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## The Somerville Times





VOL. 9 NO. 10

SOMERVILLE, MASS. WEDNESDAY, MARCH 10, 2021

TWENTY-FIVE CENTS

### **Inside:**



All along the Davis Sq. Tower

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**Questions for** restaurateurs page 5



'Clean beauty' is taking off

page 6

### The new Somerville High School opens its doors for the first time



The new building is set to serve urgent pandemic needs at first, then begin welcoming highest needs and younger students to its classrooms.

#### By Jim Clark

After years of planning, fundraising and final construction, the new Somerville High School is complete and ready for use by students and community-based activities.

According to the city's official release, the building welcomed younger students starting March 4 as part of the district's phased return to in-person learning during the COVID-19 pandemic.

"We are so excited for our students who will learn here over the years. But this is a bittersweet moment. We had imagined we would open up this building to our high school students. But the pandemic has robbed us of that as it has robbed us of so much," said Mayor Joseph A. Curtatone. "To our high school students and families, I want you to know we are working on options to get you access to the building sooner, and of course we look forward Continued on page 4

### The magic of Tipping Cow ice cream

#### By NaBeela Washington

Despite restaurants and businesses limiting their operations to meet Commonwealth and additional Somerville COVID guidelines, Somerville remains a community that is enriched by local businesses refusing to give up. We recently spoke with one of those businesses, Tipping Cow, an ice cream shop that was founded in 2013.

Tipping Cow would later be taken over by Gerly Adrien and David Lindsey in 2018. The shop boasts a peanut, tree-nut, and sesame-free establishment. "We have relatives with allergies and will remain nut-free forever," shared Lindsey. "We kept the name and set out to grow the brand and create all new flavors." And their most popular flavor? "Our number one selling flavor is Triple Chocolate. It is by far one of the most chocolatey flavors in the region."

When thinking about what it takes to make ice-cream, one might remember the true simplicity of ice cream in the popular "ice cream in a bag" science experiment in Continued on page 9 Tipping Cow co-owner Gerly Adrien.



- Photos by NaBeela Washington

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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.

This week, Ward 7 City Councilor Katjana Ballantyne announced that she will be running for mayor, in hopes of replacing Mayor Curtatone, who has said that he will not be running for re-election again. Although she is the first to have formally announced, we're sure there will be others who step forward for your consideration. We wish her and all the others the best in their bids to become our new mayor.

How great is it to hear that the newly renovated Somerville High School is now open to serve the needs of our school kids and others in the community? The building looks great and its up-to-date features will be providing state of the art quality educational services for years to come. Congratulations to the planners and builders who made the vision a reality!

\*\*\*\*\*\*\*

Somerville Mayor Joseph A. Curtatone, Ward 1 Councilor Matthew McLaughlin, Ward 3 Councilor Ben Ewen-Campen, Ward 4 Councilor Jesse Clingan, and city staff invite you to a virtual community meeting to discuss implementation of the Gilman Square Neighborhood Plan. The meeting will focus on redevelopment at the Mobil gas station site, the former Homans Building site, and nearby green space called the Gilman Triangle on Medford Street behind Somerville High School. City consultants will present conceptual illustrations developed with community input, discuss opportunities and challenges based on existing conditions, and gather feedback on land-use priorities. The meeting will be held online on Wednesday, March 10, at 6:00 p.m. Register to attend at tinyurl.com/GilmanZoning.

St. Patrick's Day is right around the corner and Sally O'Brien's will be celebrating its Irish heritage. Owner Liam Mannion and Bob McWatters invite the public to come by and enjoy a Guinness, corned beef and cabbage and Irish music on St. Patrick's Day, March 17, at Sally O'Brien's, 335 Somerville Ave.

Continued on page 7

### The Somerville Times

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#### **Somerville Weather Forecast**

for the week of March 10 – March 16 as provided by the National Weather Service

|          | DAY                   | CONDITIONS    | HIGH/LOW | PRECIPITATION | HUMIDITY | WIND       |
|----------|-----------------------|---------------|----------|---------------|----------|------------|
| <b>Č</b> | Wednesday<br>March 10 | Sunny         | 53°/40°  | 7%            | 3%       | SSW 12 mph |
| *        | Thursday<br>March 11  | Partly Cloudy | 63°/49°  | 6%            | 3%       | SW 16 mph  |
| <b>S</b> | Friday<br>March 12    | Partly Cloudy | 61°/37°  | 16%           | 8%       | WSW 15 mph |
| *        | Saturday<br>March 13  | Partly Cloudy | 45°/30°  | 14%           | 7%       | WNW 12 mph |
| <b>*</b> | Sunday<br>March 14    | Partly Cloudy | 36°/23°  | 20%           | 16%      | NW 13 mph  |
| *        | Monday<br>March 15    | Rain          | 41°/32°  | 35%           | 21%      | WNW 11 mph |
| *        | Tuesday<br>March 16   | Rain          | 44°/30°  | 36%           | 22%      | WNW 14 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: Letter to the Editor – March 3

JAR says:

'Ground Zero" for the study of black history in Somerville would have to be in the neighborhood around Cameron Ave. A number of years ago, I assisted in a project with a group called the Nubian Sisters who were researching the history of families whose forebears had worked as Railroad Sleeping Car Porters for the Pullman Company, many of whom lived in West Somerville. For their time, these were well-paying jobs which afforded their families the ability to own homes and attend college. Some of Somerville's longest-tenured inter-generational residents live in this neighborhood, and many have made-and continue to make-significant contributions to the community.

#### Matt Hoey says:

Hello Jar - I've been fascinated by this neighborhood around Cameron. It has such an amazing history! I am working with two teachers at SHS and we are aiming to create a program for next year where SHS students interview families from that neighborhood and surrounding and document their stories. I would absolutely love to loop you in and introduce you to them. It'd be an honor. I'd be delighted to share my findings and to learn from you as well! My email is mattchoey@gmail.com I'm so glad that you commented!:)

Hope that you are having a pleasant week!

#### Response to: Somerville proposes immediate investments for street safety and mobility improvements

Sean Cryts says:

Great. Joe creates three more positions the tax payers in Somerville have to pay for to: "traffic calming" = creating more traffic and get rid of parking spots!

We need to vote him out!

#### Villenous says:

Your taxes will be the same either way.

And, yes, get rid of more parking spaces, especially along main roads and in public squares. De-

Also, if you're in a car, you are the traffic.

#### Response to: City Councilor pushes for police reform

#### Villenous says:

I'm all for massive police reform, but someone's got to show up when you call 911. Doesn't have to be a police officer dependent on the situation, but it's still got to be a highly trained person who's getting paid a fair wage.

Log onto TheSomervilleTimes.com to leave your own comments

### Life in the Jimmy Del Ponte

### The Davis Square Tower



They say a picture is worth a thousand words. I posted a picture of the railroad tower that used to be in Davis Square years ago on my Facebook page.

My friend Gary D posted a color photo of the tower on The Pride of Somerville Facebook page.

Those photos sparked so many memories of Davis, the forgotten square. I say forgotten because it seems the city has put our beloved square on the back burner as other mega projects are prioritized. But rather than dragging politics and policies into it, let's just hear our fellow Somerville neighbor's memories about the photos of the railroad tower that used to be a landmark in old Davis Square.

My friend John P had a relative that actually worked in that tower: "My uncle John D went from the crossing shack across the street to this tower in Davis. After (he) left Davis Sq. tower, he finished his career at Cameron Ave." The tower on Cameron Ave. was converted and today houses a law firm.

We see a billboard advertising Cain's products. There was a Cain's factory on Revere Beach Parkway in Medford, and a neighbor shares a bit of history with us: "I worked in the Cains chip factory for a year in high school. 3-11. Dirty, greasy job. Salt ate my sneakers. But free chips, pistachios & peanuts. Didn't eat chips for years after that." (now I'm dying for some potato chips!)

"We used to walk the tracks to get there to go to the movies on Saturdays."

"You can see The Railside Restaurant on Holland St. in the background."

"Wow! Bring me back when living was the best time of life ... wish I could be back then."

Say what you will about social networks, but it's a great source for keeping our memories alive

"Looks like a prison tower."

"The guys in the tower would yell at us kids for hanging onto the crossing gates."

"I remember the Goodwill Store was there. Then the Store 24 (where 7-11 is now). The Quick Shop before that."

