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The Somerville Times



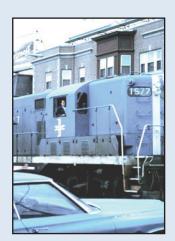


VOL. 8 NO. 13

SOMERVILLE, MASS. WEDNESDAY, MARCH 25, 2020

TWENTY-FIVE CENTS

Inside:



Crazy days tales

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Davis Sq. businesses toughing it out page 5



Simple home science

page 18

Gov. Baker issues stay-at-home advisory as Somerville residents hunker down



Somerville and surrounding communities are relatively inactive after social distancing and stay-at-home advisories have been implemented as a result of the response to COVID-19.

By Jim Clark

Another week of precautionary measures and new regulations in the fight against the spread of the COVID-19 virus has seen local businesses shuttered and residents laying low and practicing social distancing for the time being.

On Monday, Massauchetts Governor Charlie Baker issued a statewide stay-at-home advisory and ordered all non-essential businesses to close as of Tuesday, March 24, at noon. This, in conjunction with the local social distancing advisories already in place, have made the City of Somerville and other communities statewide virtual ghost towns, in terms of percieved human activities in public.

A number of advisories and recommendations were issued by the city over the course of the past week. On Friday, the Mayor's Office issued the following statement: Continued on page 4

Proper pruning is all about the right tools

If you are like most homeowners, you need to prune trees, shrubs, bushes and other plants in your yard from time to time. But do you know which tool is best suited for each particular job? Experts say that choosing tools wisely is key to maximizing beauty, and minimizing damage to plants.

There are a few things to keep in mind as you go about selecting tools for your pruning jobs, big and small, and landscape designer Doug Scott of Redeem Your Ground in Atlanta, Ga., is sharing a few insights to get you started:

• For most basic pruning around the yard, bypass or hand pruners, also known as garden or pruning shears, are go-to tools. Best for making clean cuts through living plants and tree branches, they work much like a set of heavy-duty scissors and are capable of getting into tight spots for close, precise cuts. Scott advises against a common pitfall here: the urge to save money.

"Since pruning shears see so much use, it makes sense to buy the best Continued on page 16 The tools make the gardener, according to the experts.



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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.

We here at *The Times* hope that everyone out there is staying safe and following the social distancing guidelines to keep this coronavirus threat at the lowest level possible. Please check in on your neighbors and help anyone that might not be able to get out and go to the store.

Everyone should also remember to please support our local businesses in any way they can. Even though restaurants closed and most are only available for takeout, you are encouraged to order out and buy gift cards at the restaurants and small businesses for future use.

To contact us at The Somerville Times during these closures, please go to news@thesomervilletimes.com. We are still up and running but will be working remotely.

Happy birthday this week to the following; Happy birthday to former Somerville resident, now in the western part of Kansas, Carolyn Calier, a great lady. Happy birthday also to one of the famous Sullivans of Spring Hill, Michael Sullivan, now living in Worcester. He is celebrating this week. A nice guy, we wish him the very best. Happy birthday to another former Spring Hill lady, Rachael Hart-Adams. We wish her the very best of birthdays, celebrating with her great family and, of course, with her son, Finn. Happy birthday to great guy and lifelong resident, Ed Bean from Prospect Hill, who works at City Hall. Happy birthday to Jim Halloran, long time agent here at The Norton Group, now Century 21 North East Norton Group. We wish the following the happiest of Birthdays: Rhonda Annette, Beth Redmond, MaryLynn McWatters O'Malley, D.J. Dabenigno, Maureen D Kelley, Judy McCollem, Christine Andrade McSheehy, Megan O'Brien and Kathleen Kennedy. Finally, to all those we might have missed we send birthday greetings for this week throughout Somerville and beyond.

Continued on page 11

The Somerville Times

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Somerville Weather Forecast

for the week of March 25 – March 31 as provided by the National Weather Service

	DAY	CONDITIONS	HIGH/LOW	PRECIPITATION	HUMIDITY	WIND
	Wednesday March 25	Cloudy	44°/35°	20%	68%	E 11 mph
	Thursday March 26	Partly Cloudy	46°/35°	20%	64%	NE 9 mph
	Friday March 27	Partly Cloudy	60°/36°	19%	50%	WNW 13 mph
	Saturday March 28	Cloudy	51°/41°	11%	46%	NE 10 mph
**	Sunday March 29	Rain	50°/42°	79%	78%	ESE 13 mph
•••	Monday March 30	Rain	50°/36°	29%	57%	NNW 15 mph
*	Tuesday March 31	Sunny	53°/37°	11%	43%	N 13 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: Somerville Sheltering Stories

Jp says:

One of the things that really helps me while I'm staring at the same walls and going a little stir crazy: The website that my neighbors set up, so we can stay in touch with one another as well as reaching out if someone is quarantined and needs help to get something from the pharmacy. https://mutualaidmamas.com/

Response to: Blarney Stoned

Dee Wise says:

I was supposed to get married on March 24th at the Woodbridge. I heard on the news March 21st or 22nd that it burnt. They were very good to us, they helped to find another place, it wasn't the best place but with only 2 days we could not complain.

I love reading your columns -

Thanks for the memories of a great city.

Coming up to 41 years married!

Jimmy D says:

Dee., great story. Great memory. Thanks for sharing! Congratulations on 41 years!! God Bless!

Response to: Strezo steps into position of Councilor At-Large

R goz says:

sounds like we could use more people like Kristen in somerville.

Response to: Statement from Somerville Mayor Joseph Curtatone on Gov. Baker's stay-at-home advisory

My revolution says:

I equate the City of Somerville and the city councilors to the Titanic. They will save everyone but property owners. We will go down with the ship.

Casimir H. Prohosky Jr. says:

A rent freeze is not only fair but also vital for so many people who are scrambling for their very existence during this unprecedented catastrophe we are all going through. The greedy and socially irresponsible grumblers can grumble all they want, but this is a dire emergency and bitching about having to pay your water bill or your fair share of taxes doesn't impress anyone. It will, however, once again put a spotlight on your uselessness as a pretended member of civilized society. Thank you, Mr. Mayor.

Log onto TheSomervilleTimes.com to leave your own comments



Life in the by Jimmy Del Ponte

Tales of crazier days



Remember the good old days when we were able to leave our houses and go out? As many of us have been binge watching TV and movies, I've dug up

some true tales of yester-Ville. Here are some stories of how some of us occupied our spare time growing up in Somerville in the 60's, 70's, and 80's.

Do not try any of these stunts as many were extremely dangerous and foolish. But it is what it is and it was what it was. I'm combining the stories that were shared by readers. It's many separate remembrances mixed together. To all the Somerville newcomers, you missed a very exciting time.

My pal and I just finished another long Friday night of drinking too much. We woke up on a Saturday morning, hungover, and went for coffee and donuts. It had rained the night before and the roads around the Broadway projects were slick.

My friend hit the gas too hard and the car skidded into a parked car. My immediate reaction was, "GO! GO! Take Off! Let's go!" The crash crumpled the hood up so that my pal had to hang out the driver's side window to see. He took off heading back to the projects.

I don't know how it was possible, but

expires 3/31/20

when we made it back to the projects the cops were waiting for us. We got bagged. Someone must have reported the license plate the second we hit that parked car. I think the cops took our donuts.

Same kid: I used to hang from my third floor bedroom window and drop to the ground to sneak out of the house. Then I would hang from the roof and swing into my window to get back in.

I tried to steal a candy bar from Kresge's. The boss jumped out from behind the counter and said "You know where you will end up if you keep it up!" That's about as crazy as I got.

We thumbed a ride to Malden and these guys that picked us up pulled a gun to scare us. Oh, they did scare us and let us out unharmed in Malden. I don't think any of us ever thumbed a ride again.

We climbed up onto the Ball Square bridge and walked across it!

Many of us climbed the fence at Foss Park (or Dilboy) Pool at 2:00 in the morning, on a hot August night.

I swam in the Mystic River and lived! We swiped donuts from Russ's Donuts between Highland Ave. and Lexington Park.

I'll take the fifth ... but will apologize for anything and everything I did to anyone it affected. I grew up in a neighborhood where we stuck together like glue we did things that would make the news today.



We climbed the light tower at HP Welch Company on Somerville Ave.

We thumbed to Nahant, got picked up by guys on motorcycles. If my daughters did that I would have killed them.

I had a dad who was very well known in the city back 50 years ago. I was scared someone would see me doing crazy things and tell him. I was always scared that my father was following me.

I had a job as car parker at a hotel in Cambridge, I borrowed cars and picked my friends up and went drinking and smoking pot in customers' cars.

We used to break into the sawdust company next to Saint Anthony's Church so we could slide down their loading chute into the bales of hay. Great fun at 10 years old.

One morning me and my cousin hopped a freight train near Medford Street to go a couple of blocks. It never slowed down. We were around nine years old. The conductors grabbed us and scared the hell out of us as we were traveling past herds of cows they told us we would never see our parents again and would have to work in the cow fields. We ended up in New Jersey. The conductors ended up being great guys and they escorted us back to our parents, but we didn't get back till 10:00 p.m.

I skipped church with my sister who then passed out and broke her front tooth! Try explaining this to your mother!

On a dare, I rode my Stingray bike in the front door of Woolworths on Elm Street in Davis Square, rode all the way through the store with the manager chasing me, then passed the pet section, down three stairs, and out the back door.

After sneaking in to a Bruins game we climbed up into the rafters above the ice to hide from the security guards. Stupid, huh?

Me and my pal got arrested at a wild party, cuffed and taken to the police station, in the old "meat wagon," where my pal's dad was a cop. His dad didn't turn us loose like my pal said he would. We spent the night in the pokey. My father was livid.

I used to hang out on top of the bread factory and listen to Aerosmith (they rehearsed in a building on Lowell St.).

We used to hang out near the tracks. When the police were coming we put a long metal bar across the railroad tracks and stood on it. That triggered the railroad lights to signal that a train was coming. Now the cops couldn't cross the street and we had time to scatter. They never figured it out.

