

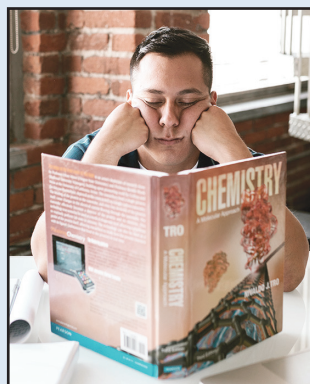


Inside:



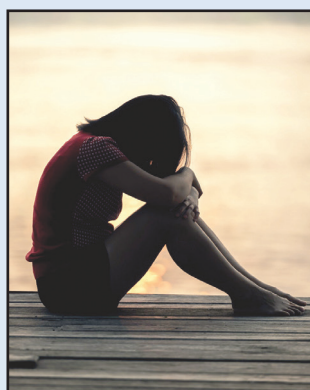
Remembering Brownie

page 3



Should schools start later?

page 6



Managing your fears

page 9

2022: The year in review



By The Times Staff

The past year saw many changes and advances in the City of Somerville, from the first term for many new civic leaders, to the further lessening of Covid-19 restrictions, to the eventful completion of the Green Line Extension and much more.

The city's political hierarchy changed in 2021 when Katjana Ballantyne was sworn in as mayor on January 3. In her inaugural address, the newly elected mayor laid out her vision for an administration that was described as being inclusive and transparent, examining every issue through an equity lens, and striving to ensure progress made in the city that positively affects all residents and businesses.

Ballantyne also promised to announce her 100-day work plan, and she delivered on that promise with the release of the 100 Day Somerville "Progress for All" agenda.

Continued on page 4

Somerville's 247th Annual Grand Union Flag Raising

The city's annual kick off for the new year took place on Sunday, January 1, with a ceremony for the anniversary of the Grand Union's flag-raising at Prospect Hill Park.

A procession that all were welcome to join left from the City Hall Concourse at 11:30 a.m., followed by a ceremony at Prospect Hill Park from 12:00 to 1:00 p.m.

The annual ceremony commemorates the raising of the nation's first official flag, featuring thirteen red and white horizontal stripes, atop Prospect Hill on New Year's Day, 1776. At the time, Prospect Hill was a key site in a string of fortifications created by Washington and the Continental Army in their siege of British troops in Boston during the first year of the American Revolution.

The afternoon's program included

Continued on page 13



The city's Grand Union's flag-raising at Prospect Hill Park took place last Sunday, January 1.

— Photos by Bobbie Toner

COMMERCIAL MORTGAGE OPTIONS

Local real estate investors, builders, and developers need commercial mortgage options and best rates. We've got both!

- Residential Apartment Buildings of 5 or More Units
- Mixed Use Properties
- Office/Retail Properties
- Construction & Permanent Financing
- Competitive Rates and Programs

QUICK, LOCAL DECISIONS

SVP/CLO Kevin Gattin 617-629-3345
VP Richard Brenner 617-629-3349

WINTER HILL BANK
CustomServe Lending

617-666-8600 | 1-800-444-4300 | winterhillbank.com

A Mutual Bank Serving the Community Since 1906.

Green & Yellow Cab

Serving Somerville & Surrounding Areas!

617-628-0600 617-625-5000

Logan reservations our specialty - Call 3 days in advance to book your trip.

OPEN 24-HOURS A DAY!

24 hour GPS automated dispatching system

We'll get you home safely. Please don't drink and drive.

T.J. SILLARI, INC. Over 50 Years Experience

Plumbing • Heating • Gas Fitting • Industrial Work • Water Heater Replacement • Complete Drain Service

Residential - Industrial - Commercial **625-9877**

Proud to be a Somerville resident Master Plmb. Lic. #6106



The views and opinions expressed in Newstalk do not necessarily reflect those of The Somerville Times, its publisher or staff. The column has many contributors.

The staff of *The Somerville Times* would like to wish everyone a very happy New Year. May the year to come bring one and all good health and prosperity, and continue through to the following years to come.








Congratulations to all our local public servants who were sworn in for new or additional terms this week. We congratulate Ben Ewen-Campen, who was sworn in as City Council President and Judy P. Neufeld as Vice-President. Let's wish all of them the best and hope that they serve our interests as fairly and effectively as possible.

The City of Somerville and Pathways for Immigrant Workers will host a free immigration legal information session for small employers and lower-wage workers on Thursday, January 5, from 6:00 to 7:30 p.m. at the East Somerville Community School Cafeteria, 50 Cross St. To register, email info@myimmigrantpathway.org. Walk-ins are also welcome. Interpretation in Spanish, Portuguese, and Haitian Creole will be available and additional languages may be requested by emailing somerviva@somervillema.gov or calling 311 at 617-666-3311.

Happy birthday this week to several locals: Happy birthday to a great guy, Matt Hoey. We wish him the very best on this his birthday week. Happy birthday to Dominick Silvestri Jr. Continued on page 7

Somerville Weather Forecast

for the week of January 4 – January 10 as provided by the National Weather Service

DAY	CONDITIONS	HIGH/LOW	PRECIPITATION	HUMIDITY	WIND
 Wednesday January 4	Rain	56°/40°	74%	66%	WNW 7 mph
 Thursday January 5	Rain	43°/34°	62%	57%	NNE 12 mph
 Friday January 6	Rain	38°/29°	46%	32%	NNW 10 mph
 Saturday January 7	Partly Cloudy	43°/29°	8%	3%	NW 9 mph
 Sunday January 8	Partly Cloudy	40°/23°	16%	12%	W 10 mph
 Monday January 9	Sunny	36°/24°	5%	2%	WSW 9 mph
 Tuesday January 10	Sunny	44°/29°	6%	3%	W 8 mph

NOTE: Conditions subject to change. Always check a daily forecast prior to activities that can be affected by the weather.

TheSomervilleTimes.com Comments of the Week

Response to: The Somerville Santa

Ellen McPherson says:

Beautiful Jimmy! I sadly recognize more than a few names. Cherish the memories and be open to signs and messages. Merry Christmas!

Steve Keenan says:

Jimmy,
Just beautiful, thoughtful, and poignant. You are an artist.

Bob Johnston says:

You always have interesting columns. This really touched my heart. Happy New Year. 2023 has got to be better.

Log onto TheSomervilleTimes.com to leave your own comments

The Somerville Times

news@thesomervilletimes.com

www.thesomervilletimes.com

Phone: 857-488-5138



@somervilletimes



www.facebook.com/
thesomervilletimes

Publisher – Somerset Valley Publishing Inc.

Editor – Jim Clark

Assignment Editor – Bobbie Toner

Advertising Director – Bobbie Toner

Arts Editor – Doug Holder

Writers: Jim Clark, Molly Rains, Fernando Cervantes Jr.,
Ryan DiLellio, Kyle Dante

Contributors: Jimmy Del Ponte, Dorothy Dimarzo,
Joe Creason, Bob Doherty, Ross Blouin
Photographer: Claudia Ferro

The Somerville Times is published every Wednesday

A proud member of the following newspaper organizations:



© 2022 The Somerville Times except where noted. All rights reserved.

Bowling with the Council on Aging

The Somerville Council on Aging will be bowling on Wednesday mornings from 9:00 to 11:00 a.m. on January 4, 11, and 18 at Flatbreads / Sacco Bowl Haven, 45 Day Street, Somerville.

For more information, please call Debby at 617-625-6600 ext. 2321 or email dhiggins@somervillema.gov.



Follow us on Twitter at @somervilletimes



Life in the

VILLE

by Jimmy Del Ponte

Brownie



Back In the 60s there was a guy who worked at the YMCA on Highland Avenue and we called him Brownie. He would help out in the pool area and exercise programs.

I don't really remember too much about him So I asked our neighbors to share their memories of Brownie. His name was Knowlton Brown.

"Who doesn't remember ... big part of a lot of our childhoods."

"Oh yeah, he was the one who taught swimming. A little gruff but a good guy."

"Who doesn't [remember]? And the mysterious tales of boys only swim time."

"He also helped out at Glen Park. Everyone liked him!"

"Absolutely, I remember Brownie. I also remember Cecil at the desk who referred to the girls as ... you birds."