Author: it looks like there was a Liquor store where JP Licks is now. From liquor to Licks. On the corner is a tailor business called Paul's.

Old photos sure bring back memories. When I was a paperboy in the late



'60's the square was a great place to hang around. There were places to eat like The Waldorf, where Mike's is now, and a donut shop where we ate warm honey dip donuts. I remember how uncomfortable it was sitting on that metal thing that surrounded the tower.

Many of us have forgotten landmarks that have been long gone. Thankfully we have photos and generous folks who share them with us.

Many of my photos are my own and a lot my are from Facebook. Say what you will about social networks, but it's a

great source for keeping our memories alive. During the pandemic many of us found solace keeping in touch with old friends, and making new friends in social networks. Special thanks to Matt H, Gary D, Ron B, Brad H and John R for their historic and informative posts and photos.

The last comment on one these two photos was from someone who said, "I see my house."

If you'd like to see more great old photos and historic commentary check out The Pride of Somerville Facebook page.

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Be safe and stay healthy - The Mount Vernon Restaurant

# By Jim Clark

### Taking the car out for a little after-party spin

Somerville Police officers were dispatched to a Linden Ave. location in the early last Friday morning on a noise report.

Upon arrival, the officers observed a vehicle in the middle of Linden Ave. The car had the keys on the ignition, in the on position and the engine was running. There was smoke coming from the front tires.

The driver, later identified as Isaias Ayala Mangandi, stepped out of the vehicle and reportedly almost fell, face forward. The officers were able to grab him and help him get back on his feet.

The officers noticed an open half empty bottle of beer inside the vehicle in a cup holder, within arm's reach of the operator console.

The officers handcuffed Mangandi for their safety and asked him what happened.

Mangandi reportedly stated

that he was waiting for a friend that resides on Summer St., and he was inside the car because it was cold.

According to reports, the officers could smell a strong odor of alcoholic beverage emanating from Mangandi, and that he had glassy red eyes, slowly slurred speech and was unsteady on his feet.

Mangandi also reportedly stated that he wasn't driving the car, that he was just waiting for his friend that lives on Summer St.

Police went to the Summer St. location and woke up the friend in question, who was the registered owner of the car, and explained the situation.

The owner told police that Mangandi is his brother-in-law and that they were drinking all night. He said he went to bed around 1:00 a.m. and that he never authorized Mangandi to use his vehicle and he was very sur-

prised that he had tried to drive the vehicle, because he consumed a lot beer earlier that night.

Based on the owner's statement and their own observations, the officers placed Mangandi under arrest on charges of operation of a motor vehicle under the influence of liquor, use of a motor vehicle without authority, unlicensed operation of a motor vehicle, and alcohol from open container.

#### **Arrests**:

James Dooley, of Saugus, March 2, 2:22 p.m., arrested at Dickson St. on charges of possession of ammunition without FID card, possession of a firearm without FID card, and

trafficking in firearms.

Jonathan Torres-Sindo, of Everett, March 4, 5:14 a.m., arrested in Boston on warrant charges of carrying a firearm without a license, possession of a firearm within 500 ft. of a dwelling, assault to murder, and possession of ammunition without FID card.

Ayala Mangandi, March 5, 4:40 a.m., arrested at Linden Ave. on charges of operation of a motor vehicle under the influence of liquor, use of a motor vehicle without authority, unlicensed operation of a motor vehicle, and alcohol from open container.

Samuel Valera, March 6, 5:38 p.m., arrested at Broadway on warrant charges of indecent exposure and leaving the scene of property damage.

Carlos Alvarez, of Quincy, March 7, 9:48 p.m., arrested at Broadway on a charge of operation of a motor vehicle under the influence of liquor.

### The new Somerville High School opens its doors for the first time

**CONT. FROM PG 1** 

to when it will be safe for all of our students to return to their usual schools. For now, I want to recognize your sacrifice and thank you for allowing our highest needs students into the space as we work toward broader opening."

Planning for the new school began in 2012, with the community becoming critical catalysts at every stage. Designs grew out of an intensive community process, local leaders shepherded the project via the Somerville High School Building Committee, and residents voted overwhelmingly to fund the school in 2016 via the city's first debt exclusion. Construction began in April 2018.

The six-story, 396,000-squarefoot building features 14 specialized learning spaces for each of the Career and Technical Education (CTE) programs, 12 science labs, three art rooms, three music rooms, a multilevel media center, a fully renovated gymnasium, a collegiate-style lecture hall, outdoor learning and dining areas, and state-of-the-art technology throughout. Large exposures bring in natural light and create connections with the surrounding environment. Occupying one of the oldest civic spaces in the city, the new SHS design also takes care to com-

memorate its history: The original 1895 school and the front of the 1929 War Memorial building were preserved, and hundreds of artifacts were salvaged from the old school and incorporated into the new one.

The new high school was designed to support a wide range of teaching and learning methodologies, expanding educational opportunities for students and preparing them for future success in college and the workforce. In contrast to the previous school, the new SHS delivers dramatic improvements in both the quality and organization of the spaces to encourage authentic, multidisciplinary learning experiences. The CTE areas, for example, are now located throughout the building, rather than in their own wing, to better support interdisciplinary learning, and the new outdoor instruction areas and large-group facilities support a stronger connection to the community and "beyond the classroom" learning.

"This project represents not only the educational vision of Somerville students, families, and staff. It also represents the heart of this amazing community," added Superintendent of Schools Mary Skipper. "As you walk through the building, evidence of the thought and care that went into planning, designing, and building a teaching and learning facility that will serve generations of students for years to come, and one that will also serve as a gathering place for our community, are evident at every turn. We had envisioned a much different kind of celebration, one that focused on our Somerville High School students and staff, acknowledging the tremendous sacrifice that they have made to ensure that this project came to fruition. Unfortunately, like so many things over the course of the last 12 months, COVID has necessitated a different approach. We look forward with great anticipation to properly celebrating the opening of this beautiful state-of-the-art facility in the company of our students, staff, and members of the community once it is safe to do so. In the meantime, we are committed to looking at ways to give Somerville High School students, especially the class of 2021, access to this wonderful new facility."

In addition to providing a modern learning environment for students, the new building will serve as a premier gathering space for all Somerville residents. The lecture hall, field house, and auditorium will offer diverse options for community meetings

or events, a much-needed public amenity. On top of Central Hill between City Hall and the public library, the new campus's indoor and outdoor spaces will be a fixture of both academic and civic life in Somerville for decades to come.

"This is an incredible milestone for our entire community, one that we have all been anxiously awaiting. This project speaks to the commitment of the Somerville community to our kids and their future," added School Committee Chair Andre Green. "It goes without saying that we wish this historic moment had come under very different circumstances. However, our current reality does not diminish the importance of this moment and what it means for the future of our students. I cannot adequately express my gratitude to the Somerville community, and in particular to our Somerville High School students and staff, for your patience, strength, and resilience throughout this project."

"Our new high school is the tangible result of our city's deep commitment to education. The people of Somerville approved our first-ever debt exclusion to build this school, and I hope everyone takes a moment to appreciate the lasting legacy of our

collective decision. In the future, people will be able to take for granted how much effort had to be marshaled to make that building a reality. I want to thank everyone who committed in the present to support our students going forward," said Mayor Curtatone. "Institutions like our high school form the bedrock of our community. They play a central role in every initiative we undertake to better our society. Our schools prepare our youth to give back, contribute, and carry us forward. Quality schools like this take just a few years to prepare our graduates to seize a lifetime of opportunity.

Work continues on the auditorium and cosmetology lab, expected to be completed later this spring, and on the athletic field behind the school, expected to be completed in spring 2022.

Learn more about the new school, see photos, and take a virtual 3D tour at shsproject.

#### **Summary of Building Features**

The new building is designed for 1,590 students, which includes capacity for 1,515 students within Somerville High School and 75 students for the Next Wave / Full Circle schools. It's roughly 396,000 square feet, compared to the old school, which totaled Continued on page 6

### **Human Rights Commission** to query immigrant restaurant owners



#### By Alex Reidy

The Somerville City Council's Human Rights Commission meeting on March 3 concerned a letter to be drafted in the future, detailing questions for immigrant restaurant owners. Questions such as "What's

your story?" "How can the city of Somerville help you?" and "What has been your experience been like being a restaurant owner in Somerville?"