We would drag race on Rt.2! My husband and brother-in-law had 1969 428 Cobra-Jet, my cousin had 1970 454 Chevrolet and cousin Jimmy had a roadrunner! We were crazy, but oh what fun! I buried the speedometer on a 1967 Dodge Dart with a 225 slant six engine at 120 mph speeding down Route 2. I used almost all my dad's gas. By the way, it was the first time I used my dad's car the first day I got my license.

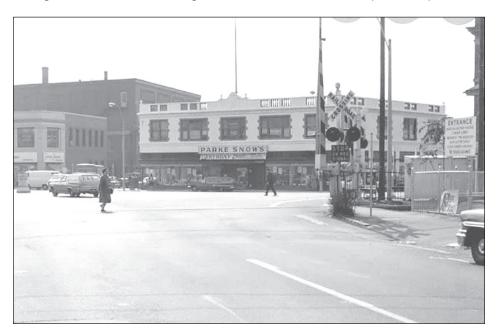
We didn't have video games or cell phones or computers in the old days. We found adventure in our neighborhoods with our friends. Stay safe everyone.



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By Jim Clark

Intoxicated driver offers no explanation

Somerville Police officers were dispatched to the intersection of Holland St. and Irving Rd. last week on reports of a motor vehicle accident.

Upon arrival, a group of people standing at the intersection flagged down the officers and stated that the vehicle was on Irving Rd.

Police located the vehicle parked in the wrong direction in front of an Irving Rd. residence. where a small group of people had gathered and were arguing.

The officers approached the group and a woman, identified as Nicole Sandoval, of Everett, who was the owner and operator of the vehicle in question.

After asking her what happened, Sandoval reportedly made several irrelevant statements about owning a business in Davis Square. The officers again asked her what had happened and she again avoided the question, making statements irrelevant to the car accident. They were reportedly unable to get any information from Sandoval at the time.

Police then spoke with a witness who stated that he was eating dinner inside a restaurant on Holland St. when he heard a loud crash occur outside. He exited the restaurant and found

that his car has been severely damaged. A crowd of bystanders pointed down the street, to Sandoval's vehicle, and told him that she had crashed into his car and was attempting to flee.

The witness and two of his friends chased down Sandoval and told her to stop. She came to a brief stop at the corner of Irving Rd., then made a right hand turn there, down a oneway street.

Sandoval again came to a brief stop. At this point the witness and one of his friends stepped in front of Sandoval's vehicle in an attempt to keep her from fleeing. Sandoval reportedly put the car in reverse, then drove forward in an attempt to flee down Irving Rd. She drove her vehicle into the witness with enough force to knock him to the ground. Sandoval then reportedly drove around the witness and came to stop on Irving Rd.

Police again spoke with Sandoval and asked her what had happened. She again was unhelpful in her responses and avoided informing them of the sequence of events.

The officers reportedly noticed a strong odor of alcohol on her breath. Sandoval's eyes were also red and glassy. She was also slurring her words and avoiding answering any questions.

Police then spoke the passenger in Sandoval's vehicle, who stated that Sandoval was operating her vehicle when she struck a parked car on Holland St. After a brief confrontation, she stopped her car in front of the Irving Rd. location when the police arrived.

Police asked Sandoval if she was willing to take several field sobriety tests and she reportedly agreed. After failing to pass the field sobriety tests, the officers informed Sandoval that she was under arrest on a charge of operation of a motor vehicle under the influence of liquor and taken in for booking.

Arrests:

Adelson Fedna, of Medford, March 9, 8:17 a.m., arrested at Broadway on a war-

rant charge of assault with a dangerous weapon.

Christopher Macinnes, of Medford, March 10, 9:28 p.m., arrested at Broadway on charges of attempt to commit a crime, defacing property, and possession of a

burglarious instrument.

Nicole Sandoval, of Everett, March 16, 5:42 p.m., arrested at Holland St. on a

charge of operation of a motor vehicle under the influence of liquor.

Gov. Baker issues stay-at-home advisory as Somerville residents hunker down **CONT. FROM PG 1**

"Today, with the Board of Health, I announced new measures regarding personal services, retail businesses, and construction designed to promote social distancing and to keep our community safe during this public health emergency."

"Effective at 12:01 a.m. Sunday, March 22, all personal service and general retail businesses must temporarily cease operation. This includes businesses that cannot operate at a 6-foot distance such as nail salons and hairdressers, as well as general retail stores. Pharmacies, grocery, and convenience stores and those that sell other essential items such as medical supplies or cleaning products may remain open. For more information on the types of businesses that can remain open, visit www. somervillema.gov/coronavirus."

"In addition to these new measures, we have already closed schools, limited events, closed playgrounds, suspended team sports, and closed eateries except for pickup and delivery. I know that these disruptions to everyday life are hard on workers, business owners, families, and the community, but to protect the health of everyone in our community - and to prevent unnecessary loss of life we must continue to practice social distancing."

"This applies to construction as well. As of now, all work sites must adhere to safety and distancing measures in order to remain active. All must submit a Job Hazard Analysis and Site-Specific Safety Plan that outlines safety and social distancing practices being used on the job. The Occupational Safety and Health Administration has categorized construction as a Low-Risk occupation, the lowest of their four categories. For example, utility work typically isolates equipment operators, truck drivers, and laborers, all of whom work outdoors at significant distances. However, not all activities are as inherently safe. Thus we are also limiting work that would bring workers into close contact with others."

"Social distancing is most effective when we all do it. To that end I have called for leaders in Massachusetts and New England to implement uniform bold measures including Stay at Home orders. As one city, we are doing what we can to slow the spread of COVID-19, but it will take widespread action to break the cycle of this virus."

In response to the governor's stay-in-place advisory, the Mayor's Office said on Monday:

"Governor Baker's statewide stay-at-home advisory is the right thing to do. The coronavirus represents a threat to our public health unlike anything any of us have seen before. None of us is immune to it and it spreads like wildfire. If we don't take social distancing seriously and stay at home as much as is possible, this disease will overwhelm our healthcare system, creating a crisis for anybody with any kind of medical condition. The Governor today took a vital step to protect the people of Massachusetts. Now it is up to each of us to do our best to keep COVID-19 in check. This is a test we can only pass by working together. People's lives hinge on each of our actions."

"We understand these decisions bring hardship to so many of us. Our economy is grinding to a near-halt and people suddenly find themselves out of a job. That's why a critical element of stay-at-home must be that everyone can stay in their homes. The state must suspend evictions and foreclosures. A rent freeze or rental assistance - both residential and for small businesses - also may become necessities. Our state government must be ready to act swiftly to give people the peace of mind that their housing is assured and that we have jobs to return to on the other side of this emergency. Government must safeguard everybody during this crisis so that each of us can take the necessary steps to protect each other."

"Cities and towns across the state will need State and Federal assistance as well to address food and other critical needs for our most vulnerable residents - and those newly thrust into financial insecurity by the crisis. Our local hospitals also need financial support in addition to protective equipment. I applaud the state for helping to connect volunteers and workers to emerging needs and jobs. We will be looking to the State to also provide coordinated assistance with distance learning, mental health and recovery supports, and other needs brought on by the crisis."

"The Governor also must unite the rest of New England in this common purpose. The virus is not held back by state lines. Our neighboring states must also act swiftly to establish Stay at Home orders as other impacted regions have done. Social distancing will save the most lives if we're working off the same page."

"We understand the uncertainty and apprehension people are feeling. This is no ordinary time. For many of us, we can't believe what's happening, can't fathom that we're now dealing with the kind of epidemics that befell our grandparents and great grandparents. Until recent weeks or even days, it was the stuff of history books."

"And, yet, here we are, engaged in a battle we can win but only if we pull together and make sacrifices we never contemplated having to make. Like the simple act of staying home. Everyone. Statewide. New England-wide. Now."

Also on Monday, the mayor and the Board of Health ordered all non-essential construction work to cease operation during the statewide closure of non-essential businesses through Tuesday, April 7.

"The construction projects happening in Somerville - both public and Continued on page 17

Small businesses in Davis Sq. face impact of COVID-19

By Jessica Sisavath

"Having the students at Tufts University leave is a big blow," said Joyce McKenzie, owner of Nellie's Wildflowers. The current COVID-19 pandemic led some small businesses in Davis Sq. to unexpectedly reduce their hours of operation, serve fewer customers, and possibly close temporarily.

Small businesses are stuck with the empty streets, without the students and the professionals commuting from the Davis T stop during the week. Families are staying home, which is good for their health but not good for the health of these small businesses.

The uncertainty that the businesses may be closed down for a longer period of time is frightening and can put a dent in the finances that help them run their business.

When the City of Boston announced the restrictions for restaurants to offer takeout and delivery-only options, and most recently the closing of all non-essential businesses until April 7, the business community in Somerville's Davis Sq. area were seeing already a dip in their sales, and fewer people patronizing their establishments.

Although they can continue operations remotely, some businesses rely on the face-to-face communication or walk-ins to sustain their activities. For McKenzie,

reducing her hours of operations from 8:00 a.m. - 7:00 p.m. to 8:00 a.m. - 3:00 p.m. became a necessity. The uncertainty of not knowing how the COVID-19 updates were going to directly affect their business was stressful for the flower shop on a daily basis. There were fewer customers and regulars walking into the store. There is thankfully an online service at https://nellieswildflowers.com where the community has been placing orders.

The flower shop was wiping down surfaces and diligently practicing safety measures during their deliveries. Family members from in and out of the state were ordering flowers to show kindness and care for their loved ones. If they had a delivery to be made, the shop would drop off the bouquet of flowers on the doorstep, then call the recipient to let them know they had a delivery.

March is usually the beginning of a busy time for the flower shop. All of Nellie's Wildflowers planned events and conferences with Tufts University through the first of May were canceled. In addition, wedding celebrations and funerals were canceled. These were opportunities for the business to increase revenue. McKenzie had to cut down on staff and asked her employees to stay at home out of concern of their safety.