"He made a great impression on hun-

dreds if not thousands of people. I wouldn't know how to swim without Brownie. Deserves the utmost respect."

"Little League coach too. Got tossed out of quite a few of them."

"If you jumped into the pool off the lions head he tell you to get out of the pool for 5 minutes, in his unique style."

"Threw me in the deep end my first day of swim class!"

"Of course everybody into the pool!"

"I definitely remember Brownie from the 'Y' in the '50's. All my memories of him are pleasant, nothing untoward."

"Yes, he taught me and my sisters how to swim."

I'm sure a lot of us would love to know if he is still alive. About 10 years ago I looked up the name Knowlton Brown and found one in Fall River but that's as far as I took it.

Growing up in Somerville during the 60s and 70s we have lots of great memories. It's nice to know that there were so many fond memories of a man named Brownie.



DEPARTMENT OF
RACIAL &
SOCIAL JUSTICE
CITY OF SOMERVILLE, MA

BE HEARD.
BE EMPOWERED.
TAKE THE SURVEY.

The Somerville Department of Racial and Social Justice is gathering critical feedback and perspectives from community members who live and work in Somerville in the Public Safety for All survey. You can make your voice heard and help shape Somerville's future by scanning the QR code and taking the survey.

Persons with disabilities can request accommodations to access the programs, activities, and meetings of the City of Somerville by contacting Adrienne Pomeroy at 617-625-6600 x 2059 or ADA@somervillema.gov in advance of the event.

bit.ly/rsj_eng

rsj@somervillema.gov

781-808-8344

@somerville_rsj

@somerville.rsj

Start the New Year
with a savings boost

4.39%
APY*
11 MONTHS

4.39%
APY*
20 MONTHS

VISIT A BRANCH TO OPEN YOUR CD TODAY!

CREDIT UNION
naveo.org

*APY: Annual Percentage Yield effective as of 12/19/22. Minimum balance to earn APY is \$1,000. Minimum opening balance of \$1,000. Early withdrawal penalties may be imposed. Requires NEW MONEY only. The Annual Percentage Yield assumes principal and interest would remain on deposit for the full term. A withdrawal and/or fees may reduce earnings.

**11 month term CDs will roll over to a 12 month term at maturity. 20 month CD/IRA will roll over to a 18 month term at maturity.

Federally Insured by NCUA - Member MSIC

251 Hampshire Street
Cambridge, MA 02139

493 Somerville Avenue
Somerville, MA 02143

2022: The year in review CONT. FROM PG 1



Ballantyne declared that her comprehensive 100-day policy agenda is designed to take on the most pressing issues facing the City of Somerville starting first and foremost with COVID response and recovery, deliver on community priorities, strengthen basic services that impact daily quality of life, and establish the practice of applying an equity lens to all city actions.

"My vision for Somerville is an inclusive, equitable city where we can all thrive together, and I know that's the vision this community shares," according to Ballantyne. "This 100-day agenda is my commitment to our city to get to work on that mission from day one. We face many challenges and our community has many needs and that starts with our intensive focus on COVID response and recovery. But right now, we also have so much opportunity for broader progress. This agenda is how we get our running start. This is how we seize opportunities and move forward our efforts to address the current crisis while also seeking longer-term progress for all."

Later that month, the Somerville Board of Health held a vote on a vaccine mandate for the city. The Board subsequently rejected this proposal in a 2-1 vote.

During the previous weeks' meeting, when the vote was originally slated to be held, it had to be abandoned and rescheduled due to a protest organized by Diana Ploss of Peabody.

According to Board of Health Chairman Brian Green, the vaccine mandates are less effective than having to mask and test regularly. "This policy is a really good idea for what we're facing with Delta, and I'm worried that it's less of a good policy for Omicron," Green said.

The proposed plan required patrons at restaurants, bars and other indoor venues

to show proof of vaccination. The mandate is similar to ones in place in cities like New York and Boston.

After the vote from the Board of Health, Mayor Ballantyne gave a statement regarding the vote and future steps the current administration seeks to take to deal with the pandemic. "The important takeaway from last night's hearing is that the Board and the city are in agreement that vaccination is critical to getting this virus under control," Ballantyne said. "Naturally, we were hoping the Board would support the proposed requirement, but I respect their decision."

A Zoom event to express gratitude to outgoing Somerville City Councilors Will Mbah, Mark Niedergang, Mary Jo Rossetti and Bill White will be held on January 26. The public was invited to express appreciation to the outgoing Somerville City Councilors and thank them for their service to the City of Somerville and hear memories and congratulations from friends, neighbors and colleagues.

Will Mbah served as At-Large City Councilor for four years. Mark Niedergang was Ward 5 City Councilor for eight years and Ward 5 School Committee member for eight years. Mary Jo Rossetti sat as At-Large City Councilor for eight years, Ward 7 School Committee Member for 14 years and 10 years on various Somerville school and PTA Boards. Bill White held the record for the group as At-Large City Councilor for 24 years.

After many years of planning, controversy, and delayed construction, the new Green Line Extension (GLX) service began operating in the City of Somerville starting on March 21. Other stations along the two main branches were expected to come online later this year, hopefully by summer if not sooner. A grand opening ceremony took place on March 21 at the Union Square station.

The Somerville Board of Health (BOH) voted to extend the city's residential eviction moratorium to April 30, 2022, at its September 9, 2021 meeting.

"I want to thank the Board of Health for taking this important step to protect public health as this pandemic continues," said then Mayor Joseph A. Curtatone. "We know about a third of renters who are evicted move in with friends or family, which can cause crowded conditions that help COVID-19 spread. Others go to shelters and similar congregate settings, or to tent encampments which also increase the likelihood of COVID transmission and lethality. Keeping people in their

homes is one of the many ways we are trying to limit the spread of this virus."

Over the course of the pandemic, the city's Office of Housing Stability (OHS) substantially increased capacity to help renters, homeowners, and landlords access support. The office helped hundreds of tenants to obtain well over \$2,000,000 in rental assistance and continues to receive about 60 new requests for assistance each month.

As reported by the Middlesex District Attorney's Office, on May 5, former Somerville Police Officer Michael McGrath admitted to sufficient facts in Cambridge District Court to the charge of assault and battery by means of a dangerous weapon.

McGrath admitted to having pepper-sprayed a handcuffed man on October 1, 2019. When the police administration learned of the incident, McGrath was placed on unpaid leave.

An internal investigation by the Somerville Police Professional Standards Division found McGrath responsible for several violations of Departmental policies and Rules and Regulations including the use of unnecessary force. He was suspended without pay for a period of five days with a recommendation for additional discipline up to and including termination of his employment from the City of Somerville. McGrath resigned prior to the date of the suspension taking effect.

The City of Somerville and Fenway Health held a virtual community forum to discuss a local supervised consumption site (SCS) on June 1. The forum discussed what SCSs are, what the need is in Somerville, and ongoing efforts to explore establishing an SCS.

According to the forum organizers, SCSs are harm reduction interventions that have been implemented in more than 10 countries, including Canada, Australia, and across Europe to prevent fatal overdoses and connect people to services. People who use drugs are allowed to consume substances in the SCS under the supervision of staff who can intervene in the event of an overdose or other medical emergency. Often, additional services like basic health care, housing support, and recovery resources are also offered at an SCS. To date, there have been no reported drug overdose deaths in an SCS anywhere in the world.

The final revisions of the Somerville FY 2023 were decided on June 22 and followed up the next day. Upon reviewing all of the departments, the City

Council cut \$676,219 from the proposed \$292,720,095 budget.

The MBTA held a virtual public hearing on July 26 on the Bus Network Redesign, a "once-in-a-generation opportunity to make bold improvements to the bus network for the people who depend on it most." At this meeting, MBTA staff provided a presentation on the draft network map and take comments. The draft map network was shared for extensive public feedback throughout May, June, and July.

A small group of concerned residents in Medford and Somerville started a grassroots effort to notify their neighbors about the proposed changes to the MBTA bus routes in those cities. They put up posters, alerted residents on neighborhood websites and by going door-to-door. They collected over 2,000 signatures from residents in Medford and Somerville since the MBTA released their proposal.

The MBTA announced plans to accelerate major track and maintenance work on the Orange Line during a 30-day shutdown of the entire line from August 19 through September 18 with service resuming on September 19, to improve service, safety, and reliability on a faster timeline.