The questions are to be answered in video format and plans to distribute the video to Somerville sources are in the works,

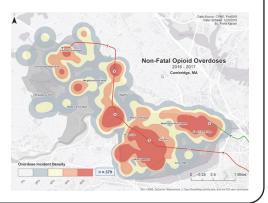
possibly even other outlets such as the Boston Globe. Ideas like adding pictures of family members and getting a videographer to film the sessions were also

A first draft of the letter is to be written soon and presented at the next meeting.

### **Rev Clinics participates in virtual OD** prevention training with City of Somerville

Last week Rev Clinics' staff took part in virtual overdose prevention training provided by the City of Somerville's Prevention Services and the Cambridge Public Health Department in an effort to understand, recognize, and respond to a potential opioid-related overdose.

Topics reviewed included statistics, signs/symptoms, best practices in intervening, and how to administer Narcan nasal spray.



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### The Somerville Times **Historical Fact of the Week**

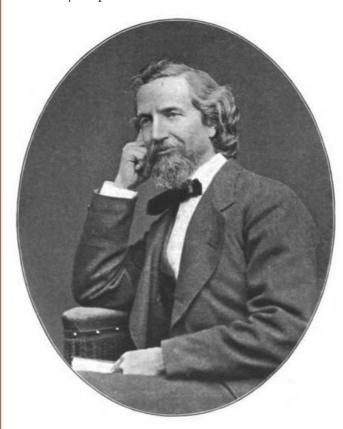


Eagle feathers #225

#### Poet's Perch

By Bob (Monty) Doherty

In the mid nineteenth century, John Townsend Trowbridge's name on a story was said to be a near guarantee of success. He was a writer of the first degree, having scribed over sixty volumes and abundant publications, many of them adventure stories for boys. Trowbridge's papers are housed at the Boston Public Library and Harvard University. His admirers believed that nothing written by his pen failed.



He was a school teacher, newspaper and journal editor, novelist and poet. In 1857 he edited the first edition of the Atlantic Monthly Magazine and continued to do so for eleven years. He knew many famous literary writers including Samuel Clemens, pen named Mark Twain, whom he worked with at the Atlantic Monthly. Some said that Mark Twain was more popular because he had better publicists than Trowbridge.



Trowbridge drew much of his historical writing inspiration from his sweeping birds-eye view of greater Boston from Prospect Hill. His friends came to his residence on the historic Hill to express their thoughts and gather his. Trowbridge was an abolitionist and was known as a spokesman for the northeastern Yankee viewpoint. For years, the Somerville resident attracted a list of contemporaries to his door. Some of his acquaintances included Civil War writers:

Author: Henry Wadsworth Longfellow; Publication: Paul Revere's Ride (poem); Published in: Continued on page 12

### The 'clean beauty' industry is going local

By Lillian Cohen

We are constantly concerned with how we look and what we put in our bodies. But what about what goes on our bodies?

The "clean beauty" market has swept through the cosmetic industry, fueled by growing concern over product ingredients and their impact on the environment. Founded on natural safe ingredients and an eco-friendly mindset, the clean beauty industry is largely made up of small businesses. And yet, the clean beauty market is currently worth \$5 billion and expected to double in the next seven years, according to Brandessence Market Research, with many larger beauty companies such as Yes To and Neutrogena framing their own products toward similar values in an effort to recapture the market.

Clean beauty brands like Follian have launched national success from their Boston roots. In a city of innovation in tech and medicine, beauty and skincare establishments have entered the mix, with several studios and brands carving out a space in the area. Founded by estheticians, dermatologists, and herbalists, the local clean beauty market has not only helped support the small business community but increased attention to this national trend.

"Being here in the city, I feel we have a little bit of a disconnect with nature," says Shannon Curtis, owner of Noel Herbals in Somerville. "The products are meant to guide you back and feel that connection again with the Earth."

Curtis started her holistic skin practice four years ago after her mother found a space for rent in the newspaper. An esthetician for 15 years and an herbalist for five, she sees about a dozen clients a week.

"I look at it as more of the health of the skin. How does the health of the skin look and how can I help to encourage a happy balanced state for [clients] without harsh modalities?" she explains. "Going deeper and trying to understand why something is happening is much more worthwhile than just going to a Sephora."

One of the biggest critiques of the clean beauty industry is that there are no set standards for its label. Many mainstream companies have been accused of "greenwashing" by adding green buzzwords to their products. And yet, this concern speaks more to the general lack of national oversight on cosmetics than anything, no major regulation update happening since 1938. With the increased awareness of harmful chemicals, consumers are turning to clean beauty because though ingredients can vary between brands, they're more likely to practice ingredient transparency.

That's why Curtis encourages all of her clients to do their homework about their products – and not only in a chemical sense.

"Sourcing is so important. Understanding where your product is from, who's making it, where it's made, what the packaging is like, what are the ingredients you're using on your skin, how are those sourced. You really just have to be mindful, and I think people are," she says. Her own Golden Love Face Oil is a plant infusion with jojoba oil, chamomile, calendula flower, marshmallow. helichrysum, and cacay nut oil, nourishing the skin by mimicking its natural sebum.

Many of her vendors even

grow their ingredients from seed to bottle, "so it's slow beauty," Curtis says. By paying more attention to the environment through the products themselves, brands also have to grapple with sustainability.

"Sustainability deals with the whole life cycle of a product and its impact on human beings," says Dr. Denise Kleinrichet, associate dean at the Lam Family School of Business at San Francisco State University. "It's one thing to say 'Okay, ethical business,' but there are flavors to that, and sustainability is one of those."

She argues that sustainability is not just a smart marketing point for companies to get in on because of mainstream growing concern over the environment. It's good for business because the economy itself is dependent on the longevity of resources.

"We want to preserve our environment because that's what keeps us growing as a population and it's unethical not to protect because that means we're diminishing our own value as human beings," says Kleinrichet.

It's similar to how the organics industry has thrived over the last two decades, since the discovery of harmful pesticides, she points out. Today, they're carried in nearly every supermarket across the country. And even folks who don't buy organic still wash their vegetables before eating. There's still that consciousness. A similar thread can be carried to clean beauty.

"It's so easy to just go out and buy a product and not think about any of that because you kind of just want a quick fix or want results," says Curtis. One should instead be more patient and more mindful. "To me, that's clean beauty."



The increasing popularity of so-called "clean beauty" products, such as those sold by Noel Herbals in Somerville, indicates a rising trend among health conscious consumers.

— Photo by Lillian Cohen

Previously part of the medical aesthetics world, Meredith Gizmunt found her way into clean beauty through her own health journey. Owner of Meredith Lane Aesthetics on Newbury Street, which just opened in June, Gizmunt has been a practicing aesthetician for the last 16 years.

"If taking the leap to start a business wasn't scary enough, I think the fact that I was mid-pandemic lockdown and it still made me excited, solidified that I was making the right choice."

Her studio specializes in personalized facials, seeing about 30 clients a week. All products contain no fragrances or parabens, only a high concentration of natural ingredients. But the secret sauce comes from the fa-

cial treatments themselves, Gizmunt specializing in dermaplaning and microneedling.

"It's like a speakeasy for good clean skincare," she says. "Nothing makes me feel better than someone walking out with glowing gorgeous skin."

Education is so important to Gizmunt, who left traditional medicine for clean beauty after being mentored by a functional dietician, studying a holistic approach to skincare and overall health. In a similar way to her clients, it changed everything.

"It's just a really exciting time to be in skincare," says Gizmunt. "The fact that consumers are so knowledgeable that they're taking ownership in what goes into their body and onto their body, in all these ways, is really inspiring. It's exciting."

### The new Somerville High School opens its doors for the first time

CONT. FROM PG 4

360,000 square feet.

More than 200 different items, from archways to artifacts to furniture, were salvaged from the old school and incorporated throughout the new one.

Fourteen specialized CTE spaces include electrical trade, graphic design, architecture, engineering, health and dental programs, culinary arts, automotive technology, and more. Programs are located throughout the building to integrate vocational and traditional academic pro-

gramming and are highly visible to showcase student work.

The building also supports a number of public-facing services, including a student-run restaurant and bistro, hair salon, and auto-repair bays, the Cambridge Health Alliance Teen Health Center, and the Somerville Child Care Center.

The renovated Brune Field House features a new roof with photovoltaic panels, acoustic improvements, new HVAC and fire-protection systems, a competition basketball/volleyball court with wood parquet floor and resilient rubber subsurface, two practice courts, a weight room, a dance studio, relocated locker rooms, an extended bleacher bank for more than 1,500 students, a massive projection screen, and a wood-veneered climbing wall.