Although this is a stressful time where it may seem like a roller coaster ride,



Businesses in the Davis Sq. area, such as the Somerville Theatre, are dealing temporary closure due to the effects of COVID-19 precautionary measures. - Photos by Jessica Sisavath

McKenzie finds that the community is still supporting her business. She suggests that if you want to find another way to show your family, friends, or neighbors that you care about them other than phone calls and video chats, consider ordering flowers online from Nellie's Wildflowers.

Vargas Yavuryan, one of the owners of the Davis Square Shoe Repair and Tailoring feels business has also been very slow with students gone and fewer walkins dropping by. The shop is fairly small and people were dropping off but not picking up earlier as they usually do. Yavuryan said that on a normal Saturday in March there would be a line outside the door. Instead, a typical Saturday now has three to four customers walking in. "This time of year is supposed to be a very busy time until May. Now it's even more slow than it is in the summer," he said. Although the small businesses may suffer, Vargas said, "If it is going to be an official Emergency closing for everybody, I'll be happy to close the door too because I have to."

Edward Green of Nine Espresso Bar said that for the second of week of March, sales were decreasing for in-person coffee purchases during the day because fewer adults and professionals were coming in because they are working from home.

However, the business was able to meet their sales goals because customers were buying bags of specialty coffee beans in preparation for being at home. Green sees no interruption in the production of the business and is making sure that a full stock of bags of coffee for customers is available for purchase.

On the other hand, Green says, "My wholesale suppliers can't get me the paper towels, hand sanitizer or anything that can sterilize stuff. It is sold out right now." The access to cleaning products and sanitizers is not only affecting people who are shopping for these products in stores like CVS, but also affecting small businesses. The coffee shop is taking measures to ensure there is a lower potential spread of germs by not allowing personal cups.

Peter Mattchen, manager at The Somerville Theatre says, "We had to cancel all of our larger events going forward for the next month and two months plus." Their sales started to decrease just before the state of the emergency occurred. Events were also an opportunity for the theater to make sales.

Large studios like Universal and Disney are postponing release dates for movies which may give the theater an opportunity to bring revenue back in once The Somerville Theatre opens again in April as is their hope.

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The operators of Nine Espresso Bar are doing their part to practice responsible merchandising.

Beacon Hill Roll Call



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Beacon Hill Roll Call can also be viewed on our website at www.thesomervilletimes.com

IMPORTANT NOTICE: Anyone feeling overwhelmed from the COVID-19 epidemic or in general with sadness, anxiety or stress, or who wants to harm themselves or others, can access the mental health, emotional support and suicide prevention program Call-2Talk by dialing 2-1-1. Call2Talk is also available by calling (508) 532-2255 or by texting C2T to 741741."

THE HOUSE AND SENATE. The focus on *Beacon Hill* last week was the Coronavirus. There were no roll call votes in the House or Senate. This week, *Beacon Hill Roll Call* covers the state government's actions on the virus.

Beacon Hill Roll Call also reports local senators' roll call attendance records for the 2020 session through March 20.

The Senate has held 33 roll call votes so far in 2020. *Beacon Hill Roll Call* tabulates the number of roll calls on which each senator was present and voting and then calculates that number as a percentage of the total roll call votes held. That percentage is the number referred to as the roll call attendance record.

In the Senate, 34 senators (91.8 percent) have 100 percent roll call attendance records. Only three senators have missed any roll calls. *Beacon Hill Roll Call* contacted these senators who missed roll calls and asked them for a statement.

The two senators who missed the most roll calls are Sens. Pat Jehlen (D-Somerville) and Mike Rush (D-West Roxbury) who each missed five roll calls (84.8 percent attendance record).

"On January 16, I was home with the flu," responded Jehlen. "There were five roll calls that I missed [that day]. It's the only session I missed."

"I was out of state on official orders, training with the U.S. Navy from January 10th to January 19th, 2020," wrote Rush.

Sen. Michael Rodrigues (D-Westport) missed one roll call. "I was in session participating in the debate on the climate change bill and I don't remember missing a roll call," responded Rodrigues.

2020 SENATE ATTENDANCE RECORD THROUGH MARCH 20

The percentage listed next to the senator's name is the percentage of roll call votes for which the senator was present and voting. The number in parentheses represents the number of roll calls that he or she missed.

Sen. Patricia Jehlen 84.8 percent (5)

ALSO UP ON BEACON HILL - COVID-19 DOM-INATES THE AGENDA

The House and Senate met in informal sessions for four days with just a handful of members present to consider legislation related to COVID-19 and mostly other routine, often local, non-controversial proposals. The Statehouse remains closed to the public and most legislators and staff were working from home.

BAKER FILES LEGISLATION

Gov. Charlie Baker filed several pieces of legislation last week relating to COVID-19. Only one has been ap-

WAIVE WAITING PERIOD FOR UNEMPLOY-MENT BENEFITS (S 2599) – The House and Sen-

proved by the Legislature.

ate gave final approval to and Gov. Baker signed into law a bill that would waive the one-week waiting period for unemployment benefits to be paid to workers impacted by COVID-19.

"This means that the Department of Unemployment Assistance would be authorized to pay benefits without delay to persons who become unemployed because of lay-offs or business shutdowns taken in response to the virus, because of quarantine orders or directives or illness that prevents them from leaving their homes, or because they must care for a sick or quarantined family member or attend to children who are at home due to school closures," said Baker in a written statement.

HELP TOWN GOVERNMENTS (H 4572) – The Legislature has taken no action on the governor's bill that permits the moderator of town meetings to declare a 30-day postponement due to a public health emergency after consulting with the Select Board; permits a Select Board to vote to extend the date of annual town meeting beyond the existing statutory cut-off of June 30; permits towns to reduce quorum requirements for town meeting as a short-term measure in order to permit communities to conduct their most pressing business with a reduced number of members in attendance; and permits towns that are unable to finalize a budget before the start of the new fiscal year to continue month-to-month spending on essential operations at

"This legislation is designed to provide flexible solutions for communities across the commonwealth as the challenges of the COVID-19 epidemic disrupt the normal conduct of administering town government," wrote Gov. Baker. "The bill creates several options for towns to address the immediate problem that COVID-19 and the risks of large, public gatherings present to town meetings that may be scheduled to occur in the coming weeks."

the same levels as the current fiscal year.

MAKE SEPTEMBER 14 A LEGAL HOLIDAY FOR MARATHON (H 4571) – No action has been taken on Baker's bill that designates Monday, September 14, 2020, the rescheduled date of the Boston Marathon, as a legal statewide holiday. The 124th annual run was scheduled for April 10, 2020 which is Patriots' Day, a legal holiday in the Bay State and Maine.

PROHIBIT PRICE GOUGING - Attorney General Maura Healey has filed an emergency regulation to prohibit price gouging of essential products and services during the COVID-19. The regulation prohibits price gouging of goods and services necessary for public health and safety during a declared statewide or national emergency. Prior to this regulation, price gouging was banned only for the sale of gas and petroleum product under the state's consumer protection law.

"We've heard from hospitals and consumers about skyrocketing prices for things like hand sanitizer, face masks and other essential gear needed to prevent the spread of this highly contagious virus and keep our front-line workers safe," said Healey. That's unacceptable and illegal. We issued this emergency regulation because no one should be exploiting this crisis and putting the public at risk."

QUARANTINE ASSISTANCE FUND - Reps.

Smitty Pignatelli (D-Lenox) and John Barrett (D-North Adams) filed a bill that would create the COVID-19 Quarantine Assistance Fund to provide grants to workers who have lost money from not being able to work because of viral infection, quarantines or isolation. No action has yet been taken on the proposal.

"In this time of public health emergency, it is vital that we do all we can to assist those in Massachusetts who are negatively impacted by COVID-19," said Pignatelli. "Rep. Barrett and I are thankful that the support of this legislation from our colleagues in both the House and Senate sparked productive conversations with the Baker-Polito administration and that they have taken steps to ensure that those who are financially vulnerable are not left behind. Through measured and appropriate responses, Massachusetts will be able to navigate and see the other side of this public health challenge."

EXECUTIVE ORDERS - Gov. Baker and his administration issued several executive orders and regulations which do not need the approval of the legislature including:

NO MORE THAN 25 PEOPLE TOGETHER – Prohibits groups with more than 25 people from congregating in the same place.

call up the National Guard members across the state who will be tasked with supporting requests from state agencies for equipment, logistics, warehousing and related duties. Local cities, towns and state agencies can submit requests for support through the Massachusetts Emergency Management Agency.

BAN DINING IN AT RESTAURANTS AND BARS – Prohibits restaurant, bars and other establishments that offers food or drink from serving food or drink on the premises at least until April 6. These establishments would be allowed to serve food via takeout or delivery.

CLOSE SCHOOLS – Requires all public and private schools to close until at least April 7.

CLOSE CHILDCARE PROGRAMS – Requires all early education centers and family childcare providers to close. The Department of Early Education and Care also issued emergency procedures to set forth a process for opening Exempt Emergency Child Care Programs during the outbreak to provide priority access for families of emergency personnel, medical staff, and others critical to confronting COVID-19.

SMALL BUSINESS LOANS – Makes small business loans of up to \$75,000 with no payments for the first six months. The loans will be made available immediately for any employers with fewer than 50 full- and part-time employees who have been negatively impacted by the coronavirus, including non-profits.

DELAY TAX COLLECTIONS FROM SMALL BUSINESSES- Delays tax collection for small businesses in the restaurant and hospitality industries which will allow businesses that paid less than \$150,000 in sales plus meals taxes or sales plus room occupancy taxes in 2019 to defer their current payments until June.

PHYSICIAN ASSISTANTS - Allows physician's assistants who previously worked on elective surgeries to be used elsewhere in the hospital under a different

Beacon Hill Roll Call

continued from page 6

supervising physician.