The major revitalization work that took place on the Orange Line during this 30-day shutdown delivered a number of projects over five years faster than originally planned, and will result in track replacement, upgraded signal systems, and station improvements.

In addition, the MBTA announced in August that the Medford Branch of the Green Line Extension (GLX) was anticipated to open in late November. In order to allow crews to perform final-phase construction work, temporary shuttle buses replaced all Green Line service between Government Center and Union Square stations in both directions beginning Monday, August 22, through Sunday, September 18. This diversion in service was also necessary to allow for continued work at the private Government Center Garage project. Regular Green Line trolley service resumed at these stops on Monday, September 19. *Continued on page 11*



SRA goes forward with the redevelopment plans for 90 Washington Street

By Maeve Lawler

The Somerville Redevelopment Authority (SRA) reviewed the Request for Qualifications (RFQ) draft to go forward with the redevelopment plans for 90 Washington Street at its December 21 meeting.

90 Washington Street, a 4.3-acre site owned by the SRA, will be redeveloped to house a new public safety building complex; retail, commercial, residential, and community buildings; green spaces; and civic areas, according to the city's website.

The RFQ, set to be released on January 19, is the first phase in selecting a development team for the project. Ted Fields, the senior economic

development planner for the city, presented the RFQ draft to the SRA Board Members.

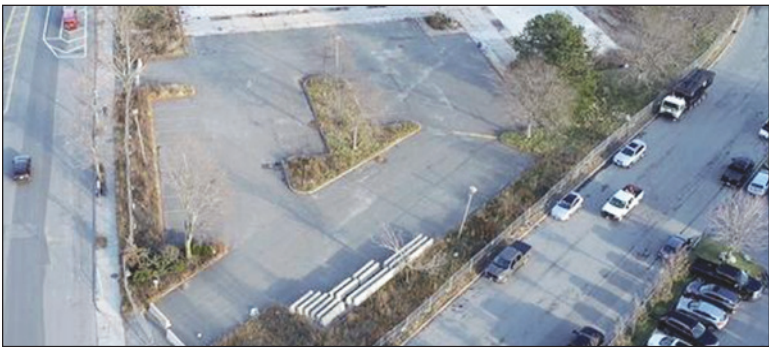
Through the RFQ process, interested developers are asked to share their qualifications, past project experience, how they will secure financing for the project, experience promoting the participation of minorities and women, and the inclusion of minority-owned and women-owned businesses in past projects. The RFQ process is estimated to end in March 2023.

The city and the SRA will then choose a small group of RFQ respondents for the second phase of the selection process, called the Request for Proposals (RFP), which will be released in May

2023. In this phase, respondents will provide proposals for the redevelopment of 90 Washington Street to the city and SRA. This includes a conceptual development plan, an overview of the development team structure, details about the team's diversity, equity, and inclusion, and a financial offer to the city to acquire the property. By December 2023, the SRA will choose one or more developers to negotiate a development agreement.

Other items on the agenda discussed by SRA Board Members:

- On behalf of all Board Members of the SRA, Eileen McGettigan – a retiring legal counsel to the SRA – received a special appreciation for her legal services



over the past 10 years.

- Ben Demers, an economic development planner for the city, gave the SRA an update on the redevelopment of 32 Webster Street by a local nonprofit community development organization, Just a Start. This group plans to turn 24 Webster Street into affordable housing, a project that would start in January 2024 at the earliest. Demers said that it's a possibility 32 Webster Street will also be part of Just a Start's renovation plans, but this will be revisited in the new year.
- The SRA agreed to stick to their normal meeting schedule, every third Wednesday of each month, in the new year.

The next SRA meeting will be on January 18.

Register
now for
spring
classes!



Spring classes start
throughout January

Visit: rcc.mass.edu/register
Call: 857-701-1200



COMMENTARY

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

GLX is here! Celebrating and Looking Ahead



**By State Representative
Christine Barber**

After decades of advocacy, I was thrilled to celebrate the opening of the Green Line Extension through my district in Somerville and Medford last week. This public works project is the result of years of hard work from countless community members, laborers, activists, and colleagues at all levels of government. I'm proud that we made it to our opening day to celebrate this momentous occasion.

Like many, riding the Green Line Extension (GLX) feels like a dream come true to me. I remem-

ber being a resident in a packed auditorium at Somerville high school during the 2005 Red Sox playoffs, asking the T to build the Extension, but not sure it would actually ever happen. Now, we have new stations from Lechmere to Union to Gilman to College Ave, decades after the first push.

This project is an example of successful collaboration between a huge number of stakeholders. State Representatives, Senators, and their staffers worked closely with the MBTA team for years. Past and present federal delegation members secured federal funding, without which this project would literally not have been possible. Our local leadership, current and former mayors of Somerville and Medford and their staff did the day-to-day work to bring this project to fruition in our communities.

But at its core, the Green Line Extension was truly a community-led public works project. Activists from STEP (Somerville

Transportation Equity Partnership) spent decades fighting to build the GLX. Environmental stewards from the Conservation Law Foundation fought for it in court. GLX Working Group members spent a decade planning this project. Business leaders in our Squares pushed for it. Countless others showed up, over and over, to demand better public transit. We have the GLX today because of the work of so many – across Somerville, Medford, and the entire region – to bring the first expansion of public transit to Massachusetts in decades. The opening of the GLX shows that we can do big things when we work together.

We've felt the challenges as a community, too. Many residents have lived in a construction zone for years. Businesses have weathered closed roads and bridges, and significant drops in customers. With rising rents and speculation, many people have been displaced from our city due to

rising housing costs, challenging all of us to continue to address affordable housing and rent stabilization for residents.

The GLX will have an immediate impact on the lives, economy and health of people living here. It introduces clean public transit through some of the most densely populated areas of our state and the country. It makes critical improvements to air quality and is crucial to economic mobility— serving a number of environmental justice communities that face intense traffic congestion. The GLX provides opportunities to create sustainable development and boost transit ridership.

But there is more work to be done. When we started this expansion, the original terminus was at Route 16/Mystic Valley Parkway. I am partnering with other leaders to continue to move that project forward to bring greater mobility and improvements in air quality. The

T is essential for our economy, for our ability to address climate justice, and for people to get to work, school, or the grocery store. We must re-commit to making the T the safe, reliable and accessible transit system our communities need. This means making transit affordable through fare-free trains throughout the region, and making our transit as green and clean as possible. Buses and the commuter rails that run through our cities are past-due to be electrified. I helped pass a bill to set deadlines for the MBTA to purchase electric buses, and am now working to phase out all diesel on commuter rails.

Now is a time to celebrate a win for clean air and for the health and mobility of people in our communities. We have proven that we can get big things done when we work together. Let's use that energy to dream about what's next and make the next phase just as successful.

Why Schools Should Start Later

**By Lan Patterson-Vides,
7th Grader at the Arthur D
Healey School**

I am a 7th grade teacher at the Arthur D. Healey School in Somerville. I recently had my students write editorials on why school start times should be later for teenagers.
— Emma Daniels

Here's a question, do you like zombies? Brainless, Braindead piles of flesh, you like those? No? Well what if I told you that almost every teen is a zombie. Well, they aren't really rotting undead corpses, but from the moment most teens wake up, they are so tired that they basically are zombies. Now why is this? It's because teens have to get up to the horribly early start times of most

schools. 7:45 A.M., 7:15 A.M., 7 freaking A.M.! They also have to get up an hour before the start of school, so most kids are waking up at 6 in the morning! They also have to stay up late doing homework, so most teens end up running on about 4 hours of sleep! And they are expected to learn and be engaged! So now you see why almost every single teen is a zombie, and if you don't, well you have the rest of this gosh darn paper to read.

In the years 2014 and 2016, two articles were published. "The Teen Who Woke Up Her School" by Jane Bianchi in 2014, and "Why Schools Are Struggling to Let Students Sleep In" by Alexandra Sifferlin in 2016. They provide mountains of evidence on why schools should start later.

