift listening to the sound of the waves hitting against the rocks.

The noise of the seagulls, and feeling the sun on my face, is meditative.

A quiet horizon has a different view of this seeing me, wondering how I can sit for hours.

Colorful dragon flies approach me, fly away, approach me again and this continues. Their teasing is like a lovers chase.

Back and forth like the waves... it's the ultimate tease.

When I leave, a picture is in my memory of a beautiful day which coated me with sand, hard to remove. I rinse off the sand that occupies my skin. Secretly, I tell the sand I'm sorry for taking it away from its home and wash it down the drain.

A moment later, emerging with skin clean and awaken, the proof is here in my house.

I saw God today but didn't realize it until now.

— Gloria Mindock

"The Chase" appeared in Mediterranean Poetry in Sweden.

To have your work considered for the Lyrical send it to: Doug Holder, 25 School St.; Somerville, MA 02143. dougholder@post.harvard.edu

by Doug Holder

'Can We Talk About Poetry?'

Guest columnist, Somerville Poet Ed Meek, chimes in with this review:

Poetry Matters ISBN 978-0-9965026-3-413.95. April 2017

Can We Talk About Poetry?

Does poetry matter? Apparently some people don't think so. Others do. The New York Times did a "Room for Debate" a couple of years ago asking this question of seven poets who each, in a couple of paragraphs, answer in the affirmative. There was an influential essay that appeared in The Atlantic Monthly way back in 1991 called "Can Poetry Matter?" In it, Dana Gioia discussed the way that poetry had, on the one hand, developed through burgeoning MFA programs and published books, but on the other hand, wasn't really read by most of us. So this is a question that has been around for a while. Robert Pinsky made an attempt to confront this issue with the "Favorite Poem Project" when he was Poet Laureate of the U.S. He traveled around the country recording ordinary Americans reading and reciting their favorite poems. Although this seemed like a good idea to promote poetry, listening to ordinary Americans recite favorite poems was not exactly inspiring.

For about thirty years I taught English. I taught in colleges and in high schools. At the college level, the number of English majors kept shrinking over those years. Luckily, we discovered that students still needed to learn how to write so we focused on Composition. Now pretty much everyone has to take Composition. Poetry is optional. Yet Creative Writing as an elective remains popular and MFA Programs are growing and thriving.

Teaching high school I was surprised to learn that a number of my colleagues didn't teach poetry or creative writing. There were state tests to prepare for. "What do you do with poetry, anyway?" one colleague complained. Getting students to read and analyze poetry isn't easy, but in my experience they love writing it. Maybe this is partly due to their somewhat misguided impression that it is just a way to express your emotions and no can criticize the way you feel. But there has also developed over the past thirty or so years a respect for rhymes and raps and spoken word - an appreciation of wordsmiths. Students, it turns out, enjoy wordplay, clever turns of phrase and heartfelt expression. So poetry does apparently matter.

Roseanne Ritzema, publisher and editor of Presa Press seems to think so. She has put together a collection of essays called Poetry Matters. It's a slim volume of thirteen essays by half a dozen poets and publishers of independent poetry. In Poetry Matters, the essays are by Hugh Fox, John Amen, Erix Greinke, Harry Smith, Kirby Congdon and Richard Kostelanetz. These are not formal essays. They are more like conversations with the reader about what poetry is, what elements it must contain, the role poetry plays. There has existed, for as long as higher education has been around, a division in poetry and probably in other arts as well between academics and those outside of academia. Being on the inside has numerous advantages for writers in terms of publication, reviews and of course, making a living teaching writing. But what happens when we have hundreds of MFA programs? Schools of poetry are developed and that results in poetry being aimed at a rather narrow audience that speaks a certain insider language. When these academic poets become poetry editors, poetry becomes incestuous. Anyone who submits poetry to magazines

will see some variation of the following in most guidelines for submission. "Read our magazine so you'll know what we like before submitting." The implication is: don't send us anything original! The problem can be seen and heard in how readers respond to the poems that regularly



Somerville poet Ed Meek.

appear in The New Yorker, The Atlantic and Poetry Magazine. They seldom understand them and they don't often like them.

The poets and publishers in Poetry Matters understand this division. They are writing from the outside. They identify with poets like Whitman, Ginsberg, Bukowski, Bly, Lifshin and, although they don't mention her, Eileen Myles. They want the gatekeepers on the inside to open the gates. The best essay in the anthology is by John Amen, the Vice-President of New York Quarterly, the editor of Pedestal Magazine and an established poet and editor. Amen says, "What keeps me engaged in the editorial process ... is encountering an example of unconsidered excellence." As writers, this is all we can hope for in an editor. Poet and publisher Eric Greinke argues for a poetic community that is more inclusive. "If poetry is the highest form of art, as Plato stated, then why aren't our poets sanctioned with the same artistic freedom as the presumably lower arts." In other words, if Picasso can experiment with so many different forms and styles, why can't poets? In Eight Attributes of Poetry, Harry Smith, poet publisher and literary activist, attempt a definition of poetry by elucidating what he sees as its elements: symbolism, metaphor, prophecy, music, play, experience, emotion and design." Frost, of course, claimed poetry must move from "delight to wisdom" but wisdom seems in short supply today. Poetry can also be thought of as a mix of metaphor, music and meaning. The best poets, to my way of thinking, combine all three.

In a recent interview in The Paris Review, Ben Lerner talks about a problem he sees as endemic to poetry:"The main demand associated with lyric poetry is that an individual poet can or must produce both a song that's irreducibly individual – it's the expression of their specific humanity, because it's this intense, internal experience - and that is also shareable by everyone, because it can be intelligible to all social persons, so it can unite a community in its difference. And that demand ... is impossible."

Well, it wasn't impossible for Yeats or Frost or Whitman, but it does seem more difficult today.

Still, when a loved one dies or when we are confronted by momentous events like the recent election, people reach for poems. My friend Steve Wood called me up to talk the day after the election and he started off referring to "The Second Coming." "Things fall apart; the center cannot hold ... the best lack all conviction, while the worst are full of passionate intensity." I mentioned Auden's line: "We must love one another or die." For poetry to matter, it must be able to fulfill those kinds of needs. There must be great poems we can reach for when we want to respond to death or to calamity or change. It's obvious that journalism and our media cannot play that role. Social media, addictive as it may be, leaves us unfulfilled.

If you write poetry it is a pleasure to read writing about poetry by other people who love poetry. You might not always be on the same page with them but hearing their point of view is still a pleasure. Apparently, poetry does still matter. I do wish it were a little more significant and that it mattered a little more.