MEDICATION FOR OPIOID ABUSE - Allows pharmacists to administer certain medication for the treatment of opioid use disorder. Currently, such medication must be administered by a nurse.

TEMPORARILY SUSPEND REDEMPTION OF BOTTLE DEPOSITS - Suspends temporary enforcement of the requirement that retailers accept beverage containers that have a deposit. The suspension was done at the request of retailers who are overwhelmed by customers purchasing food and household goods. They said they would rather have their employees focus on the massive increase in shoppers. Without the suspension, retailers could be fined and penalized for failure to redeem those containers.

REGISTRY EXTENDS LICENSES - Authorizes the registrar of motor vehicles to temporarily extend licenses, permits, and other identification cards.

NON-ESSENTIAL SURGERY - Mandates that hospitals cancel non-essential elective procedures.

SANITIZER - Permits licensed pharmacies to create and sell hand sanitizer over the counter.

RESTRICT ACCESS TO ASSISTED LIVING -Restricts visitor access to assisted living facilities.

RESTRICT ACCESS TO HOSPITALS - Restricts visitor access to some hospitals.

TELEHEALTH - Expands access to telehealth services - a video chat between a doctor and his or her patients.

QUOTABLE QUOTES

"Activating the National Guard will help support our administration's efforts to keep residents safe and secure during the COVID-19 outbreak. The expertise of the Massachusetts National Guard will benefit our communities with logistical support and other assistance as we continue to respond to this crisis." — Gov. Baker.

"While canceling large events is prudent with respect to containing the virus, we also recognize that this can increase social isolation - a problem that is particularly challenging for LGBTQ youth and others who face social marginalization. We encourage those who serve youth to be particularly cognizant of the impact of social isolation on LGBTQ youth who may rely on services such as school Gay-Straight Alliances, LGBTQ conferences and events, drop-in centers and group therapy services, all of which may be unavailable as the situation progresses." — Statement of the Massachusetts Commission on LGBTQ Youth.

While we are being encouraged to self-isolate, members of our incarcerated population are, by definition, doing the exact opposite with no alternative options. We need to seriously consider pathways to prevent the spread of COVID-19 for those behind the wall." — Suffolk County District Attorney Rachael Rollins.

I'm deeply troubled that Suffolk County District Attorney Rachael Rollins, Middlesex County District Attorney Marian Ryan, Congresswoman Ayanna Pressley and others are publicly suggesting that jails and prisons release inmates because of COVID-19, which would expose our citizens, neighborhoods and the inmates they want to release to increased public safety and public health risks." — Sheriff of Bristol County Sheriff Thomas Hodgson.

HOW LONG WAS LAST WEEK'S SESSION?

Beacon Hill Roll Call tracks the length of time that the House and Senate were in session each week. Many legislators say that legislative sessions are only one aspect of the Legislature's job and that a lot of important work is done outside of the House and Senate chambers. They note that their jobs also involve committee work, research, constituent work and other matters that are important to their districts. Critics say that the Legislature does not meet regularly or long enough to debate and vote in public view on the thousands of pieces of legislation that have been filed. They note that the infrequency and brief length of sessions are misguided and lead to irresponsible late-night sessions and a mad rush to act on dozens of bills in the days immediately preceding the end of an annual session. During the week of March 16-20, the House met for a total of three hours and 52 minutes while the Senate met for a total of six hours and 56 minutes

Mon. March 16	House 11:00 a.m. to 1:35 p.m. Senate 11:19 a.m. to 1:39 p.m.
Tues. March 17	House 11:03 a.m. to 11:08 a.m. Senate 11:11 a.m. to 11:17 a.m.
Wed. March 18	House 11:02 a.m. to 12:03 p.m. Senate 11:08 a.m. to 11:21 a.m.
Thurs. March 19	House 11:00 a.m. to 11:11 a.m. Senate 11:04 a.m. to 3:21 a.m.
Fri. March 20	No House session No Senate session

Bob Katzen welcomes feedback at bob@beaconhillrollcall.com

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	Recent Condominiums Sold in Somerville Over the Past Month:									
MLS#	Address	Description	DOM	List Price	Sale Price					
72600031	17 Norwood Avenue U:2	8 room, 4 bed, 3f bath	21	\$899,900	\$872,500					
72594528	12 Glen St U:12	7 room, 2 bed, 2f bath	34	\$899,900	\$877,000					
72580729	7Tennyson U:B	7 room, 4 bed, 3f 1h bath	52	\$899,998	\$900,000					
72402527	260 Beacon Street U:106	5 room, 2 bed, 2f bath	165	\$929,000	\$900,000					
72578129	75 Rush St U:2	7 room, 3 bed, 4f 1h bath	54	\$975,995	\$926,100					
72577338	56 Bartlett St U:2	7 room, 4 bed, 3f bath	57	\$979,000	\$955,000					
72420027	260 Beacon Street U:208	6 room, 2 bed, 2f 1h bath	411	\$989,000	\$975,000					
72513805	27 Murdock Street U:1	7 room, 4 bed, 2f 1h bath	154	\$995,000	\$990,000					
72592071	10 Wheatland St U:10	8 room, 3 bed, 2f 1h bath	40	\$999,900	\$999,900					
72591842	233 Willow Avenue U:1	7 room, 3 bed, 3f 1h bath	9	\$1,095,000	\$1,129,000					
72584541	55 Prescott St	0 room, 2 bed, 3f 0h bath	45	\$1,134,900	\$1,135,000					
72468925	88-1 Irving St U:1	7 room, 2 bed, 2f 1h bath	279	\$1,147,900	\$1,098,950					

	Recent Multi-Family Homes Sold in Somerville Over the Past Month:								
MLS#	Address	Description	DOM	List Price	Sale Price				
72552398	6-8 Endicott St	2 unit, 11 total rooms, 4 total bedrooms	115	\$930,000	\$825,000				
72586548	11-11A Eliot St	2 unit, 8 total rooms, 4 total bedrooms	34	\$935,000	\$885,000				
72590071	190-192 Morrison Ave	2 unit, 13 total rooms, 6 total bedrooms	21	\$1,000,000	\$900,000				
72597647	122 Central St	2 unit, 9 total rooms, 5 total bedrooms	7	\$1,049,000	\$1,075,000				
72594588	121 Lowell St	2 unit, 12 total rooms, 6 total bedrooms	16	\$1,059,000	\$1,111,000				
72545646	23 Wisconsin Ave	2 unit, 12 total rooms, 9 total bedrooms	168	\$1,245,000	\$1,050,000				
72605471	18-20 Oxford	3 unit, 16 total rooms, 7 total bedrooms	1	\$1,375,000	\$1,375,000				
72594642	103 Bartlett	4 unit, 16 total rooms, 5 total bedrooms	32	\$1,471,000	\$1,277,250				
72550339	21 Cutter Ave	3 unit, 12 total rooms, 6 total bedrooms	81	\$1,585,000	\$1,590,000				
72560072	64 Derby St	6 unit, 24 total rooms, 12 total bedrooms	65	\$2,300,000	\$2,200,000				
72574496	23 Cottage Ave	3 unit, 19 total rooms, 13 total bedrooms	49	\$2,650,000	\$2,600,000				

8

Somerville company bringing 3-D printing technology to the fight against COVID-19

Digital fabrication company Formlabs, headquartered in Somerville, is recognized as the professional 3D printer of choice for engineers, designers, manufacturers, and decision makers around the globe.

Now, in stepping up to lend a hand during the current COVID-19 crisis, the company is pulling out all stops in its initiative to match healthcare organizations and providers with Formlabs customers who are willing to use their printers and volunteer their time to help address critical supply chain shortages and other healthcare needs.

They are working closely with health systems, government agencies, and their network of over 750 volunteers to help design, prototype, and produce parts to be tested and potentially adopted by clinicians. Among them, test kit swabs, facial shield adjustment straps, respiratory mask adapters, surgical masks and respirators are currently under development.

According to Formlabs, front-

line healthcare providers are running out of personal protective equipment (PPE), including face masks and/or respirators (e.g. N95 masks) and face shields. The company is working with a leading Boston hospital, Arthur Blume, Eugene Mann, and hundreds of volunteer designers and engineers to adapt a full face snorkel mask to fit a filter already in use for breathing circuits and in hospitals.

While not yet validated, they are using the same material as their biocompatible, autoclavable Surgical Guide Resin to print an adapter to attach the filter system to the masks. After testing and clinical evaluation, they hope to soon go into production with a 100-unit test batch.

Formlabs is working with a leading Boston-based hospital and several others around the country to 3D print swabs used for COVID-19 testing. With the latest design, they are able to print almost 300 swabs per build. This is currently undergoing clinical evaluation. When this part



Dr. Alex Stone and Dr. Jacqueline Boehme from a leading Boston hospital testing a prototype for leaks and safety.

has been clinically-assessed and is ready to print, they will notify everybody in their community. Between Formlabs and their volunteer network, they currently have 1,000 printers ready to help.

If you are working on COVID-19 related projects and need access to 3D printed parts, or if you have access to 3D printers and are willing to volunteer your time and equipment in this

fight against COVID-19, please go to: http://bit.ly/2WzXlCj. They will do their best to connect available printers and relevant services to the people who need them most.

Dorothy's Corner

BY DOROTHY DIMARZO



While most of us are stuck at home during this difficult and trying time, I decided to go through some recipes I collected over time for ideas when I want to switch things up. Some are healthier than others and some provide a little comfort too. A combination of baked goods, salads, and hot meals are included in the links listed below.

I also listed a link to a site that has information about food safety questions and answers during this Covid-19 outbreak. A special thanks to first responders, nurses, doctors, those at grocery stores, restaurants, pharmacies, transportation, and ALL other essential employees keeping things going so we have access to necessities. Please stay safe!