Air handling in the building exceeds code requirements and guidelines established for virus transmission risk.

The building exterior has been

certified by the Air Barrier Association of America for energy efficiency and healthy occupancy.

The Highlander Forum lecture hall, with stadium seating for 100 people, and the new auditorium, with seating for 750 people, will host educational and community-related events.

Classrooms feature interactive technology and adaptable furniture and maximize teaching surface to support dynamic class configurations and a student-centered learning experience. A rooftop courtyard with plantings, chalkboards, and seating provides space for learning or social gatherings, as well as a safe, outdoor environment for medically fragile students.

A new Somerville GovTV studio will be shared by City Hall and the SHS broadcast program.

A variety of stormwater management techniques and strategies were incorporated to collect rain water and use it for irrigation throughout the site.

### COMMENTARY

### SIGNS OF THE TIMES

**Illustrated by Jim Clark** 



### **Our View Of The Times**



Who thought this thing up anyway? Spring forward, fall back. Or is that fall forward, spring back? The only way we can ever be sure is if we're early or late for church Sunday morning, or whatever it is you do on Sunday morning.

To be fair, there's usually someone around smart enough to know the difference, if it isn't you yourself.

But back to the main question at hand,

who did think this up?

Popular belief has it that it's all about farming and the agrarian lifestyle that dominated western societies for the past few hundred years. Digging a little deeper, it turns out that the whole thing was invented by a gentleman from New Zealand named George Vernon Hudson, an entomologist (bug lover) who highly valued his daylight time and detested those

who slept away those precious sun filled hours of summer. Long story short, he got the ball rolling, and some hundred or so years later we're still locked into that bug-loving cycle of spring forward (or backward) and back again. Year after year.

There is a lot to be said for getting that extra hour of sunshine going when spring finally ... springs.

But how much fun is it when the re-

verse is the case and we suddenly end up plunged into darkness by late afternoon? Some people become seriously depressed during the shorter days of winter. Others aren't bothered by it at all, the ones who shun the sunshine.

It's all above the average person's pay grade to know just what to make of it, and why we keep at it year after year.

After all, it's just what we do, isn't it?

#### Newstalk CONT. FROM PG 2

Happy birthday to a lot of our friends and fellow Villens here this week: Happy birthday to a former City of Somerville staffer, Nancy Ross Aylward. We hope she has a great day. Happy birthday to the senior Jim Halloran. We hope he has a great one as well. Happy birthday to Okie O'Connell, a dedicated City of Somerville employee. Happy birthday to Karen Love, of Magoun Square, a pleasant and always nice lady who greets you with a smile whenever you see her. Happy birthday to Antonia Digirolamo, who celebrates today. We wish her the best. Happy birthday wishes go out to Dennis Fishman, who will be celebrating this week. We wish all of our Facebook friends, such as Shu Tai, Diane Wong, Patricia Elledge, Patrick Callinan, Jackie Levy Harrington, Denize Ramos, Donald Coutoumas and Kiette Murphy Jones a very happy birthday.

Congratulations to those who recently received promotions in the Somerville Fire and Police departments. Fire Department promotions: Deputy Chief Mike Anzalone, District Chief Steve Mauras, Captain PJ Halloran, Captain Derek Nolan, Lieutenant Jim Piwinski

\*\*\*\*\*\*\*\*\*

and Lieutenant Paul Moreira. Somerville Police promotions: Captain Jeffrey DiGregorio, Lieutenant Michael Perrone, Lieutenant Kevin Shackelford, Sargent Marc Difava and Sargent Eli Kim. Congratulations for the well-deserved promotions!

\*\*\*\*\*\*\*\* SPESO is hosting Rally to Reopen Our Schools on Saturday, March 13, at 1:00 p.m. at Somerville High School. March 13 marks the 1-year anniversary of the school closures in Somerville, and there's still a long way to go to get all students back to school in person fulltime in September. The public is invited to join in for a masked, distanced rally to celebrate their successful advocacy to this point, and to keep the pressure on to bring all Somerville Public School students safely back to their classrooms. All are encouraged to wear red for reopening, and feel free to bring a sign. Speakers will include the parent of a student with special needs, a high school student, and a member of the Latino community. They will also be offering free student and family portraits (safely outdoors and distanced, to of course). All are welcome, including children. They hope to provide translation into Spanish and Portuguese. For those unable to attend, the event will be broadcast on Facebook Live. \*\*\*\*\*\*\*\*\*

On March 13, a coalition of human rights groups and activists will hold their thirteenth protest in front of Tufts University's Confucius Institute. Activists have been organizing weekly "Solidarity Saturday" protests every Saturday since December 19 to demonstrate their opposition to an institute funded by a genocidal regime which is committing egregious crimes against humanity. The activists are demanding an immediate closure of Tuft's Confucius Institute and plan on protesting until their demands are met. Prominent activists and politicians will be attending or speaking at this protest, including Massachusetts State Representative Erika Uyterhoeven, and Somerville City Councilors Will Mbah and Ben Ewen-Campen. Olo Bayul, Somerville Public Schools Teacher and Tibetan activist, will give opening remarks and introduce guest speakers. Sarah Phillips, a member of the Somerville School Committee, will also deliver remarks in support of the protestors. In addition to these speakers and attendees, a representative from the Tibetan, Uyghur, Hong Kong, and

Taiwanese movements will be speaking. Saturday, March 13, from 1:00pm to 2:30pm at Tufts University, 112 Packard Ave., Somerville. Hosting it is Tibetan Association of Boston, Students for a Free Tibet, Hong Kong Social Action Movements, Boston Uyghur Association, Formosan Association for Public Affairs MA.

\*\*\*\*\*\*\*

The Gilman Square Neighborhood Association and the Somerville Arts Council are looking for input to guide the process for a large-scale public artwork for the Traction Power Substation Building (aka "that large grey block") and future public art opportunities. They invite Gilman square residents and business owners, and visitors to Gilman, to fill in this short survey to participate in this process and in visualizing the future of Gilman Square. Survey Link: https://somervoice.somervillema.gov/ gilman-square-plan-implementation/ survey\_tools/gilman-square-public-artsurvey-2 \*\*\*\*\*\*\*\*

**ROOTED Armory Cafe & Farmstand** re-opened on Tuesday, March 2. Please plan to stop by frequently for delicious takeout menu items - Continued on page 12

### **FUN & GAMES**

### Ms. Cam's Tion

Olio - (noun) A miscellaneous mixture, hodgepodge

- 1. What was Daylight Savings Time called in the U.S. when it was first introduced in 1918?
- 2. What was the first country to adopt Daylight Saving Time?
- 3. Who painted The Water Lily Pool?
- 4. In which 1979 film was the spaceship called Nostromo?
- 5. Who designed the Beatles' Sgt. Pepper's Lonely Hearts Club Band album cover?
- 6. In which country would one find eight of the world's ten highest mountains?
- 7. Which member of

6

8

4

5

6

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8

2

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6

6

- Nirvana was injured during the 1992 MTV Video Music Awards?
- 8. Who was the first company to have manufactured machines for baseball stitching?
- 9. Which word does the "e" in "email" stand
- 10. In which U.S. state is John F Kennedy buried?
- 11. Elton John is known for what signature accessory?
- 12. Where is the world's largest Mc-Donald's restaurant?

Answers on page 10

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#### The Somerville Times Useless Facts of the Week

- 1. Insects outnumber humans 100,000,000 to one.
- 2. No word in the English language rhymes with "month".