A simple solution that you might think to solve this problem of sleepy teens, just have them go to sleep earlier. Well good news, they could do that, if it wasn't for one thing: reality. According to Paragraph 2 of, "Why Schools Are Struggling to Let Students Sleep In", "Sleep phase delay ... [makes] it biologically unfeasible for some teens to go to bed before 11 p.m. and wake up before 8 a.m." This proves that even if teens wanted to sleep at a reasonable hour, and they had the time, they couldn't. Their bodily changes would get in the way of that. There are these things called growth hormones and, "When [growth hormones] start [to] course through your body around midnight, it ... blocks melatonin, the hormone that's meant to



kick in and make you drowsy." (Paragraph 8) This means that even when they are ready to go to sleep, they can't because their mind blocks the chemical that is supposed to make them sleep. No

wonder why teens are basically asleep when they get to school, they couldn't get any. Now you see why we should start schools later, so they don't have to rush when they are *Continued on page 10*

COMMENTARY

SIGNS OF THE TIMES

Illustrated by Jim Clark



Welcome to 2023, Somerville!

Our View Of The Times



Looking back to the year just passed is an interesting thing to do. Sometimes sobering, at other times amusing, yet always somewhat inspiring if one considers what has been accomplished and what else is left to be done.

A lot has been accomplished in the city. Many ongoing and new initiatives have been pushed forward and continue into the new year. The advance of progress

and renewal marches on as we in turn continue the pursuit of our individual hopes and dreams.

Observing and participating in the machinations of municipal goings on, even at the most fundamental level, is something of a civic duty that we all should share a sense of responsibility for. It's what makes democracy great, that every man and woman makes a difference in what

transpires, mainly when they express their viewpoints at the polls.

Looking ahead to what may come in 2023, we can't help but feel optimistic about the days ahead. It will take some hard work and serious planning, but a lot can be accomplished if we pull together and focus on what's important.

As always, it's up to us to push things in the right direction. To send the proper sig-

nals to our representatives in public office. To back them up when they get it right, and to call them on it when they seem to go astray. They have their duties and personal agendas, just as we have ours. It is the way of our community.

We wish each and every one of our readers the best in the year to come. May peace, prosperity, and good health bless you and yours.

Newstalk CONT. FROM PG 2

We wish him the very best. Happy birthday to **Theresa Rodriques**, who is also celebrating this week. Happy birthday to **Bonnie Raboin Carriger**, who also celebrates this week. We hope she enjoyed her day. Happy Birthday to **Kevin O'Donovan**. We wish him a great birthday. Happy birthday to everyone here and from the city who is celebrating this week. We wish all of our Facebook friends, such as **Marie Miele, Matthew Martino, Gale Mahan, Steven Anthony, Sophia Carafotes, George Allen, Linda M. Alves, and Simon Shapiro** a very happy birthday. We hope everyone has a great day. To all the others we may have missed, we sincerely

wish them the very best of birthdays.

The city is hosting a **virtual information session and Q&A** on **Thursday, January 5**, from 12:00 to 1:00 p.m. for those interested in applying for **ARPA funds** allocated earlier this month. The first round of funding will provide \$10M in project support for 501(c)3 nonprofits serving the Somerville community. Only applications supporting specific projects or programs, and requesting \$50,000 or more, will be accepted for funding consideration. Applications will be reviewed after the portal closes on **February 3**, and recipients are expected to receive

notice of funding in spring 2023. Learn more and join the meeting at www.somervillema.gov/arpa.

Mayor Katjana Ballantyne announces that the **City of Somerville** is now seeking proposals that aim to address the **gender wage gap**, particularly for women of color who face the greatest pay disparity. Programs that create and maintain employment opportunities for low- and moderate-income women residing in the city are sought. The grants are made possible by the **City's American Rescue Plan Act (ARPA) funds, the Job Creation and Retention Trust, City funds,** and

funds generated from development impact fees. Proposals will be accepted until **January 31**. Interested organizations can download the Request for Proposal package here: www.somervillema.gov/wfd. Print copies are available by emailing WFD@somervillema.gov. For further information, please contact WFD@somervillema.gov.

Beginning on or around **January 3**, city contractors will begin working on **sub-surface utility improvements** in the intersection of Highland Ave. and Central St. While work in the intersection is underway, access to Highland

Continued on page 12

FUN & GAMES

Ms. Cam's
Olio
#857

Olio - (noun) A miscellaneous mixture, hodgepodge

1. Who was the first to organize the Times Square New Year's Eve ball drop?

2. When did the first Times Square New Year's Eve ball drop take place?

3. When is National Trivia Day?

4. When is National Take the Stairs Day?

5. When is the Chinese New Year in 2023?

6. What is the 2023 Chinese Zodiac sign?

7. What island was
- famous for being the busiest immigrant processing station?

8. What is the month of January called in the Portuguese language?

9. When is the birthday of David Bowie and Elvis Presley?

10. When is Dr. Martin Luther King Jr.'s birthday?

11. What is a Geiger Counter used to detect?

12. Who was known as the Maid of Orleans?
- Answers on page 10

The Somerville Times Useless Facts of the Week

1. The most common name in the world is Mohammed.
2. Women hiccup less than men.

STATEPOINT CROSSWORD
GEOGRAPHY 101

- ACROSS
1. Piece of data

6. Baryshnikov's step

9. Back wound

13. Soft palate hanger

14. Any high mountain

15. Tsar's edict

16. Means

17. Bishop of Rome's jurisdiction

18. Female water-elf

19. Highest mountain

21. Sea that is also the largest lake

23. A in MoMA

24. Small island

25. Ignited

28. Lamborghini model

30. Extravagant

35. 15th of March, May, July or October

37. ____-a-Sketch

39. Technology expert

40. Novice

41. Damage one's reputation

43. Lil' Bow Wow's first name

44. Bette Midler's movie "____ Pocus"

46. "I'm ____ you!"

47. Unit of pressure

48. Denver breakfast choice

50. Big rig

52. ____ de Janeiro

53. Excessively abundant

55. Ensign, for short

57. Great ____ Reef

61. National Geographic ____

65. Gibson garnish

66. Arabic garment

68. D-Day beach

69. Longest continental mountain range

70. Nada

71. Energy to motion converter

72. Golf pegs

73. Red Cross bed

74. Follow as a consequence

- DOWN
1. Surfer's "man"

2. Tel ____, Israel

3. Ditty

4. Extremist

5. Masters without t

6. Ghost of Christmas ____

7. Miller High Life, e.g.

8. Four-eyes' gear

9. Bypass

10. Uber alternative

11. The largest continent

12. Past participle of "be"

15. Remove from political office

20. Eyelid infections

22. Opposite of nothing

24. Burning aroma producer

25. ____sphere, the solid earth

26. "She is pulling my leg," e.g.

27. 9 a.m. prayer

29. ____sphere, air surrounding earth

31. Sleeveless garment

32. Blood of the gods, Greek mythology

33. Harry Belafonte's daughter

34. ____sphere, all water on earth

36. Aretha Franklin's genre

38. Type of crime

42. Young Montague

45. Brown and yellow finches

49. Cravat or bola

51. Financial gain

54. 100 centimes

56. "Barefoot in the Park" playwright

57. Summer ride

58. "Green Gables" protagonist

59. Amusement park attraction

60. Sturgeon ____ and salmon ____

61. Table mineral

62. Chow or grub

63. Biblical pronoun

64. Ready and eager

67. ____sphere, all life on earth

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
16						17				18			
19						20			21	22			
				23				24					
25	26	27		28		29			30		31	32	33
34													
35			36		37			38		39			
40					41				42		43		
44				45		46					47		
48					49		50			51		52	
				53		54			55		56		
57	58	59	60					61				62	63
64													
65						66	67			68			
69						70				71			
72						73				74			

BRING EVERYTHING YOU LOVE TOGETHER!

Blazing Fast Internet! ADD TO YOUR PACKAGE FOR ONLY \$19.99/mo. where available

2-YEAR TV PRICE GUARANTEE \$69.99/mo. for 12 mos. America's Top 120 Package 190 CHANNELS Including Local Channels!