Fresh Baked Bread. This recipe makes 2 loaves of white sandwich bread. The listed ingredients here state all-purpose flour, but I have used bread flour with excellent results. Water temperature of 110F to bloom the yeast.

http://www.dinnerwithjulie.com/2012/03/04/julia-childs-white-sandwich-bread/

Doughnut Muffins. If you're a fan of the old fashioned donut, this recipe is spot on! And don't be afraid to add an extra 1/4 teaspoon of nutmeg.

https://sites.google.com/site/onceuponachefprintablerecipes/home/ doughnut-muffins

Chickpea Quinoa Mediterranean Salad. An excellent vegetarian and quite satisfying meal. I love this salad during the warmer weather since it's light and packed with flavor.

https://www.asaucykitchen.com/chickpea-mediterranean-salad/

Farro Salad with Cherries. If fresh cherries are not in season, you can substitute dried cherries or even dried cranberries.

https://giadzy.com/recipes/farro-sal-ad-with-cherries-giada-de-laurentiis/

Cashew Chicken. Better than take out and ready in about 30 minutes. Note: the recipe forgot to list cornstarch. After seasoning the chicken with salt and pepper, toss in cornstarch and shake off excess. You will need about 1/3 cup of cornstarch. This adds a crispness to the chicken and helps the sauce adhere to the chicken. I like to serve this with



brown rice and or steamed carrots. https://www.onceuponachef.com/

recipes/cashew-chicken.html

Kielbasa and Cabbage Skillet. I always have these ingredients on hand. I especially like using purple cabbage for this dish. Serve with pierogis, optional of course.

https://www.budgetbytes.com/

kielbasa-cabbage-skillet/

Comprehensive Guide to Food Safety.

https://www.seriouseats. com/2020/03/food-safety-and-coronavirus-a-comprehensive-guide.html

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

Visit us online at www.TheSomervilleTimes.com

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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.

Plague Journal 1:

The kindness of strangers...and new friends



By William C. Shelton

It's a matter of common decency. That's an idea which may make some people smile, but the only means of fighting a plague is common decency.

— Albert Camus

Continuously in print since its 1948 publication, Camus's The Plague tells the story of a town whose people are preoccupied with the making of money, until a pandemic prevents few - other than looters and profiteers from doing so. It is a timely read for the currently homebound.

Readers will recognize the entire cast of characters, from government authorities who dither and downplay the menace, to hedonists who pursue pleasure at the risk of infecting others, to ordinary people of goodwill who risk their lives out of "common decency."

It is at once a detailed narration of human dynamics within a quarantined and imperiled population, and a metaphor for the moral choices presented by human existence. For Camus, the plague is the human condition in which random death can be visited on any of us at any time, without reason, and regardless of our virtues.

The only meaningful response,

for him, is to love each other and work - without expectations - to reduce suffering. "All I can say is that on this earth there are pestilences and there are victims - and as far as possible one must refuse to be on the side of the pestilence." Camus applied his understanding of pestilence and moral responsibility to public policy as well as personal choice.

One of Camus's characters suggests that most people are better than we think. "You just need to give them the opportunity."

In Somerville we are blessed with neighbors who are creating such opportunities, through both existing organizations and their own social entrepreneurship. City government was relatively prompt in closing schools and nonessential public and private services.

Now, what we paradoxically have most in common is our isolation. But all over the city neighbors are taking large and small initiative to remedy the problems posed by social separation, lost services, and missing wages.

A particularly ambitious effort is led by neighbors who have constituted themselves as Mutual Aid Medford and Somerville. They have set up an online spreadsheet where people list such needs as food, childcare, medical supplies, and housing, while others sign up to volunteer these goods and services.

Aware that not everyone has internet technology in their homes, they are organizing hyperlocal "pods," which are small geographical units where a "point person" reaches out to assess and respond to the needs of neighbors. The MAMS website has a map showing where these pods have, or haven't yet, been established.

At the other end of the scale are small acts that they will make a large difference for individuals and families. Two of my neighbors use the same housecleaner. They will continue to pay her, even though she cannot provide these services. City Councilor Stephanie Hirsch urges others who have the means, to continue paying "gig workers" who "may find it hard to ask clients to provide this continuing support, even if they are in a very bad situation."

My neighbor Kate Brillantes suggested that we all put rainbows up in our windows to create a counting game for cabin-fevered children whose parents are taking them for a walk. There are now rainbows on over forty houses in the immediate neighborhood.

Mary Cassesso, who works with the Cambridge Health Alliance, described CHA's acute need for protective masks to neighbor Renée Scott. Renée created a division of labor in which some of us gather fabric, others cut it, and others sew masks.

Meanwhile, members Somerville's Artisan's Asylum are conducting four separate projects to fabricate protective personal equipment for nurses and doctors. One product is a protective shield designed at the University of Wisconsin's engineering school. The Asylum inmates are producing 1,000 shields for CHA, and expecting other orders from nearby hospitals. Denise Provost reports that Rachel Mello, a past Somerville Open Studios leader, has been collecting donations of similar protective gear from artists for donation to healthcare workers.

Somerville Schools staff have been providing graband-go meals for students and their parents, along with free diapers. They've distributed over 500 Chromebook computers and technical support to families that have no device in their homes that can access the internet.

Recognizing that there are children in our community who received all three meals of the day from their schools, Dimitra Murphy has stepped up. Many of you will remember her as Dimitra Tsourianis, and others as the owner of Magoun Square's Daddy Jones restaurant. Courtney O'Keefe tells me that Dimitra has launched a Go-Fund-Me campaign to pay for food assistance. As of this writing, it's just \$1,500 short of its \$15,000 goal.

Many of Somerville's restaurants are offering meals for pickup and delivery to homebound residents. The Chamber of Commerce, Welcome Project, Union Square and East Somerville Main Streets, Velir and the City have collaborated on the Somerville Delivers website, where customers can place orders and restaurants can sign up.

For elders who can get out of the house, Market Basket has

set up special shopping hours. Aware of their heightened vulnerability to Covid 19, the store has established Tuesday, Wednesday, and Thursday, 5:30 to 7:00 a.m. as Seniors-only shopping hours.

It is often observed that crises can bring out the best and the worst in people. We are blessed to live in a city where the best dominates the worst.

At The Somerville Times, we want to hear your stories. Please share them with us through the link on our homepage, and we will share them with others. And please continue to inspire us with your acts of common decency and ordinary heroism.

Links to the initiatives discussed in this column may be found in its online edition at thesomervillenews.com.





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Rethink Restaurants on the Restaurant Industry

Does it make financial sense for your restaurant to do takeout right now? What should restaurants be advocating for? Join industry experts Rethink Restaurants for a virtual meeting discussion on Wednesday, March 25, 3:30 p.m., about the effects of coronavirus on businesses specifically.

Join Zoom Meeting at https://zoom.us/j/267352030. Meeting ID: 267 352 030.

COMMENTARY

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Novel coronavirus preparedness and information

Normally there is an editorial from Mayor Joseph A. Curtatone in this space, but this week the city is instead sharing important information and updates about COVID-19.

On Monday, March 23, Gov. Charlie Baker and the Massachusetts Department of Public Health issued a stay-at-home advisory, effective through Tuesday, April 7, outlining social distancing and public health safety protocols like stopping unnecessary travel and staying home except for necessary errands. Public health experts have said that minimizing contact with others is the best way to slow the spread of COVID-19. Non-essential businesses were also ordered to stop in-person business through April 7.

The types of businesses allowed to be open and operating include (but are not limited to):

- Animal shelters
- Auto supplies
- + Auto repair
- Bakers
- Banks, Credit Unions, Financial Institutions, Insurance Companies
- Bike supplies and repair shops (no bike sales)
- Building supply stores
- + Businesses providing mailing and shipping services, including post office boxes.
- + Butchers
- Check cashing services
- Convenience stores
- Counseling services
- Dentists
- Dry cleaners
- Food banks and pantries

- Gas stations
- General merchandise retailers such as Target (for grocery, pharmacy, essential supplies only)
- Grocery stores (or any store selling primarily food items)
- Hardware stores
- Healthcare providers (hospitals, clinics, urgent care, doctors, home health aides, etc.)
- Hotels, motels, shared rental units and similar facilities
- Internet/Cable Service provider retail locations
- Laundromats
- + Liquor stores
- Manufacturers of medical or other essential supplies for addressing COVID-19
- The MBTA is operating but on a reduced schedule
- Medical cannabis dispensaries
- Mental Health Providers
- Mobile phone stores

- Occupational therapy providers
- Pet food and supply stores
- Pharmacies
- Physical therapy providers
- Professional services (when necessary to assist in compliance with legally mandated activities and critical sector services or where failure to provide such services during the time of the order would result in significant prejudice)
- Retail stores that sell essential goods such as medical supplies or cleaning products
- Specialty Food Stores
- Veterinary care providers

Childcare centers approved by the State for emergency use will also remain open.

Also on Monday, March 23, Mayor Joseph Curtatone and the Somerville Board of Health ordered that all non-essential construction in the city stop until April 7. Crews will have until Friday, March 27, to cease operations and secure their sites. The Director of Inspectional Services and Director of Infrastructure and Asset Management can approve extensions on a case by case basis where additional time is needed. Exceptions will be carefully scrutinized and must include safety protocols to protect workers and residents.

The City of Somerville is posting information on COVID-19, response to this public health emergency, and resources available to residents and businesses at www.somervillema.gov/coronavirus. This page is updated frequently, so don't forget to check back.

Finding meaning in coronavirus crisis



By Matthew McLaughlin City Council President

During times of crisis people struggle to find meaning in the chaos, which leads to depression, despair and even death. During such times I reflect on Viktor Frankl's book Man's Search For Meaning. Frankl was a psychiatrist and Holocaust survivor who attributed surviving a concentration camp to finding meaning in everyday activities. He summed up his philosophy with a quote from Frederich Nietzsche: "He who has a why to live can bear almost any how."

The current Coronavirus pandemic pales in comparison to the Holocaust, but the lessons Frankl learned from his experience can help people during any trying times. I've dealt with several hardships in my life, from my military experience to dealing with community loss. During the peak of any crisis, when things seemed to be beyond my control, I center myself by asking "what is my role in all of this? What is in my control?" By doing this I create my own meaning to life, even when a situation seems meaningless.