#### STATEPOINT CROSSWORD

BASEBALL

#### **ACROSS**

- 1. Turkey trot, e.g.
- 6. Dadaist Jean
- 9. \_\_\_\_ crew, Milwaukee Brewers fan
- 13. Poppy seed derivative
- 14. Afghan monetary unit
- 15. Hotel room option
- 16. Category of artistic composition
- 17. Between northeast and east
- 18. Relating to pond scum
- 19. Babe Ruth's first major league team
- \_\_\_-and-\_\_\_\_ sport
- 23. Dog command
- 24. Bald eagle's home
- 25. Witchy woman
- 28. Back wound?
- 30. Siskel or Ebert
- 35. Smoothing appliance
- 37. Distinctive flair
- 39. Stomata, sing.
- 40. Burlap fiber
- 41. Archeologist's find
- 43. Estimated arrivals
- 44. Discompose
- 46. Cobbler's concern
- 47. Merlin or Gandalf
- 48. B in RBI
- 50. Close by
- 52. Spade for stony ground
- 53. Karl of politics
- 55. Between ready and go
- 57. Left, center or right one
- 61. Yankees' only #4
- 64. Blast from the past
- 65. Crew tool
- 67. Helped
- \_ one's time, past tense
- 70. Schiller's poem
- 71. Express contempt
- 72. What Simon does
- 73. Cut grass
- 74. Intoxicating

#### DOWN

- 1. Eat a hot one at the game
- 2. Copycat

9

3

3. Number of standard baseball posi-

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CROSSWORD



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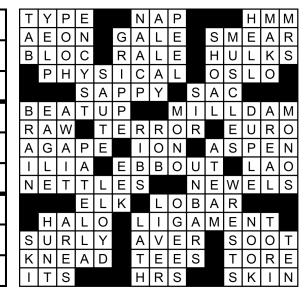
- 4. Miss Muffet's meal
- 5. Vomiting
- 6. Highest point
- 7. Scoring unit
- 8. Annapolis frosh
- 9. Tulip's early stage
- 10. Capital of Latvia
- 11. Et alibi (2 words)
- 12. Water source
- 15. Bacchus' attendants
- 20. Weasel's aquatic cousin
- 22. Baseball trajectory
- 24. Diver's edible reward
- 25. Muslim woman's headscarf
- 26. Caribbean island destination
- 27. Gained access to (2 words)
- 29. Hoppy beers 31. Individual unit
- 32. Bottom line

- 33. Idealized image
- 34. Katie \_\_\_\_ or "\_\_\_ at the Bat"
- 36. Empty when kids leave
- 38. World's longest river
- 42. Cut it out
- 45. Moved a flock of sheep
- 49. Certain John's or Jane's last name
- 51. Re-use old ideas
- 54. Car sound, to a toddler
- 56. Trinity
- 57. Small door-opening devices
- 58. One of the hipbones, pl.
- 59. Whirlpool 60. "Big Little \_\_\_\_\_"
- 61. What Jack's beanstalk did
- 62. It comes to mind
- 63. Turned to the right, like a horse 66. Commotion or fuss
- 68. Wine quality
- Answers in the next edition of The Somerville Times.

#### Soulution to last week's sudoku puzzle:

| 8 |
|---|
|   |
| 2 |
| 7 |
| 1 |
| 5 |
| 6 |
| 9 |
| 3 |
| 4 |
|   |

#### Soulution to last week's crossword puzzle:



Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

6

### Immigrants experience barriers to coronavirus vaccine

### Accessibility is further complicated by cultural, linguistic, and structural differences

#### By Shira Laucharoen Somerville Wire

Getting the COVID-19 vaccine is not an easy process for immigrants, even in a progressive city like Somerville. Facing language barriers, transportation obstacles, and a digital divide, the difficulties around access are compounded when considering individuals' own personal fears and uncertainties. According to Ben Echevarria, executive director of the Welcome Project, the information coming out from the State has not been systematic or predictable, leading many immigrant families and residents to ask, what is going on?

"The problem that Somerville had just like everyone else—was that there really wasn't a great rollout in immigrant or other language communities, in terms of information about COVID and everything else," said Echevarria. "I think of the City's current rollout, of the vaccine program, is that they have been a lot stronger with it. Once they got up and running, the text service quickly went out to people, the emails and all that." He added, "But nobody has really been focused on the barriers in the sense of the misinformation and the cultural context of these things. We haven't seen rollouts of information talking about how safe they are."

According to Judy Neufeld, who has led the City's Immigrant Services Unit during the pandemic, people who do not speak English as a first language may struggle to navigate the process of getting a vaccine. Others may not have access to computers or the internet, while not having a vehicle to safely take oneself to a vaccination site can also result in challenges. The City has taken steps to address these conditions for example, establishing a multilingual call-in line, as well as temporary vaccine clinics in Somerville—but many of the hurdles are still present.

"I think the main barriers that we're seeing are around accessing the vaccine doses: the transportation, the lack of healthcare providers, the language challenge, and the internet, or digital divide,"

said Neufeld. "Those are very real. And even as supply increases, that's still going to be a challenge for us that we're trying to overcome." She added, "We've been able to provide that wraparound model and make sure people get [to the site] on time, have access to folks who speak their language, and that's not always true with the State model right now. I do think it's still a challenge, and we're trying to figure out how to get through it."

Echevarria said that vaccine hesitancy is common in immigrant populations,

"There's fear that there will be tracking of people's data, where they live"

particularly among those who may be religious. Many immigrants are highly religious, he stated, and in Christian communities, they may believe that the vaccine is the "mark of the beast." He explained that the cultural context is important, with many groups receiving misinformation from Facebook or WhatApp. Some may have heard rumors that the vaccine is dangerous, and as Echevarria said, there is even an internet meme that suggests vaccination sites will put a chip inside your arm. For others, such as undocumented individuals, they may have a general distrust of government or fear that their immigration status could be passed along to the wrong people.

"There's fear that there will be tracking of people's data, where they live," said Echevarria. "The City's asking for information and insurance. ... Do you really trust the government with your address? There is the fear [that with public charge], will this count against us? ICE has been quiet recently; they've been doing their own thing for years. Are they going to be at these stations or facilities? There's a lot of fear and mistrust of the



government in general within undocumented communities."

Maura Mendoza, who works in Somerville Public Schools, emigrated from El Salvador in 2007. While she is not yet eligible for the vaccine, when she first heard about it, she felt cautious, because she had come from a country where she could not trust the government. For people who have come from nations with authoritarian leadership systems, they may feel guarded about getting vaccinated, even living as Massachusetts residents.

"I was born in El Salvador and studied for my bachelor's in Cuba, which is another totalitarian country. Some of my childhood I spent in Panama, because my mom is from Panama," said Mendoza. "So, of course I don't trust the government, period. This is not only myself. ... We come from countries where the government paid people to go to the street [to protest]. And I lived that in Cuba, as well."

Since the announcement of the vaccine, Mendoza said that she has come to feel more secure about the idea of being vaccinated, but she believes there are ineq-

uities in the process. Not everybody has an equal chance at receiving their dosage, particularly in immigrant populations.

"I definitely think there is a language barrier, an access barrier, because not everybody has a smartphone, not everybody has an email," said Mendoza. She added, "My fear is that when it comes to us to get vaccinated, a lot of folks will be missed. It's about access, and not everybody has the same living conditions, the same opportunities. Who will get vaccinated? The educated, people who speak English, the people who can navigate the system, people who take the initiative to call their PCP. If you don't have those conditions, you will be the last one to get vaccinated."

About the writer SHIRA LAUCHAROEN



Shira Laucharoen is assistant director of the Boston Institute for Nonprofit Journalism and assistant editor and staff reporter of the Somerville Wire. She

also writes for Sampan newspaper and The Somerville Times.

#### The magic of Tipping Cow ice cream **CONT. FROM PG 1**

which you mainly needed milk, sugar, salt, and a Ziploc bag. But what makes Tipping Cow's ice cream unique is that they "make homemade small-batch custard base ice cream by combining gourmet experience with the wisdom of Elders who cooked with love."

And this wisdom also lends itself to the creation of flavors. "Some of our flavors are birthed from pure inspiration, some from reverse engineering, and some come from obsessing over seasonal ingredients that help us push our creativity. I have always loved being able to go into a kitchen or lab to create new things even as a child. I am always thinking of what we can make next that is not typically ice cream," shared Lindsey.

When asked about the pandemic's impact on Tipping Cow Ice Lindsey said, "It is actually a blessing from the standpoint of being able to stay open and provide pieces of love and happiness. We are truly thankful to be here and serve."

While Tipping Cow continues to shower the community in love through ice cream, they also remain conscious of the importance of sustaining Black entrepreneurship in Somerville. "We will continue to stand on the shoulders of those who came before us. We will continue to be intentional about honoring their wisdom and love by paying tribute through our creativity and service. Tipping Cow will always strive to encourage and uplift Black Entrepreneurs by supporting their businesses and sharing best practices with those in the developing phase and well established."

Keep up with Tipping Cow on social media at: https://www. instagram.com/tippingcowice-



Tipping Cow has been delighting Somerville's ice cream lovers since 2013.