CALL TODAY - For \$100 Gift Card Promo Code: DISH100 1-888-416-7103 Offer ends 11/9/22

© StatePoint Media

Soulution to last week's crossword puzzle:

L	I	L	A	C		S	A	C		G	A	S	P
A	R	O	M	A		E	G	O		T	E	L	C
C	A	N	O	N		N	A	N		O	R	G	A
E	N	G	L	A	N	D		G	E	R	M	A	N
		E	D	O		R	A	M	P				
I	M	P		A	I	D	E		S	I	T	U	P
T	A	R	N		S	I	A	M		D	I	V	A
A	S	I	A		E	C	L	A	T		P	U	R
L	A	M	I	A		E	T	U	I		I	L	I
Y	I	E	L	D	S		O	I	L	Y		A	S
				D	E	A	R		D	A	H		
A	R	I	Z	O	N	A		N	E	W	Y	O	R
L	A	D	E	N		R	Y	E		L	E	M	O
P	R	O	A	S		G	O	T		E	N	A	T
S	E	L	L			H	U	T		D	A	N	C

Managing your persistent fears and anxieties

By Stan Popovich

Are you looking for all of the answers on how to reduce your persistent fears and anxieties? Fear and anxiety can ruin your life if you do not know how to overcome it.

As a result, here is a brief list of techniques that a person can use to help manage their everyday anxieties, stresses, and fears.

1. Take your fears apart: When facing a current or upcoming task that overwhelms you with a lot of anxiety, divide the task into a series of smaller steps and then complete each of the smaller tasks one step at a time. Completing these smaller activities will make the stress more manageable and increases your chances of success.

2. Take a break: Sometimes we get stressed out when everything happens all at once. When this

happens, take a deep breath and try to find something to do for a few minutes to get your mind off of the problem. A person can get some fresh air, listen to some music, or do an activity that will give them a fresh perspective on things.

3. Get all of the facts of the situation: Gathering the facts of a certain event can prevent us from relying on exaggerated and fearful assumptions. By focusing on the facts, a person can rely on what is reality and what is not. This is a great way to take control of your mental health.

4. Use Self-Visualization: Sometimes, we can get anxious over a task that we will have to perform in the near future. When this happens, visualize yourself doing the task in your mind. For instance, you have to play in the championship volleyball game in front of a large

group of people in the next few days. Before the big day comes, imagine yourself playing the game in your mind. By doing this, you will be better prepared when the time comes.

5. You can't predict the future: While the consequences of a particular fear may seem real, there are usually other factors that cannot be anticipated and can affect the results of any situation. We may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

6. Think of a red stop sign: At times, a person might encounter a fearful thought that may be difficult to manage. When this happens, visualize a red stop sign, which can serve as a reminder to stop thinking about that thought. Regardless of how scary the thought may be, do not dwell on it. This technique is great in deal-



ing with your negative thinking and will help reduce your fears.

7. Get some help: Sometimes, it helps to be able to talk to someone about your stressful situations. Talking to a trusted friend, counselor, or clergyman can give you additional advice and insights on how to deal with your current problem. Overcoming fear and anxiety takes practice. In time,

you will become better able to deal with your stressful problems.

Stan Popovich is the author of the popular managing fear book, *A Layman's Guide to Managing Fear*. For more information about Stan's book and to get some more free mental health advice, please visit Stan's website at <http://www.managingfear.com>.

Somerville youth leaders participate in holiday Sticker Shock campaign

Unlawful purchases of alcohol by adults for youth are a significant contributor to underage drinking, and Somerville youth working with a City of Somerville prevention program have been out in force to help stem the problem this holiday season. Using a tactic known as a "Sticker Shock" campaign, youth leaders gathered more than 3,000 bags from liquor stores and placed stickers on them remind-

ing adults not to provide alcohol to people who are underage. A federal Substance Abuse and Mental Health Services Administration (SAMSHA) 2018 National Survey on Drug Use and Health revealed that 72% of underage drinkers did not pay for alcohol the last time they drank, indicating the need to disrupt unlawful purchasing for, and distribution to, youth. The youth are members of

Somerville Positive Forces (SPF), a substance misuse prevention youth group that is part of the Somerville Cares About Prevention (SCAP) community-based coalition in the City's Prevention Services division. They recently organized the Sticker Shock effort in collaboration with local liquor stores to raise awareness about the risks associated with underage drinking. "This is a really effective way to

reach thousands of people and remind adults to not provide youth with alcohol," says Bhavika Kalia, a SPF Jr. middle school youth leader. "Our hope is this will help lower the amount of youth receiving alcohol from adults." The SPF leaders put the more than 3,000 stickers on bags and hope that these newly labeled bags that liquor store purchases will be packaged in will help prevent underage drinking and

reduce the risk of alcohol-related harm to young people. The National Institutes of Health considers underage drinking a serious public health problem that is a significant factor in death and injury to persons under the age of 21, among other harmful impacts. "It was pretty obvious how passionate the youth are about preventing youth substance misuse based on their

Continued on page 15

SAV-MOR
SPORTS

HOLIDAYS MEAN

FAMILY

WE SELL

LIQUOR

Now Open
Assembly Row

325 Canal Street, Unit 518
Somerville, MA 02145

STORE HOURS
Mon-Tues 9am-9pm
Wed-Sat 9am-10pm
Sundays we are now open 12pm-8pm

CRG
Coelho Realty Group

Are You Sitting
On A Fortune?

Call Our Team at CRG To See
What Your Home Is Worth.

617-764-4342
699 Broadway Ave, Somerville, MA 02144

LEGAL NOTICES

Legal Notices can also be viewed on our website at www.thesomervilletimes.com



NOTICE OF A PUBLIC HEARING

Removal of Public Shade Trees

City of Somerville

Pursuant to M.G.L. Chapter 87, the City of Somerville will hold a **virtual public shade tree hearing on Thursday, January 5, 2023 at 5:00 p.m.** using GotoWebinar software to consider the removal of the following public shade tree(s):

- **Clarendon Hill Traffic Circle (Intersection of Powder House Blvd. and Alewife Brook Parkway)** – Removal of eleven (11) trees in conflict with planned construction activities. Location will be replanted. Proposed removals include:

34 North Street on Powder House Blvd:

1. Two (2) Callery pear- 4.4" and 7.5" diameter
2. One (1) green ash- 12.8" diameter
3. One (1) flowering cherry- 2" diameter
4. Three (3) river birch- 2", 2", 2.5" diameter

Across from 275 Alewife Brook Pkwy (in Medians):

1. One (1) common apple- 13.5" diameter (multi-stem)
2. One (1) white mulberry- 24" diameter (multi-stem)
3. One (1) amelanchier- 2.5" diameter

Across from 293 Alewife Brook Pkwy (in Median)

1. One (1) amelanchier- 2" diameter

- **103 College Avenue**

1. One (1) Norway maple- 22" diameter. Tree was damaged by a car accident- City has opportunity to remove and replace with new trees using insurance payout.

The trees identified above have been posted for public inspection. In accordance with M.G.L. Chapter 87, any objections to the removal of any of these trees must be submitted in writing to the Tree Warden prior to or at this public hearing. Documents may be sent via email to: rees@somervilleMA.gov, or mailed to: 1 Franey Rd., Somerville, MA. 02145.

Pursuant to Chapter 107 of the Acts of 2022, this Public Shade Tree Hearing will be conducted via remote participation. A recording of this hearing will be available upon request to rees@somervillema.gov.

TO USE A COMPUTER

Registration URL: <https://tinyurl.com/52kksdwn>

TO CALL IN

United States: +1 (914) 614-3221

Access code: 213-522-360

12/21/22, 1/4/23 The Somerville Times

NOTICE OF ANNUAL MEETING OF MEMBERS
OF
WINTER HILL BANK, FSB

Notice is hereby given that the Annual Meeting of Members of the Winter Hill Bank, FSB will be held at its office located at 337 Broadway, Somerville, Massachusetts, on the **18th day of January, 2023** at the hour of 2:00 P.M. of said day. The business to be taken up at said Annual Meeting shall be;

- (1) Considering and voting upon approval of the minutes of the last members' meeting;
- (2) Considering and voting upon reports of Officers and Committees of the Bank;
- (3) Considering and acting upon ratifications of the acts of the Directors and Officers of the Bank;
- (4) Election of Directors to fill the offices of the terms of which are then expiring; and
- (5) New business.

Dated this 3rd day of January, 2023 at Somerville, Massachusetts.