Today I view my role as City Council President as keeping our government functional and ensuring residents' basic needs are met. The City Council will hold our first remote meeting this Tuesday and will continue to operate on behalf of our residents. I also view my role as supporting Mayor Curtatone, who is doing an exemplary job managing this crisis and is coordinating efforts with mayors across the Commonwealth.

Many residents are asking "what is my role in all of this?" Being stuck at home makes people feel powerless. People can find purpose and meaning by focusing on the little things that are within their control. Right now the most important role everyone can play is preventing the

spread of the disease through our own actions. I'm sure you've already heard to wash your hands, don't touch your face, and practice social distancing. If everyone did this, we can help flatten the curve of infection and reduce the burden on our hospitals so they can care for those in need. Maybe your purpose for the time being is to shelter in place and lighten the heavy load emergency responders are dealing with.

Even with these personal precautions people need each other to find purpose. Humans are social creatures by nature and need interaction to maintain mental health. Something I did to find purpose and look out for the people I care about was simply picking up the phone. I started by calling the City Council and School Committee Chair to see how they are doing. I was pleasantly surprised by how appreciative people were by this simple act. I then called people who may be in need of help. This was morally uplifting to them as well as me. Pick up the phone, don't text, and call someone who may be feeling lonely and in need of services. Tell someone you love them and they are important to you. Maybe pick up some groceries or supplies for them if they are unable to do so themselves.

There are other volunteer efforts available for those looking to do more. Motivated residents in Somerville and Medford started a mutual aid group to help those in need. You can contact them at mutualaidmamas@gmail.com or call at 339-545-1315. The Council on Aging is also looking for volunteers to run errands for seniors. You can sign up to volunteer by calling 617-625-6600, Extension 2317.

The Cambridge Health Alliance is in desperate need of supplies. They need masks, gloves, gowns, and many other basic supplies that could mean life and death for our residents and medical staff. If you have such supplies, or are capable of producing them, please check this web site: https://www.challiance.org/about/newsroom/personal_protective_equipment_ppe_donations_1179

People can also find purpose in self-care. We can only take care

of others if we take care of ourselves. I've developed a healthy routine of work from home, a daily walk, yoga and wind down entertainment at night. Try to keep a healthy regimen to avoid lethargy and complacency. Read a book, take up that project you've been putting off, learn a new skill, anything to stay active.

The City of Somerville regularly updates the community on the constantly changing landscape. Check this page for updates: https://www.somervillema.gov/coronavirus.

The Coronavirus pandemic may feel unprecedented, but humanity has endured worse and come out stronger. What matters now is how we endure it, if it makes us stronger, if we learn lessons and find meaning in the struggle. We can find meaning by focusing on what's most important to us: the people we love and the community we share. The worst is unfortunately yet to come, but we can handle it better collectively and individually if we focus on what we can do to help others, protect ourselves, and find meaning in our everyday lives.

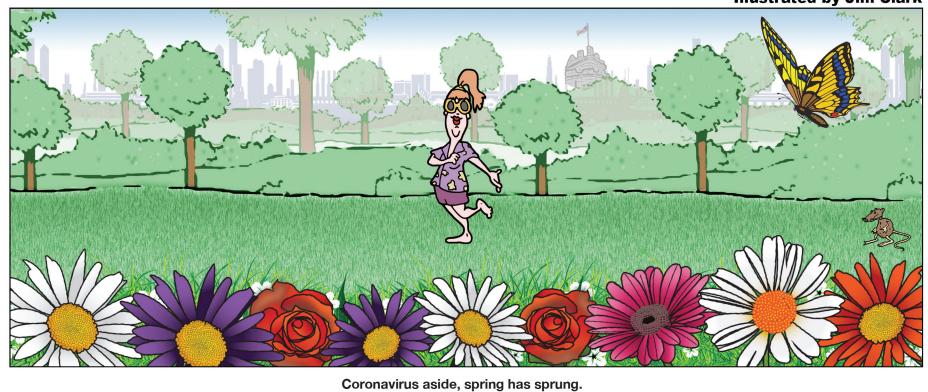
COVID-19 Business Check In

Thursday, March 26, 3:00 p.m. This virtual meeting is an opportunity for business owners to ask city staff questions and share concerns about the public health and economic emergencies our community is facing. https://www.eventbrite.com/e/covid-19-business-check-in-tickets-100547751030. Join Zoom Meeting: https://zoom. us/j/245326887. Meeting ID: 245 326 887. For more information about resources for businesses disrupted by the novel coronavirus outbreak, please visit this page: https://somervoice.somervillema.gov/novel-coronavirus-resources-for-businesses.

COMMENTARY

SIGNS OF THE TIMES

Illustrated by Jim Clark



Our View Of The Times



So, we may be dealing with the frightening specter of the COVID-19 virus, but it's still nice to know that springtime has officially arrived. We anxiously await the balmier days ahead.

One of the finer benefits of New England living is standing witness to the massive explosion of nature's rebirth and renewal, seemingly amplified here. Grass, trees, wildlife and flowers seems to go

forth and multiply at an astounding rate, as if on cue to the call for "Action!"

How nice it will be to stroll through a park and feed a few squirrels again. To replant a garden plot and watch as life springs forth. Or to take the family on a weekend getaway to the beach or mountains. It will be like a dream come true.

For now, however, we must stick close to home and keep practicing social distanc-

ing until this emergency measure eases off. This won't last forever, so get ready to spring forth once the time comes.

We evolved as creatures in sync with the seasonal cycle, so we know how to adapt and make the most out of each day on the calendar. There is something in nature that energizes and replenishes us.

As much as so many of us love our winter scenery, sports, etc., there is so much

to be said for being able to step out one's front door without danger of slipping and busting a hip. Not to mention the simple pleasure of soaking up some sun.

We've really got it made, so let's get out there and start loving us some springtime atmosphere as soon as we're able to. There is no better tonic to help us shake off this cabin fever that most of us are feeling right about now.

Newstalk CONT. FROM PG 2

We received this from one of our Newstalk readers: "Now that the world has almost come to a stop, let's think about what happened here a year ago. Bridges were closed, streets with multiple signs put up, detour signs put up, follow them, take right - left go straight - traffic jams everywhere, bike and bus lanes put up overnight. From north to south and east to west business losing customers yet billboards saying support your local business. Public safety, DPW, schools and lots of more choking the city. But no one knew all this was going to happen! No announcement until late in the ballgame! So much for the word "transparency" - delay of opening of all this mess of closures. The administration beating a different drum OMG like no one knew! This is going to put a choke hold on the city. Besides the \$50 million they bonded, how much of the taxpayer's money is this costing us? With the two disasters how many businesses will reopen or be forced out by the administration. By the way, the new definition of transparency is 'don't say anything just keep pointing the finger and talk to so and so!" What do you think?

As a result of low traffic volumes observed due to the current Somerville High School closure and COVID-19 social distancing measures, the Green Line Extension (GLX) project will adjust its scheduled closures at the School Street bridge in an effort to maximize efficiency and minimize disruption for the community. The series of weekend closures planned throughout March and April will now be consolidated into two weeklong closures. The first closure will be established Friday, March 20, at midnight as planned, but will continue through Sunday, March 29. The second is planned for April 17 through April 26. Setup and material delivery may take place overnight but construction activity will take place during daytime hours. The School Street pedestrian bridge between Medford Street and Highland Avenue will remain open for pedestrians and cyclists during these closures. As a result of these short-term closures, the School Street Bridge is anticipated to reopen permanently in April 2021, a full two months ahead of schedule. Construction will comply with updated public health and social distancing guidelines. Detour maps and directions are available at Somerville-

MA.gov/GLX in the Bridge Closures & Detours section. These detours will be modified slightly prior to the full-time School St. bridge closure in May. Further information will be provided closer to that date. For additional information about the Green Line Extension, visit mass.gov/GLX. To learn how to stay informed about construction in Somerville, visit SomervilleMA.gov/construction.

Now that people are home more often than usual, 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 without the need for going out for a copy of the print edition.

There are a lot of questions about COVID-19 and how it effects employee rights and employer obligations. The Attorney General has a page on Mass. gov that has guidance for employers and employees during the Coronavirus public health emergency. The Attorney General's Fair Labor Division (FLD) is receiving many questions

from both employers and employees about COVID-19 and its impact on the workplace. They are updating this page with frequently asked questions visit https://www.mass.gov/service-details/frequently-asked-questions-about-covid-19-employee-rights-and-employer-obligations.

ONCE Somerville has set up a Go-FundMe page to help then get ready to rock again! Your generous support is going directly to their staff and will help to pay for their bills during this troubling time. They believe that community, personal interaction, and the arts are vital to everyone's well-being and they look forward to enjoying time together again, worry-free, at ONCE. If you would like to donate visit their GoFundMe page.

Going outside for walks is a great way to get fresh air. While you're out, remember that playgrounds and athletic courts are closed. Fields should NOT be used for team sports or congregating in groups. **Practice social distancing** by staying at least six feet away from others. Learn more at somervillema. gov/coronavirus.

Continued on page 17

12 MARCH 25, 2020 The Somerville Times

Drive-thru COVID-19 testing at Somerville Hospital has begun

The new CHA stand-alone COVID-19 testing center at its Somerville Hospital location began its testing on March 18 at 9:00 a.m., at the Crown Street parking lot adjacent to Somerville Hospital. Due to continued limited availability of tests, only patients who meet federal criteria and are existing CHA primary care patients are eligible for testing at this location. Patients MUST CALL their primary care provider to be screened; tests will not be provided without prior authorization.

"Providing a stand-alone testing location supports multiple public health goals: increased ease of testing, limiting risk of incidental infection and preserving hospital resources for the most ill patients," said Dr. Sayah, an emergency department physician.

Somerville Mayor Joseph Curtatone and Cambridge Health Alliance CEO, Assaad Sayah, were on location at the opening of the drive-thru testing.