#### **LEGAL NOTICES**

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



#### City of Somerville PLANNING BOARD

City Hall 3rd Floor, 93 Highland Avenue, Somerville MA 02143

#### **PUBLIC HEARING NOTICE**

The Somerville Planning Board (PB) will hold a public hearing on Thursday, March 18, 2021 at 6:00pm. Pursuant to Governor Baker's March 12, 2020 Order suspending certain provisions of the Open Meeting Law, M.G.L. Chapter 30A, §18, and the Governor's March 15, 2020 Order imposing strict limitations on the number of people that may gather in one place, as well as Mayor Curtatone's Declaration of Emergency, dated March 15, 2020, this public hearing will be conducted via remote participation.

#### The meeting will be held using GoToWebinar.

**TO USE A COMPUTER** 

https://attendee.gotowebinar.com/register/4229595146022441485 Webinar ID: 758-868-131

TO CALL IN

1 (415) 655-0052 Phone number:

Access code: 904-760-833

The Planning Board will consider the following pursuant to M.G.L. 40A and the Somerville Zoning Ordinance:

**120-132 Middlesex Ave** Brickyard at Assembly LLC proposes a master plan to develop a 1.3 acre site in the Assembly Square Mixed-Use (ASMD) special district. The master plan includes an 18-story laboratory principal building with underground structured parking and was previously granted a Variance from the ASMD's civic space requirement. The Applicant also requests multiple Special Permits to waive the maximum Floor Area Ratio (FAR), the maximum permitted building height, and to authorize occupancy of commercial spaces over 10,000 square feet by any permitted use.

Development review application submittal materials and other documentation may be viewed online at

Interested persons may provide comments to the Planning Board at the hearing or by submitting written comments by mail to Planning & Zoning Division, 3rd Floor City Hall, 93 Highland Avenue, Somerville, MA 02143; or by email to planning@somervillema.gov.

3/3/21, 3/10/21 The Somerville Times

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From on page 8 Ms. Cam's

1. Fast Time

8. The United Shoe Machinery Company

2. Germany, 1916

3. Claude Monet

9. Electronic

4. Alien

10. Virginia, Arlington National Ceme-

5. Art Director Rob-

ert Fraser

11. Eyeglasses

6. Nepal

12. Frankfurt, Ger-

7. Krist Novoselic

many



#### CITY OF SOMERVILLE **PURCHASING DEPARTMENT** IFB#21-51

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

#### **Water Distribution Systems Regular and Emergency Repairs**

An invitation for bids (IFB) and specifications may be obtained at the Purchasing Monday, March 15, 2021. Sealed bids will be received at the above office until: 03/30/2021 at 12:00 PM.

The Purchasing Director reserves the right to reject any or all bids if, in her sole judgment, the best interest of the City of Somerville would be served by so doing.

The contract term shall be for a period of 1 year from 04/25/2021 through 04/24/2022, with two one-year options to renew. The City reserves sole discretion to exercise renewal options.

A 5% bid deposit is required. Prevailing wage applies to this pro-

While the City will still accept paper bids, bidder can submit bids online via BidExpress website located at www.bidexpress.com. City of Somerville (BidExpress)page is located here: https://www.bidexpress.com/businesses/33100/home

Please contact <u>pwaditwar@somervillema.gov</u> for further information.

Prajkta Waditwar Construction Procurement Manager 617-625-6600 x. 3407

3/10/21 The Somerville Times



#### **CITY OF SOMERVILLE PURCHASING DEPARTMENT** IFB#21-52

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

#### **Water Main Gate Repairs and Appurtenances**

An invitation for bids (IFB) and specifications may be obtained at the Purchasing Monday, March 15, 2021. Sealed bids will be received at the above office until: 03/30/2021 at 1:00 PM.

The Purchasing Director reserves the right to reject any or all bids if, in her sole judgment, the best interest of the City of Somerville would be served by so doing.

The contract term shall be for a period of 1 year from <u>04/25/2021</u> through 04/24/2022, with two one-year options to renew. The City reserves sole discretion to exercise renewal options.

A 5% bid deposit is required. Prevailing wage applies to this procure-

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Please contact <u>pwaditwar@somervillema.gov</u> for further information.

Prajkta Waditwar **Construction Procurement Manager** 617-625-6600 x. 3407

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#### CITY OF SOMERVILLE **PURCHASING DEPARTMENT** IFB#21-53

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

#### **Sewer System Repairs and Maintenance**

An invitation for bids (IFB) and specifications may be obtained at the Purchasing Monday, March 15, 2021. Sealed bids will be received at the above office until: 03/30/2021 at 2:00 PM.

The Purchasing Director reserves the right to reject any or all bids if, in her sole judgment, the best interest of the City of Somerville would be served by so doing.

The contract term shall be for a period of 1 year from 04/25/2021 through 04/24/2022, with two one-year options to renew. The City reserves sole discretion to exercise renewal options.

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#### CITY OF SOMERVILLE **PURCHASING DEPARTMENT** IFB#21-57

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

#### **Bituminous Concrete**

An invitation for bids (IFB) and specifications may be obtained at the Purchasing Wednesday, March 10, 2021. Sealed bids will be received at the above office until: 03/24/2021 at 12:00 PM.

The Purchasing Director reserves the right to reject any or all bids if, in her sole judgment, the best interest of the City of Somerville would be served by so doing.

The contract term shall be for a period of 1 year with two one-year

options to renew. The City reserves sole discretion to exercise renewal options. While the City will still accept paper bids, bidder can submit bids on-

line via BidExpress website located at www.bidexpress.com. City of Somerville (BidExpress)page is located here: https://www.bidexpress.com/businesses/33100/home

Please contact <u>pwaditwar@somervillema.gov</u> for further information.

Prajkta Waditwar **Construction Procurement Manager** 617-625-6600 x. 3407

3/10/21 The Somerville Times

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### **City Council survey and community** meeting on Civilian Oversight of Police

The Somerville City Council invites the public to join a virtual community meeting on Civilian Oversight of Police and also to take its survey about civilian oversight.

Join the meeting to learn about the Council's ongoing work to establish civilian oversight in Somerville, and how the public can get involved. The virtual meeting will be held on the Zoom teleconferencing platform on Wednesday, March 24, at 6:30 p.m. The meeting can be joined by phone, online via Zoom, or watch it without signing in on the City's GovTV channel and YouTube. For details on how to join or watch the meeting, please visit somervillema.gov/ CivilianOversight.



#### Civilian Oversight of Police Survey

Please also take the quick online survey about Civilian Oversight. Your input is important to this community process and the survey only takes a few minutes. Find the online survey at somervillema.gov/CivilianOversight or see the contact info below to request a paper copy.

To learn more, please visit somervillema.gov/CivilianOversight. Questions or paper survey needed? Please contact CivilianOversight@SomervilleMA.gov or call 311 at 617-666-3311.

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#### Historical Fact CONT. FROM PG 5

The Atlantic Monthly in 1861.

Author: Harriet Beecher Stowe; Publication: *Uncle Tom's Cabin* (novel); Published in: *The National Era* in 1852.

Author: Walt Whitman; Publication: O Captain! My Captain! (poem); Published in: The Saturday Press in 1865.

Along with Trowbridge, these three authors were all abolitionists. Longfellow's poem, Paul Revere's Ride, called for the country to dissolve tensions and avoid civil war. Stow's book, Uncle Tom's Cabin, called for ending slavery and Whitman's poem, O Captain! My Captain!, mourned the assassination of Abraham Lincoln who emancipated America's slaves. Lincoln's death

marked the century. Somerville's Lincoln Avenue, Lincoln Street, Lincoln Parkway, Lincoln Place and the frieze of Lincoln's Gettysburg Address in City Hall honor this great man.

After the war from 1865 to 1866, Trowbridge was asked to take on the awe-inspiring journey of chronicling the unconstructed South and documenting his findings. He was one of the very few journalists who covered cities, towns, battle grounds, and landscapes. He talked to the young and old of both genders, refugees, soldiers, citizens, free slaves and the displaced. His over 150-year-old journal was republished as John Townsend Trowbridge's *The South*.



#### Newstalk CONT. FROM PG 7

including alcoholic and non-alcoholic beverages, and coffee drinks made at our espresso bar – and groceries featuring produce, dairy and pantry items, and beer and wine. Order online so that your order is ready when you come in. Open hours are Monday – Friday, 8:30 a.m. – 6:00 p.m. and Saturday, 9:00 a.m. – 6:00 p.m., 191 Highland Ave.