Per Order of the Board of Directors

Marie A. Danieli
Corporate Secretary

1/4/23 The Somerville Times

NOTICE OF COMMUNITY OUTREACH MEETING

Notice is hereby given that Nuestra, LLC dba Boston Garden will hold a Virtual Community Outreach Meeting on **January 19, 2023** at 5:30 PM to discuss the proposed siting of an Adult Use Marijuana Retailer to be located at 518 Somerville Ave in Somerville.

Virtual meeting information is at the end of this notice. This Virtual Community Outreach Meeting will be held in accordance with the Massachusetts Cannabis Control Commission's Administrative Order Allowing Virtual Web-Based Community Outreach Meetings and the applicable requirements set forth in M.G.L. ch. 94G and 935 CMR 500.000 et seq. A copy of the meeting presentation will be made available at least 24 hours prior to the meeting by emailing rebecca@vicentesederberg.com

Interested members of the community will have the opportunity to ask questions and receive answers from company representatives about the proposed facility and operations. Questions can be submitted in advance by emailing rebecca@vicentesederberg.com or asked during the meeting.

--
Join Zoom Meeting: <https://us02web.zoom.us/j/86785930358>
Zoom Meeting Telephone Dial In: +1-646-558-8656; Meeting ID: 86785930358#

1/4/23 The Somerville Times

Legal Notices can be downloaded from our website: www.TheSomervilleTimes.com

TO PLACE LEGAL
ADVERTISEMENTS IN
THE SOMERVILLE TIMES,
CONTACT US
BY 12 PM MONDAY
PHONE: 857-488-5138

Ms. Cam's
Olio
Answers

From on page 8

- | | |
|---|----------------------|
| 1. Adolph Ochs, owner of The New York Times newspaper | 7. Ellis Island |
| 2. December 31, 1907 | 8. Janeiro |
| 3. January 4 | 9. January 8 |
| 4. January 11 | 10. January 15, 1929 |
| 5. January 22, 2023 | 11. Radiation |
| 6. Rabbit | 12. Joan of Arc |

Why Schools Should Start Later CONT. FROM PG 6

half-awake. They could have some time to adjust to being awake before having to be ready to learn.

“So say if we did make school start earlier, what good would that do for their learning experience?” You may ask. Well, as I already mentioned, they would be more awake but also, according to Paragraph 3 of the “Why Schools Are Struggling to Let Students Sleep In” article, “Among adolescents, getting the recommended amount of sleep (around nine hours) has been linked to higher test scores and better behavior.” And according to Paragraph 12 of the “The Teen Who Woke Up Her School” article, “After a good night’s rest, you’re more alert, and it’s easier to solve problems, process and remember information, and be creative. Research has also linked sleep to higher test scores.” These both show how when students get the sleep they need, they do better at school. As opposed to now, where great students aren’t getting good grades because they are tired throughout the school day. These students can’t get enough sleep because they stay up late doing homework, the chemicals in their brain, as I mentioned before, and because they have to wake up very early in the morning to get to school on time. So now you can definitely see why schools should start later.

Now that you are 100% convinced that schools should start later, let me share with you some of the more detailed accounts of students’ sleep schedules. According to Paragraph 1 of the “The Teen Who Woke Up Her School” article, “[Jilly Dos Santos] On a typical school night ... was lucky if she got four to six hours of sleep.” and Paragraph 9 of the same article, “Your brain ... needs ... [a] total [amount] of sleep (about 9.25 [hours] a night) to function at its best. Sadly, most teens are able to squeeze in only about 7.1 hours, on average.” This shows that teens are not getting the recommended amount of sleep that they need to perform optimally. They are actually getting significantly less sleep than they need. And why is this? Well, you probably have guessed by now, but surprise, surprise, it’s because school starts super freaking early. Just put yourself in the shoes of these poor kids. Having to go through a very difficult school day, educationally and socially, while being half-functioning. It sucks, right? Well how do we fix this. That’s right, we make school start later. That would give the kids time to wake up and have an actual fun day at school.

In conclusion, now you see why all teens are zombies. And if you don’t, here’s a reminder. All teens are basically zombies because they have to wake up very early to get to school on time. They can’t go to sleep early because the chemicals in their brain refuse to let them do so. And they don’t get anywhere close to the recommended amount of sleep. But if we moved the school start time to later, that would make students start school less tired, engaged and ready to learn. It would also make kids perform better in school. Capiisce? Sadly, you reading this probably can’t do anything about this situation, but you can help in other ways. You could join a rally, sign a petition or two, heck, just spreading the word is very helpful. If you don’t think those small things would help, you would be mistaken. Schools all around the country are making schools start later. All of the students going to those schools are most likely very thankful for those changes.

2022: The year in review

CONT. FROM PG 4



Also in September, a group of business operators located on Holland St. banded together to oppose and inform the public and other local businesses about the city’s plans for removing some 50 parking spots on Holland St., to be replaced by protected bike lanes on both sides of the street.

Earlier in the month, Mayor Ballantyne said in a public statement, “I have directed City staff to prepare a new plan for Holland Street that includes protected bike lanes from Teele Square to Buena Vista Road that will be implemented this fall. This plan would convert parking on one side of the street to allow for protected

bike lanes on both sides.”

The city, through its Traffic Commission, hosted a special virtual meeting to hear comments from the community. The proposed protected bike lanes would run along Holland St. from Buena Vista Road to Teele Square in West Somerville. The proposed changes came after a series of pedestrian deaths across Somerville in the past three years.

The rat problem in the city was faced head-on by government officials who claimed a partial victory over rats on November 16. In a status update sent out to residents, the city of Somerville reported that its SMART pilot program has contributed to the capture of 1,050 rats.

The Somerville School Committee officially launched the search for Somerville’s next Superintendent of Schools in November 2022 with the selection of the Massachusetts Association of School Committees (MASC) to lead the district’s Superintendent search process.

Former Superintendent Mary Skipper announced her departure from the role in

summer 2022 following her selection by the Boston School Committee to serve as Boston’s Superintendent of Schools. Dr. Jeff Curley is currently serving as Interim Superintendent in Somerville. A new Superintendent is tentatively slated to begin their term in July 2023, pending the outcome of the search process.

In December, Prince William and Princess Kate visited the Capital of Massachusetts to look into the work that organizations in Boston are doing to construct a more sustainable world and attend the second annual Earth Shot Prize awards ceremony. On Thursday, December 1, the couple visited Greentown Labs, here in Somerville.

Passenger service began on the completed Green Line Extension route on December 12 as crowds gathered to be among the first riders and to participate in this historic event. The Opening Day Celebration at Ball Square Station began at 4:45 a.m., when the First Ride passenger service began.

The rush hour celebration at Ball Square Station was attended by Mayor Ballantyne, former Mayor Joseph Curtatone,

State Representatives, advocates, and city staff, who greeted T riders and all interested T fans to celebrate the opening of the full Green Line Extension with a band and free opening day memorabilia.

Among others who have passed in 2022 and will be sorely missed are Stephenson “Hollywood” Aman, Somerville Police officer Randy Isaacs, and retired chemistry teacher at Somerville High School Joseph “Joe” Tarello.”

2022 was a year characterized by the usual accomplishments and controversies that are to be expected in this dynamic City of Somerville. May 2023 bring all the best that the city has to offer.



Dorothy’s Corner

BY DOROTHY DIMARZO



Panettone Bread
Pudding

Leftover panettone from Christmas week? Here’s a great recipe I came up with that can be used for part of your brunch menu on Christmas morning or New Year’s Day.

You can even mix up everything the night before and allow it to soak overnight in the refrigerator and just place it in the oven first thing in the morning.

I like to serve this bread pudding with crème anglaise. You can make your own crème anglaise, but I found it much easier to purchase my favorite vanilla ice cream and let it melt down. That sure beats purchasing all the ingredients and having to cook down the cream, eggs, sugar and vanilla extract.

- 1-1/2 lbs. panettone
- 6 large eggs
- 3 cups milk
- 1/3 cup sugar
- 1 tsp. vanilla extract

- 2 tsp. cinnamon
- 1/2 tsp freshly ground nutmeg
- Pinch of salt

Preheat oven to 375 degrees. Slice the panettone into about 1 inch slices and place on a baking sheet or two, making sure they are placed in a single layer. Place in the oven for a total of 15 minutes.