The following outlines key information about the new resource:

- * Testing will be conducted in a tent located at the Crown Street parking lot adjacent to Somerville Hospital, 33 Tower St.
- * Testing is scheduled to begin on March 18 and will be provided seven days a week, from 9:00 a.m. to 3:00 p.m.
- ONLY current CHA primary care patients can currently be tested at
- Patients MUST CALL their primary care provider to be screened; tests will not be provided without prior authorization
- CHA will be able to test authorized patients who arrive on foot
- + Due to the continued limited supply of tests, only patients who meet federal CDC criteria will be eligible to receive testing

CHA will continue to monitor the situation and make changes as circumstances evolve. Patients and community members wanting more information about testing should visit www.challiance.org for updated information.The city and Somerville Public Schools will continue to post updates at www. somervillema.gov/coronavirus as more information becomes available. When appropriate, information will also be shared via city alerts. Sign up or check your subscriptions at www.somervillema.gov/Alerts. Sign up for every method you are able to receive: phone call, text, email.













The Somerville Times

3 technologies to help you feel connected to far away loved ones

loved ones, being connected becomes more important.

Here are three technologies to feel closer to friends and family, wherever they may be:

Stream in Sync Streaming services like Netflix are introducing new features allowing users to watch program- Its operations are easily managed ming in sync with their friends. Whether it's the latest episode of its "Phone Finder" feature causes your favorite reality game show or a movie you've all been excited to see, now you can host a vir- Workout, Together tual movie night or watch-party and share your reactions to the show in a real-time chat room. Keep the Time

can help you feel more connected by displaying the time of

When it's not possible to be near are located. And the Casio Edifice EQB1000 is especially informative. The watch's main dial and date display "Home Time" (the time and date in the current location), while an inset dial at 3 o'clock displays "World Time" (the current time in over 300 major cities) in a 12-hour format. via a connected smartphone, and your phone to sound a tone even if it's in silent mode.

Have a gym buddy or workout partner who is suddenly remote? New tools can help you motivate one another and stay fit together, A globally-minded timepiece even if you are far apart. Some of the latest stationary bikes and treadmills on the market now al-

where your friends and family low you to connect to classes and scenery as you sweat. Join the Thanks to new technologies, (StatePoint)

3 technologies have the potential for bringing people together when they are apart.

– Photo © Ridofranz / iStock via Getty Images Plus

coaches in real-time and have same class as a friend and com- the world doesn't need to feel

features that allow you to enjoy pete against each other, or take so big. Embrace the tools that realistic city and countryside a virtual tour of a city together. let you feel close and connected.

MARCH 25, 2020 13

Contribute to Arts at the Armory Emergency Relief Fund

Dear Friends of Arts at the Armory,

Like many non-profit and arts organizations, small businesses and individuals, the Center for Arts at the Armory will bear a significant financial impact due to COVID-19 and does not have a contingency budget for emergencies like this one. The Center for Arts at the Armory relies almost exclusively on revenue generated from hosting events and running our Café. In response to COVID-19, we have had to cancel events indefinitely, close our Café, and layoff staff. We have a streamlined core of administrative staff working to lay the groundwork for Arts at the Armory's future, which will only possible with your support.

Over the past decade, Arts at the Armory has served Somerville, Greater Boston and beyond as an accessible and inclusive venue for arts and cultural events, markets, exhibitions, classes, camps and more. In order to stabilize our organization and springboard into the new decade, Arts at the Armory has launched an Arts at the Armory COVID-19 Emergency Relief Fund so that we can continue to offer our community access to a multitude of inspiring events, and an affordably priced venue for arts and cultural programming. Our goal is to raise \$25,000 in 90 days - gifts of all sizes are needed and appreciated as we seek to meet fixed costs necessary to operate our spaces and our organization during this period and prepare to reopen.

When things get back to normal and we recover from the COVID-19 pandemic - and yes, we must believe that day is coming! - The Center for Arts at the Armory will be more important to our community than ever before. Our historical and magical building is a nexus of arts, culture and community - three ingredients that will be key to our COVID-19 healing process. We can already anticipate the ways in which the Armory will bring people together to commune in the therapeutic nature of live performance, cultural richness and participatory arts.

In a world without COVID-19, our beloved Armory Café is busy every night of the week and every weekend as a safe and inclusive space where one might wander in to find a session led by Queer Tango, a reading by First and Last Word Poetry, or a community jam with Strummerville. In addition to our own Somerville Winter Farmers Market, Arts at the Armory hosts dozens of markets each year, which promote the creative economy, local businesses and community economic development. On any given week our main hall welcomes hundreds of people from Greater Boston to enjoy national touring acts, cultural fairs, podcasts, circus artists suspended from silks, and contemporary dance that makes us question our assumptions.

Thank you in advance for supporting one of Somerville's most important cultural assets during this critical and unexpected time. Your contribution today will make it possible for us to open up our doors, turn on the lights and welcome you back to the Armory again soon.

With our gratitude and wishes for well-being during this time,

Stephanie Scherpf Executive Director

The Center for Arts at the Armory, 91 Highland Ave. Suite 1-C Somerville, MA 02143, www.artsatthearmory.org

To donate go to: https://fundraising.fracturedatlas.org/the-center-for-arts-at-the-armory/campaigns/3510

The Center for Arts at the Armory is a sponsored project of Fractured Atlas, a non-profit arts service organization. Contributions for the charitable purposes of The Center for Arts at the Armory must be made payable to "Fractured Atlas" only and are tax-deductible to the extent permitted by law.



— Photo by Nicole Mazzeo

FUN & GAMES

Ms. Cam's

Olio - (noun) A miscellaneous mixture, hodgepodge

- 1. What is the birth flower of March?
- 2. By regulation, what is the maximum length a baseball bat can be?
- 3. What does the word Volkswagen mean in German?
- 4. Who was also flying with aviation pioneer Amelia Earhart when she disappeared?
- 5. Who was called "The Father of Rock and Roll"?
- 6. What is *Peanuts* character Charlie Brown's father's oc-

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cupation?

- 7. What automobile had the nickname "Tin Lizzie"?
- 8. In Star Wars, George Lucas modeled the Emperor on what famous politician?
- 9. What band had the hit song Play That Funky Music?
- 10. What month is National Grilled Cheese Month?
- 11. Who invented the game of basketball?
- 12. What is a Shubunkin?

SUDOKU

6

5

Answers on page 17

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2

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The Somerville Times Useless Facts of the Week

- 1. More than 50% of the people in the world have never made or received a telephone call.
- 2. A free moving liquid in outer space will form itself into a sphere because of its surface tension.

STATEPOINT CROSSWORD

THEME: MYSTERIES AND **THRILLERS**

ACROSS

- 1. Wire danger
- 6. Part of a circumference
- 9. Nashville's Keith
- 13. In a cold manner
- 14. Prefix for something revived
- 15. Paralyzing disease
- 16. Mulled wine
- 17. Egg cells
- 18. A do-nothing
- 19. "Alphabet Series" detective novels
- 21. "It's close to midnight, and something evil's lurking in ____ _
- 23. Second mo.
- 24. Fabricca Italiana Automobili Torino
- 25. Not don'ts
- 28. Popular Japanese soup
- 30. Agatha Christie's famous sleuth
- 35. Wood sorrels
- 37. "Through" in text
- 39. Give sheep a haircut
- 40. Raise the roof
- 41. Wall or pedestal support
- 43. Cogito, ____ sum
- 44. Drink like a cat, two words
- 46. Be inclined
- 47. Commotions
- 48. Bewitch or beguile
- 50. Jack and Jill's water jug
- 52. Put to work
- 53. James Patterson's "____ the Girls"
- 55. "Jack and the Beanstalk" Giant's dis-
- 57. Hitchcock classic
- 61. Poe's "Tales of ____ and Imagination"
- 65. In the know
- 66. Subject of Roswell's mystery
- 68. Cocoon dwellers
- 69. King Julien XIII of "Madagascar,"
- e.g.
- 70. Bubble source
- 71. Possible allergic reaction
- 72. Gaelic tongue
- 73. Store posting, for short
- 74. Oceanic trenches

DOWN

1. Google alternative

1	2	3	4	5		6	7	8			9	10	11	12
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16						17				18				
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69						70				71				
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CROSSWORD



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- 2. Maple genus 3. Capital on the Baltic Sea
- 4. Blindman's _
- 5. International ____ of Units
- 6. In a little while, old-fashioned
- 7. Once around
- 8. Raccoon's South American cousin
- 9. The Demon Barber
- 10. Spanish earthen pot
- 11. Coffin stand
- 12. New _____, setting of "The Alienist"
- 15. Michelangelo's famous Vatican stat-
- ue and others like it, e.g.
- 20. Death reports, for short
- 22. Deli offering
- 24. Baby extractor
- 25. Sherlock Holmes creator
- 26. Continental divide
- 27. Planktonic tunicate
- 29. "Who ____ J.R.?"
- 31. Actress Perlman
- 32. "Lost" in Paris

- 33. Mar-a-___, pl. 34. Having a toothed margin
- 36. Undesirable location
- 38. Forearm bone
- 42. Enlighten
- 45. Slower
- 49. Oil drilling apparatus
- 51. Spoke with a speech defect
- 54. Make a murmuring sound
- 56. Chopin's composition
- 57. Wide river valley 58. Water carrier
- 59. L.A. footballers
- 60. HBO's "____ Detective"
- 61. *Pamela Voorhees and Norma Bates, e.g.
- 62. D'Artagnan's sword
- 63. Stairway alternative
- 64. Those not opposed
- 67. *Remus Lupin's occasional body

Answers in the next edition of The Somerville Times.