\*\*\*\*\*\*\*

The City of Somerville still remains in the limited Phase 3, Step 1 stage of reopening that went into effect on February 1 until at least March 15. Capacity limits in Somerville businesses will remain at 25% or the limit set in the business's city-approved health and safety plan until further notice. Somerville also continues to hold the limit on attendance at gatherings to no more than 10 persons until further notice. The limit applies to both indoor and outdoor gatherings of any kind unless otherwise specifically permitted in city activity-specific guidelines.

\*\*\*\*\*\*\*\*

Gov. Baker announced last Wednesday that k-12 teachers, childcare workers, and K-12 school staff will be eligible to register for COVID-19 vaccines on March 11. Anyone who is eligible to receive a vaccine can register for an ap-

pointment by visiting mass.gov/vaccine or calling 211.

Somerville-Cambridge Elder Services (SCES) is offering free transportation to COVID-19 vaccination sites to Somerville residents age 60 and up as well as adults of any age with disabilities. Appointments must be scheduled in advance. To learn more or schedule an appointment, contact SCES at 617-628-2601 or info@eldercare.org.

\*\*\*\*\*\*\*\*\*

You can find video updates from Gov-TV about progress in the vaccine rollout, as well as recordings of vaccine informational sessions with medical professionals by clicking the "Videos and Podcasts" tab on somervillema.gov/vaccine. There are recordings available in English, Spanish, Portuguese, Haitian Creole, and Nepali. Or watch the videos on basic cable or GovTV on YouTube.

\*\*\*\*\*\*\*

The city has been holding virtual vaccine information sessions and Q&As in multiple languages throughout the vaccine rollout. To find out when a session is coming up, click the "Events" tab on somervillema.gov/vaccine.

\*\*\*\*\*\*\*\*\*

If you or someone you know would prefer to get occasional vaccine updates via a phone call, you can sign up by visiting somervillema.gov/vaccine or calling 311. If you prefer email updates, don't worry, you won't be missing any information if you don't sign up for calls. All information sent out via calls will also be included in these email updates.

\*\*\*\*\*\*\*\*

Make sure you're wearing the right face covering. The CDC has guidance on choosing a face covering that best protects those around you. Three things to keep in mind: Your face covering should be made of at least two layers of washable, breathable fabric. It should completely cover your nose and mouth. It should fit snugly against the side of your face. That means if you're getting a face covering for a child, you should look for one designed for smaller faces.

\*\*\*\*\*\*\*\*\*

Apply for small business relief funds. The City of Somerville has made \$5 million available to small businesses in its third round of the Small Business COVID-19 Relief Fund. Eligible businesses can apply for grants of up to \$25,000. Applications are now available and will be reviewed on a rolling basis.

Learn more about the funding, including eligibility requirements, or apply for funds online.

\*\*\*\*\*\*\*\*

Somerville's Winter Farmer's Market takes place Saturdays, 10:00 a.m. - 1:00 p.m., through April 10, at 191 Highland Ave. Offering the best locally grown and produced agricultural items and more. Online pre-order market with a small outdoor "live" shopping market. They offer a diverse range of local and New England produce, as well as cheese, eggs, meats, fish, breads, pastries, chocolate, and wine. They feature rotating guest vendors each week, as well as live entertainment and activities. They accept SNAP/EBT, CREDIT and DEB-IT cards. \$10 SNAP match for EBT customers. For market information visit: http://www.somwintermarket.org. \*\*\*\*\*\*\*\*\*

The Pandemic – Electronic Transfer (P-EBT) Program was created spring 2020 to provide eligible families funds to purchase food while schools were closed during the COVID-19 pandemic has been extended through the end of the 2020-21 school year. Visit https://www.map-ebt.org/home/#ihdtab for additional information.

### Bobby's Dad Jokes Corner

By Bobbygeorge Potaris



What's the difference between a poorly dressed person on a tricycle and a well-dressed person on a bicycle? Attire!

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# On This Day in Kistory March 10

0049 – Julius Caesar crosses the Rubicon and invades Italy.

1656- In the colony of Virginia, suffrage is extended to all free men regardless of their religion.

1876 – Alexander Graham Bell makes the first telephone call to Thomas Watson saying, "Watson, come here. I need you."

1910 - Slavery is abolished in China.

1927 – Prussia lifts its Nazi ban, Adolf Hitler is allowed to speak in public.

1933 - Nevada becomes the first U.S. state to regulate drugs.

1947 - The Big Four meet in Moscow to discuss the future of Germany.

1954 – President Dwight Eisenhower calls Senator Joseph McCarthy a peril to the Republican Party.

1971 – The Senate approves a Constitutional amendment to lower the voting age to 18.

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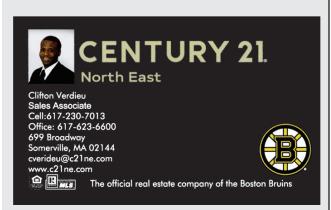
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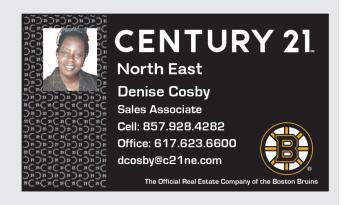
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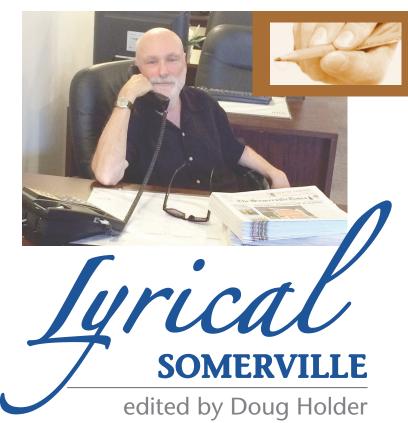
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Molly Lynn Watt is a lifelong activist, educator, ukulele player and poet living in Cambridge Cohousing since co-founding it almost 23 years ago with fifty others. She has taught poetry writing at Transition House in Somerville and Harvard Institute for Learning in Retirement, has two volumes of poetry published through



Somerville's Ibbetson Street Press, and has been published widely both for her work in education, travel writing and poems. Her poem Civil Rights Update was selected by the Dallas Public Schools to pair with Dr. King's I Have a Dream Speech for all ninth graders to study. In 1958 she heard Billie Holiday sing Strange Fruit in a Connecticut nightclub just nine months before Billie died and Molly's daughter was born. The impression Billie's singing made on Molly catapulted her into the civil rights movement and in 1963 she was jailed with her young daughters in Tennessee for her work in the movement. Her poem, Billie Holiday Sings Strange Fruit, 1958, appears in her volume of poems telling the story of her journey in civil rights, On Wings of Song, Ibbetson Street Press, 2014. The story continues to be relevant as it parallels some of what our nation is struggling with still today. The struggle for civil rights is called our nation's longest struggle.

#### Billie Holiday Sings "Strange Fruit" (1958)

in a Connecticut nightclub a woman enters through eddies of cigarette smoke a gardenia behind her ear her white satin gown too loose for her frame unsteady she leans on an escort makes her way to the stage her ringed hands limp at her waist she stares through the crowd opens her ruby mouth a low dry voice drips flooding the room southern trees bear a strange fruit

Billie head high eyes shut puts Jim Crow on stage I am a witness under the live oak I am the lynching party I am the body swaying on the rope I am not breathing Lady Day burns out note after note scorching the darkness here is a strange and a bitter crop

Lady sways a little

### OFF THE

by Doug Holder

### **Consummately Plenty and** More in 'SOULJOURNER' - the new 'Karmic crime' novel

Article by Michael T. Steffen, Correspondent for Off the Shelf

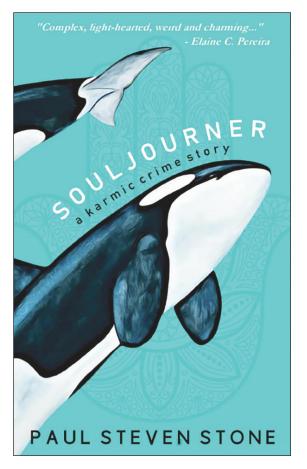
Tucked in with a good deal of intimations of immortality, in a suggestively boundless discourse on Eastern philosophy, underscored by a belief in reincarnation, with many references to the teachings of Bapucharya, the actual narrative of Paul Steven Stone's new novel, SOULJOURNER (ISBN: 978-1-912526-4-9, Fahrenheit Press) by contrast beds the loftiness of the protagonist David Rockwood Worthington's consciousness in the halting mundanity of his current life circumstances, serving a life sentence in a federal prison, haunted by the memories of three failed marriages - the last by murder, hence the prison.