At the 10-minute mark, turn all the bread over and bake for an additional five minutes until the bread is lightly toasted. Butter a 9 x13 inch baking dish and set aside. In a medium bowl, beat the eggs, add the milk, sugar, vanilla, cinnamon, nutmeg and salt and blend well.

Once the bread is toasted, lay a row of bread into the baking dish, then pour some of the custard mixture over the toast, pressing down each layer, allowing for the bread to soak up the custard.

Alternate until all the bread and custard are in the dish. Place the baking dish onto a baking sheet. This will make it easier to place into the oven



and keep your oven clean in case some of the custard spills over. Cover the baking dish with foil and place in the oven for 30 minutes.

Remove foil and bake for an additional 15-20 minutes, until the custard is set. Check by pressing in the center of the dish, it should be firm.

Let cool for at least an hour. Serve in a small bowl and top with crème anglaise. Garnish with toasted sliced almonds. Yields approximately 12 servings.

Visit Dorothy’s website at <http://ddimarzo2002.wix.com/thymethief>.

Newstalk CONT. FROM PG 7

Ave. from Central St. will be restricted. Eastbound traffic will continue to be able to proceed through the intersection and along Highland Ave. Westbound traffic will continue to be detoured. While construction in the south side of the intersection is underway, there will be no access to Highland Ave. via Central St. northbound during work hours (weekdays between 7:00 a.m. and 7:00 p.m.). Central St. will remain accessible for residents only. All other traffic will be detoured via Summer St. and Lowell St. Highland Ave./Central St. intersection (north side partial closure). While construction in the north side of the intersection is underway, there will be no access to Highland Ave. via Central St. south bound during work hours (weekdays between 7:00 a.m. and 7:00 p.m.). For more information visit voice.somervillema.gov.

Local **small business owners** can now apply for **forgivable loans of up to \$15,000** to assist with financial losses related to COVID-19 via **Somerville's Small Business Recovery Program**. To qualify, businesses must be located within the **City of Somerville**, have 20 or fewer full-time employees, and be able to demonstrate a decline in revenue during the past two years. Home-based and brick-and-mortar businesses are welcome to apply. Learn more and apply www.somervillema.gov/bizrelief.

The **Somerville Council on Aging** offers **Qigong (Chi Kung)**, **Fridays** at 10:00 a.m., January 6 and 13 at the **Holland Street Center**, 167 Holland Street. Led by **Denise "Tarsha" Bethel-Stacke**, Qigong (Chi Kung) is a traditional practice focused on coordinated movements, breathing and meditation. Stemming from Chinese medicine, philosophy and martial arts, Chi Kung is correlated to improved balance, strength and mental well-being. All levels are welcome. For more information call **Phelan Howell** at 617-625-6600 ext. 2315 or email at phowell@somervillema.gov.

The **Best of Somerville 2022** will be announced in the **January 11** edition of the paper. There's still time to cast your vote for the best. Email us at news@thesomervilletimes.com for who and what you think is the best. We're looking for the **Best Idea of 2022** here in the city. If you have one, you'd like to suggest, let us know.

Looking for a way to **practice social distancing but remain connected to other people?** Look no further than the **Somerville Council on Aging's Friendly Phone Caller program**. They have many wonderful volunteers who are waiting to give you a call. Whether you are looking to make a new friend or would just like a friendly chat to look forward to every

week, this program has you covered. Call **Natasha Naim** at 617-625-6600, ext. 2317 to learn more about the program and to sign up.

Because this winter begins in an **even-numbered year**, snow emergency parking will be on the **even side of the street all winter**, unless posted signage says differently. Check street signs in your neighborhood so you know where you can park ahead of winter weather. You can also learn more about the city's snow policies at somervillema.gov/snow.

Somerville teens 13 years and older are invited to earn some extra money by snow shoveling this winter with the **City of Somerville Teen Snow Shoveling Crew**. www.somervillema.gov/applytos shovel.

The **City of Somerville Department of Public Works snow plow fleet** received their names for the winter season. Each was created by **Somerville Public Schools** and partner center preschool and kindergarten students, who are already brainstorming names for the 2023-2024 season. Look out for **Overdrive**, **Khione - The Goddess of Snow**, **Snowsleeper**, **Snow Leopard**, and **Caterpillar** in your neighborhood.

Get your **flu shot and updated COVID-19 booster** at a **City of Somerville clinic** this winter. Visit

www.somervillema.gov/vaccineclinics. The flu vaccine and the updated COVID-19 booster dose are provided at no cost, regardless of health insurance or immigration status. Advance registration is required.

The **Fuel Assistance Program**, also known as the **Home Energy Assistance Program**, helps low-income households pay their winter heating bills **between November 1 and April 30**. Renters and homeowners in Somerville are eligible to apply if they meet federal income guidelines. Learn more and apply online at somervillema.gov/fuelassistance.

The **13th Annual Somerville Winter Farmers Market (SWFM)** is held **every Saturday through April 8**. The **Center for Arts at the Armory** is located at 191 Highland Avenue, Somerville, MA 02143. To learn more and for a complete listing of vendors, weekly specials, and live entertainment, please visit www.som-wintermarket.org. You can find the market on Facebook at www.facebook.com/SomervilleWinterFarmersMarket, and on Instagram @SomWinterMarket.

Don't forget, if you would like to subscribe to receive a **digital edition** of our paper, go directly online to our website over to the right side and fill out your email address to receive a free, full PDF copy of the paper.

BOBBY'S DAD JOKES CORNER

By Bobbygeorge Potaris



What's the luckiest band to listen to on New Year's Day?
Black-Eyed Peas

The "Original"
All Types Vent Cleaning
Restaurant Hood Cleaning
Dryer Vent/ HVAC Cleaning
Power Washing
Licensed and Insured
in Massachusetts
We travel all over
Massachusetts
Call today to find out
our weekly specials!
Call Jimmy 857-366-3761

To advertise in
The
**Somerville
Times**
call
Bobbie Toner
857-488-5138

On This Day in History

January 4

1935 – President Franklin D. Roosevelt claims in his State of the Union message that the federal government will provide jobs for 3.5 million Americans on welfare.

1936 – Billboard magazine publishes its first music "Hit Parade."

1951 – UN forces abandon Seoul, Korea, to the Chinese Communist Army.

1970 – A 7.7 earthquake kills 15,000+ people in Tonghai County, China.

1974 – President Richard Nixon refuses to hand over tape recordings and documents that had been subpoenaed by the Senate Watergate Committee.

1999 – Jesse "The Body" Ventura, a former professional wrestler, is sworn in as populist governor of Minnesota.

2004 – NASA Mars rover Spirit successfully lands on Mars.

2007 – Rep. Nancy Pelosi (D-California) becomes the first female speaker of the U.S. House of Representatives.

Somerville's 247th Annual Grand Union Flag Raising

CONT. FROM PG 1

songs to join in, and remarks by Mayor Ballantyne as well as participants from the Charlestown and Rhode Island Militia, and the Ancient and Honorable Company (first chartered in 1638). His Majesty's 10th Regiment of Footwill bought a disturbing message from King George III, and the American Legion Post 19 Honor Guard led a military salute as a commemorative flag was raised atop the Prospect Hill Tower.





OFF THE SHELF

by Doug Holder

Somerville Artist Sophia Ainslie:
An artist of movement and color

I met Somerville artist Sophia Ainslie at the Vernon Street Studios on a cold day in November. She was part of their Open Studios event. She is a woman that exudes flashes of energy and her work is reflective of that energy.

Doug Holder: How has Somerville been for you as an artist?

Sophia Ainslie: Somerville has provided me with a studio in a building with other artists. I'm grateful to work amongst others rather than in isolation.

DH: You incorporate a lot of dashing colors in your work (at least from what I have seen) and after viewing them I had a sense of movement – that the painting was actually moving. Do I need a psychiatrist – or was that your intent?

SA: Hahaha! I think you need a psychiatrist (laugh). Different works have different personalities and different intentions. There may be a lot of movement in my work and perhaps that's reflective of my environment in some way – nothing stands still..

I see the movement in my most current work almost like a frozen gesture because of the way that it's made. It often begins loose, gestural and spontaneously but then I go over the gestural spontaneity to flatten the paint, almost as if I'm capturing that gesture and freezing it in time.

DH: I've read that you often try to achieve a bodily experience when you are painting, rather than a conceptual one. Explain.

SA: I am a very physical and experiential person, aware of my surroundings and how they affect me and others. I am also process based. I balance concept with the bodily experience of process. I need a concept to begin my work. But I'm not interested in illustrating the concept. The concept gets me started and then the process directs me. The process is the bodily reaction and experience. I'm working from my core rather than my head.

DH: You have done a lot of work with murals. I was reading about one you did with your students at Northeastern University. What draws you this type of expression?

SA: I'm drawn to large scale indoor murals be-



cause it allows me to work much bigger than I possibly could in my studio. This changes the work on multiple levels.

Formally, the lines become thicker and the shapes become bigger. This gives it a very different presence in the world. The viewer becomes much more engulfed in the work. It's more experiential.

A bigger work that is painted directly on the wall becomes apart of the architecture. I am very aware of where the work sits within the architecture, the relationship of the work to the ceiling and the floor, or whether there are duct pipes or other skeletal features of the architecture. All these components become part of the work and influenced the way I compose it.

It also becomes a full body experience. What I mean is I'm painting with my full arm and my whole body rather than my wrist. I become part of the work. The work envelops me. It's much more experiential and at the same time, more intimate too. The painting and I become extensions of each other.

DH: If you had to come up with a mission statement for your work what would that be?

SA: I was with my mother

Continued on page 15

Lyrical

SOMERVILLE

edited by Doug Holder

Jac-Lynn Stark was born in the Bronx and currently lives on the North Shore of Boston where she enjoys pondering life either from near the ocean or in the woods. She recently retired from 14 years of teaching English at Bunker Hill Community College in Boston. Some of her previous work has been published in *Muddy River Poetry Review*, *Global Poem*, *Drunk Monkeys*, *Zig Zag Folio*, and forthcoming for an anthology called *American Graveyard*, *calls to end gun violence* from Read or Green Books.



Apology to a White Pine

All last spring I stalked you
circling close to your trunk
peering up through branches
and then walking backwards in every direction
neck bent to hold my head skyward
binoculars aimed high
seeking the secretive residents of your upper body
tufted ears, huge eyes, and fierce power
some have believed were spirits connected to death
and the underworld

but you, I saw you only as a dwelling
not appreciating your weathered bark like dragon scales
your majestic height, tallest tree in Eastern North America
you tower more than 100 feet over the gravestones around you
your unique shape, not straight like most of your kind
your bigger branches gracefully curved
like arms reaching for the sky while dancing

on this day when the veil is thin between the worlds
I wonder if the spirits of those buried here
will venture out after dark
a couple who died in the 1920's
gravestone adorned with the Armenian flag
a minister who died in 1808

large stone with clear-cut carving and a cross
soldiers killed in the Civil and Spanish-American Wars
and the penniless women from Brookhouse
buried by the Association for the Relief of Aged and Destitute Women
rows and rows of small stones with just names and dates

these souls and many others
frolicking among carved memorials
while leaves fall like confetti
and you, white pine the Iroquois called the Tree of Peace
stand sentry as you have for more than 200 years

— Jac-Lynn Stark


The Somerville Times

BUSINESS DIRECTORY

To advertise in our Business Directory, call 857-488-5138.

T. J. SILLARI, INC.

Over 50 Years Experience
Proud to be a Somerville Business Resident



- Plumbing • Heating
- Gas Fitting • Industrial Work
- Water Heater Replacement
- Complete Drain Service

Residential - Industrial - Commercial

Master Plmb. Lic. #6106625-9877

The Law Offices of
Richard G. Di Girolamo

Richard G. Di Girolamo, Esquire
Anne M. Vigorito, Esquire
Amy L. Connors, Esquire
Breanna L. Rolland, Esquire


ATTORNEYS-AT-LAW

Real Estate Law
Zoning
Civil Litigation
Criminal Defense
Family Law
Personal Injury

TELEPHONE: (617) 666-8200
FAX: (617) 776-5435
EMAIL: digirolamolegal@verizon.net
424 BROADWAY, SOMERVILLE, MA 02145

Sell your
house today!

"We'll sell your house fast!"



~ Notary Public ~ Justice of the Peace ~

MARIE HOWE
REAL ESTATE
617-666-4040

Monica Calvo Realtor®
Real Estate Professional
Cell: 617-605-3308

Email: mcalvo@relocationnewengland.com
Web: remaxpartnersrelocation.com

RE/MAX
PARTNERS RELOCATION
44 Park ST
Andover MA 01810
Each Office is Independently Owned and Operated




Telephone:
(617) 625-2244
(617) 625-4344

Fax:
(617) 625-4350

EDWIN J. SMITH
ATTORNEY-AT-LAW
RUMERY & SMITH

403 HIGHLAND AVENUE
SOMERVILLE, MA 02144
edsmithlaw@gmail.com

WINTER HILL
HOMES



Josue Velney
Director of Acquisitions

WE BUY HOUSES

ANY CONDITION CASH & FAST

617-684-5363

Josue@WinterHillHomes.com
www.WinterHillHomes.com



Juscelia LoRusso
617.686.8095

Juscelia's Cakes

Cakes for all occasions

facebook.com/JusceliasCakes
facebook.com/Juscelia.Lorusso

To advertise in
The Somerville Times
call
Bobbie Toner:
857-488-5138

Sticker Shock campaign

CONT. FROM PG 9

eagerness, excitement, and togetherness with Sticker Shock,” says Mary Grace Reynolds, a SCAP intern who assisted with facilitating the effort.

This project represents a partnership between youth and alcohol retailers with the goal of raising public awareness about underage drinking and reminding adults that providing alcohol to minors is both illegal and has its consequences.

“Sticker Shock is one way to help reduce youth access to alcohol, especially during the holiday season. They hope to remind adults that we have a responsibility to protect the young people in our community,” said Lovelee Heller-Bottari, SCAP Program Director.

In the future, SPF youth hope to expand on Sticker Shock to also create signs on store doors and reach out to alcohol vendors to educate on the benefits of adjusting signage to include this reminder for adults.

If you would like to learn more about this project and the work of SPF youth leaders or to sign-up to participate in their spring Sticker Shock campaign, please contact Lovelee Heller-Bottari at lheller@somervillema.gov.

Off The Shelf

CONT. FROM PG 14

when she exhaled for the last time. After her death and began using a single x-ray of her abdomen combined with my surrounding landscape as source material. It proved to be a way to hold onto her memory and absorb the meaning of her passing; the resulting shapes and marks led to the development of a visual language.

The process began by projecting the x-ray onto paper and tracing specific shapes of organs and spaces between organs. These were then painted with acrylic and Flashe in flat opaque shapes of color commemorating the body. I would then react to the shapes making spontaneous marks in black India ink. As the work involved, I began using the computer as a cutting tool to “collage” carefully selected shapes and marks. Almost as if performing surgery, areas were fragmented, reconstituted and ultimately mapped through light projection.

In the last three years, my contact is shifted away from the content of my mother’s body to looking deeply at structure and relationships- of scale, color, application, The manner in which shapes meet and the specificity of the edge they create in their meeting. Often beginning with observation as a starting point, my paintings and with the look of abstraction. They are a translation of what I see and experience.

Ultimately, it’s a celebration and orchestration of color, line, shape – the visual elements in the work and their relationship to each other. And creating a sense of democracy between these elements – a harmonious coexistence and sense of equality. It’s a conversation of trial and error, which when successful opens my eyes to new and surprising outcomes.

To find out more about Sophia: <https://www.sophiaa-inslie.com/>



COMMERCIAL MORTGAGE OPTIONS

Local real estate investors, builders, and developers need commercial mortgage options and best rates. We've got both!

- Residential Apartment Buildings of 5 or More Units
- Mixed Use Properties
- Office/Retail Properties
- Construction & Permanent Financing
- Competitive Rates and Programs

QUICK, LOCAL DECISIONS

SVP/CLO Kevin Gatlin
617-629-3345
VP Richard Brenner
617-629-3349

WINTER HILL BANK
CustomServe Lending

617-666-8600 | 1-800-444-4300 | winterhillbank.com

A Mutual Bank Serving the Community Since 1906.