The scope of the novel, in these terms, between the summits of cosmic wisdom and the abysses of human betrayal and depravity, brings up comparison with literary greats like Dante. Not that Stone would lay claims to such an aspiration, nor would the lack of a clearly intentional design in the novel. Importantly, nevertheless, SOULJOURNER does propose and relate a powerful belief in the stakes and eternity of our spiritual lives, with the twist, heralded by the book's epigraph from Pierre Teil-

We are not human beings on a spiritual journey. We are spiritual beings on a human journey.

In a sense, it's not the discerning fortitude of the protagonist that sugars David Worthington to the reader's taste, but his vulnerability, which we in our times uphold as definitively human, in the long vein of the modern and post-modern antihero. It has the psychological leverage of turning the same criminal-heads-side coin to its tails-side of victim, with the incidents of Worthington's unstable mental state due to blackouts ensuing the death of his daughter, Maggie, from his first marriage, to the dazed recollection of being himself strangled in bed by Anna, his third wife, and so acting in self-defense strangling her.

Along with the labyrinthine narrative threads are woven psychic pressures from the "other world" by David's rather sensible if bothersome alter-ego, Sam the Muse, and from the diabolical Karma of his deceased second wife Roza Rostova. Add in numerous bizarre occurrences, including an outof-body experience in an elevator, an in-prison IRS audit, visits with an endeared prison physical therapist, an inimical prison psychologist (who inserts session notes into and is ultimately responsible for curating Worthington's narrative after having the prisoner's pc taken away), and



we have everything and more, including stashed fortunes and dustings of political and geopolitical furniture, to keep the highly versatile Internet-age reader busy. That, "busy," with "wide-ranging" and "unpredictable" characterize the novel and set it on those edges likely to lose or keep readers, between credence and curiosity.

The great virtues of SOULJOURNER lay in how Stone manages the complexity of his enterprise sentence by sentence simply with deft and vivid writing, as in the description of Roza's ridicule: "the cackle would always shrink and wither behind her fingers into a shrill hyena's laugh that would quickly vaporize." (p.28)

The author is able, moreover, as already pointed out, to reveal the higher inner spheres of the sensitive reader's consideration. Stone sets forth didactic intentions, a classical primary function of writing which has been largely eschewed and difficult to approach plausibly in "creative" fiction since perhaps Dickens. The author's self-proclaimed nonce one-sentence first chapter hints at this didactic intention, conferring the enlightening labor to the reader, as a reader of one's own life in the semiotics of a former existence:

#### **CHAPTER ONE**

This is a warning from the

Continued on page 15

her escort helps her from the stage someone claps another joins the room applauds as Lady Day fades away

I am twenty witnessing a double lynching the body hanging in the song the singer ravaged by drugslater under the attic eaves in Gramps and Della's rope bed bone-chilled I can't get warm enough I can't get close enough we conceive our first child to a chorus of howling ghosts

— Molly Lynn Watt

### A Tribute to Hugh McGowan: **Somerville Music Legend**

Article by Somerville Times correspondent Jennifer Matthews

I've been trying to make sense of a very dear soul and friend who suddenly passed away six days ago. Hugh McGowan was an amazing person and musical artist, who touched the hearts of countless people with his gorgeous voice, incredible songs and plethora of talent. He literally embodied music and it seemed his every breath was for it. He had a long caravan of musical artists he supported, cheered on and played with.

I met Hugh 23 years ago when I played at his Open Mic at the Burren and over the years he touched my heart so much with his enthusiasm and encouragement, and he was always a blast to play with. Some gigs he played drums with me, others he played guitar. He always had a smile on his face, which no words could express the sweetness of. He was pure love and light, and my heart is broken that I didn't get a chance to see him this past year.

Hugh, I have no doubt you are with the angels soaring on crescendos of the highest melodies. But please know that I too am in the boat of so many who are wishing they had more time with you, and will miss you so much. Your sweetheart spirit, your music, your dearness, your friendship and your gorgeous sea blue eyes will forever be with us. Until we meet again, may your journey onwards be as beautiful as the gift of you that we were all blessed to know and love.

Here is a link where you can listen to his music which is so rich with elegance, purity, sophistication and gorgeousness: https://hughmcgowan.bandcamp.com/?fbclid=IwAR2F-Tikz4zhudsKL5YAi\_34-JkQOjgnXEerUkN7upYYMW-\_qYwfaHPagND0

Jennifer Matthews is a singer/ songwriter who lived and played music in Somerville for many years.



#### Consummately Plenty and More in 'SOULJOURNER' - the new 'Karmic crime' novel CONT. FROM PG 14

previous incarnation of your soul.

It must be said there is an equal effort on behalf of the author to entertain us as we go along, from glimpses of the ordinary, sharing a bucket of chicken wings, to awakening sensible insights: "the power of intention has surprising potential to shape reality." (p.77) This is no small pronouncement in our age of vast communications - intentions - with their scarce, tip-of-the-iceberg "reality" which we lack and so dread and crave. That is, we are prone to the credulity of our easily expressed intentions.

Far from standing us on firm psychological ground, SOULJOURNER invites us to the difficulty of acceptance in realms high and low at the brink of our considerations, to both expel and manifest our deepest fears, those beyond our control, residing in higher powers and our own strained and reactive subconscious. At the same time, toeing down to earth, in the disappointing carnality of lovers and lawyers and mobsters, the novel stiff-arms any pretention at riding one's ideals beyond the time's determinations and data. It has aptly been described as "light-hearted, weird and charming" in its complexity, and proves consummately to fulfill a good book's task of keeping the pages turning in its reader's hands.

Author Paul Steven Stone is a member of the Somerville Bagel Bards

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#### **ONGOING EVENTS**

Taxi Rides - Do you need a ride? The COA has a program just for you. Taxi Rides for Somerville Residents 60 and Over Rides can be used for Grocery Shopping in Somerville, Pharmacy Prescription pick up in Somerville, and Routine Medical Appointments in the follow areas: Somerville, Cambridge, Medford, Boston or the V.A. in Jamaica Plain or West Roxbury. Two Days Advanced Notice Required. For more information, please call Connie Lorenti at 617-625-6600, ext. 2319.

Friendly Caller Program - Looking for a way to practice social distancing but still remain connected to other people? Look no further than the Somerville Council on Aging's Friendly Phone Caller program. We 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 at 617-625-6600, ext. 2317 to learn more about the program and to sign up.

**EXERCISE** 

#### **Exercise Schedule**

Mondays 1:00 p.m. = Fit-4-Life Zoom Exercise Wednesdays 9:00 a.m. = Fit-4-Life Zoom Exercise Thursdays 1:00 p.m. = Fit-4-Life Zoom Exercise Thursdays 6:30 p.m. = LBT Fit-4-Life Zoom Exercise

Somerville City Cable

RCN = 13/Comcast = 22

The Fit-4-Life Exercise Show = Daily at 11:00 a.m. and 4:00 p.m.

Fit-4-Life YouTube

Fit-4-Life Exercise Video # 1: https://www.youtube.com/watch?v=4hd26HjpwBI&t=68s

Fit-4-Life Exercise Video #2: https://www.youtube. com/watch?v=QwHfyoEZaws&t=247s

Fit-4-Life Exercise Video #3: https://www.youtube. com/watch?v=Fcl2eBSS024&t=158s

Fit-4-Life Exercise Video #4: https://www.youtube. com/watch?v=7EDtaIdYSz0

Fit-4-Life Exercise Video #5: https://www.youtube. com/watch?v=AAnwfwGybTI

Yoga YouTube

Yoga with Janine video #1: https://www.youtube. com/watch?v=vDGF\_EEbqF0&t=130s

Yoga with Janine video #3: https://www.youtube. com/watch?v=6Zezcj9XXBU

For questions or to register for a Fit-4-Life Zoom exercise class, please contact Chris at CKowaleski@somervillema.gov or call 617-625-6600, ext. 2315.

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