Soulution to last week's sudoku puzzle:

_									
	4	9	1	7	8	6	2	5	3
	6	7	5	2	1	3	4	8	9
	8	3	2	5	9	4	1	7	6
	9	2	6	8	5	1	3	4	7
	1	8	7	4	3	9	6	2	5
	5	4	3	6	7	2	8	9	1
	7	5	4	3	6	8	9	1	2
	3	1	8	9	2	5	7	6	4
	2	6	9	1	4	7	5	3	8

Soulution to last week's crossword puzzle: RECUR ADS VOLE

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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.

9

Answers in the next edition of The Somerville Times.

The Somerville Times

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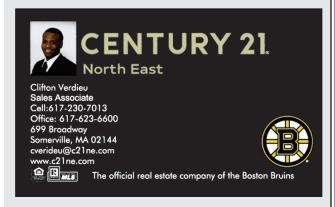
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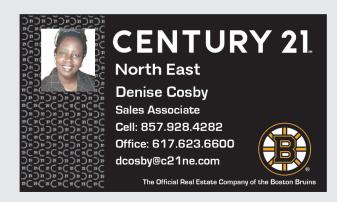
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The Somerville Times

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



INVITATION TO BID

SOMERVILLE HOUSING AUTHORITY INVITES PROPOSALS FOR WINDOW & DOOR REPLACEMENT AT THE **WESTON MANOR APARTMENTS SOMERVILLE, MASSACHUSETTS**

The Somerville Housing Authority (Awarding Authority) will receive bids for Window & Door Replacement Project at the Weston Manor Apartments, located in Somerville, MA. The estimated construction cost of this Project is \$350,000 (Base Bid only). Sealed General Bids will be received electronically until 2:00PM on April 1, 2020, at which time they will be publicly opened, forthwith online. General Bidders shall be DCAMM certified in Doors/Windows

All General Bids shall be accompanied by a bid deposit in the form of a certified, cashier's or treasurer's check issued by a responsible bank or trust company made payable to the Somerville Housing Authority or a bid bond, in an amount not less than five percent (5%) of the value of the bid.

The successful bidder will be required to furnish a Performance Bond and a Labor and Material (Payment) Bond each in the amount of one hundred percent (100%) of the contract sum. Bonds shall be obtained from a surety licensed to do business in the Commonwealth of Massachusetts and the form shall be satisfactory to the Somerville Housing Authority. The cost of such bonds shall be included in the bid price.

Bid Forms and Contract Documents will be available for pick-up at www.biddocsonline.com (may be viewed electronically and hardcopy requested) or at Nashoba Blue, Inc. at 433 Main Street, Hudson, MA 01749 (978-568-1167).

There is a plan deposit of \$50.00 per set (maximum of 2 sets) payable to BidDocs Online Inc.

Deposits may be electronically paid or must be a check. This deposit will be refunded for up to two sets for general bidders and for one set for sub-bidders upon return of the sets in good condition within thirty days of receipt of general bids. Otherwise the deposit shall be the property of

Bidders requesting Contract Documents to be mailed to them shall include a separate check for \$40.00 per set for UPS Ground (or \$65.00 per set for UPS overnight), payable to BidDocs ONLINE, Inc., to cover mail handling costs.

THIS PROJECT IS BEING ELECTRONICALLY BID AND HARD COPY BIDS WILL NOT BE ACCEPTED. Please review the instructions in the bid documents on how to register as an electronic bidder. The bids are to be prepared and submitted at www.biddocsonline.com . Tutorials and instructions on how to complete the electronic bid documents are available online (click on the "Tutorial" tab at the bottom footer).

Attention is directed to the Davis-Bacon Act Wage Determinations, a copy of which is included in the Contract Documents, and will be made a

Bidding procedures and award of the Contract and Subcontracts shall be in accordance with the provisions of Chapter 149, Sections 44A through 44J inclusive, of the General Laws of the Commonwealth of Massachusetts, including all current amendments; and the guidelines established by the Deputy Commissioner of the Commonwealth of Massachusetts Division of Capital Assets Management (DCAMM), dated June 30, 1981

General bidders must be certified by the Division of Capital Asset Management and Maintenance (DCAMM) in the following category of work -Doors/Windows and must submit a current DCAMM Certificate of Eligibility and signed DCAMM Prime Update Statement (Form CQ 3).

A pre-bid conference will be held at 11:00 AM, local legal time, on March 25, 2020 at the Weston Manor Apartments, 15 Weston Ave., Somerville,

The Awarding Authority is exempt from sales and federal excise tax to the extent permitted under law. Bidders should not include such taxes in figuring or in references to any bid.

Commonwealth of Massachusetts General Laws Section 149, Sections 44A through 44L and Chapter 30, Sections 39F through 39P, are incorporated herein by reference. Any inconsistency between the Invitation to Bid, Instruction to Bidders, Bid Forms, Conditions of the Contract, and any other Contract Documents and these statutes, or any other applicable statutes, bylaws, or regulations existing on the date on which the bids are to be received, shall not be grounds for invalidating the bidding procedures, but, where required by law, such statute, bylaw, or regulation shall be

The Awarding Authority reserves the right to waive any irregularities in or to reject any and all bids, if it be in the public interest to do so, and to act upon the bids and make its award in any lawful manner.

A brief description of the Project Scope and Schedule is as follows:

PROJECT SCOPE

General Bidders are to be DCAMM certified in Doors and Windows. The project scope consists of window & door replacement at the Weston Manor Apartments in Somerville, MA. The general scope of the construction work is as follows:

Complete removal and replacement of the existing windows, sliding doors, and select exterior doors, as indicated on the project drawings. Windows and sliding doors shall be replaced with new, energy efficient, fiberglass framed systems with low-e, insulated glass panels. Windows shall be double-hung configuration. Exterior doors shall be replaced with new thermally broken insulated metal doors and frames with fiberglass reinforced polyester (FRP) face sheets. All windows shall be equipped with window opening control devices complying with ASTM F 2090.

The Contractor's Abatement Contractor shall be responsible for the complete removal and legal disposal of the existing window systems, including, sash, frame, blocking, trim and related hardware and all work required to carefully remove the noted components, as indicated on the drawings. Note: Contractor shall only remove the current aluminum framed windows, including frame and sash. The frame of the aluminum windows that were original to the building, shall remain. Contractor shall coordinate all demolition work with the Abatement Contractor to provide a secure and weathertight building, until the new window systems have been installed.

ANTICIPATED PROJECT MILESTONE SCHEDULE

A contract is expected to be promptly awarded to the lowest responsible and eligible bidder. The construction phase is expected to commence upon the completion of the shop drawing phase, with the Base Bid work to be completed by October 31, 2020. The work hours shall be as follows: Monday through Friday 8:00 am to 5:00 pm., Saturdays with prior permission.

All bids shall remain in effect for 30 days. Saturdays. Sundays, and legal holidays excluded after opening of General Bids. Successful bidders shall agree to commence work and complete the Work in accordance with the dates set forth in the Bidding Documents

The Somerville Housing Authority reserves the right to award or not award the project.

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3/18/20, 3/25/20 The Somerville Times

- ADVERTISEMENT -

The Somerville Housing Authority, the Awarding Authority, invites sealed bids from Contractors for the Housing Type: Elderly #667-2 Developments (Corbett Apartments – 125 Jaques Street, Somerville, MA) for the Somerville Housing Authority in Somerville Massachusetts, in accordance with the documents prepared by CBA Landscape Archi-

The Project consists of: Replacement of bituminous concrete paths; replacement of plantings; installation of root barriers at new pavement near existing trees; removal of fencing; installation of planting beds; installation of a concrete ramp with handrails; installation of tubular steel fence; the relocation of existing benches; installation of new benches, installation of concrete steps with metal handrails; and replacement of existing chain link fence with metal handrails.

The work is estimated to cost \$105,012 for the Base Bid scope of work, and \$152,557 including all add. Alternates.

Bids are subject to M.G.L. c.30 §39M and to minimum wage rates as required by M.G.L. c.149 §§26 to 27H inclusive.

General Bids will be received until 2PM on April 9th, 2020, and publicly opened online, forthwith.

This project is being Electronically Bid (E-Bid). All bids shall be submitted online at www.Projectdog.com. Hard copy bids will not be accepted by the Awarding Authority. E-Bid tutorials and instructions are available within the specifications and online at www.Projectdog.com. For assistance, call Projectdog, Inc at (978)499-9014, M-F

General bids shall be accompanied by a bid deposit that is not less than five (5%) of the greatest possible bid amount (considering all alternates), and made payable to the Somerville Housing Authority.

Bid forms and contract documents will be available at www.Projectdog.com or for pick-up at: Projectdog, Inc, 18 Graf Road, Suite 8 Newburyport, MA 978-499-9014 (M - F 8:30AM - 5PM).

Go to www.Projectdog.com and login with an existing account or click Sign Up to register for free. Enter Project Code **837680** in the project locator box. Select "Acquire Documents" to download documents, review a hard copy at Projectdog's physical location, or request a free project CD.

Bidders may obtain one full paper bid set from Projectdog for a refundable deposit of \$50.00 made payable to Projectdog in the form of certified check or money order. The full amount of the deposit will be refunded to all responsive bidders returning the Contract Documents in good condition within ten (10) days after date of general bid opening. Otherwise, the deposit will become the property of Projectdog, Inc. Bidders requesting their refundable paper set to be mailed must supply a non-refundable shipping and handling fee of \$35.00 payable

A prebid meeting will be held at 10 AM on Thursday April 2nd, 2020. Attending the prebid meeting is not a requirement for bidding.

3/25/20 The Somerville Times

Notice of Self Storage Sale

Please take notice Prime Storage - Somerville located at 39R Medford St., Somerville, MA 02143 intends to hold an auction to sell the goods stored by the following tenant at the storage facility. The sale will occur as an online auction via www.storagetreasures.com on 4/13/2020 at 12:00 PM. Unless stated otherwise the description of the contents are household goods and furnishings. Emily Paron unit #0261. All property is being stored at the above self-storage facility. This sale may be withdrawn at any time without notice. Certain terms and conditions apply. See manager for details.

3/25/20 The Somerville Times

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Proper pruning is all about the right tools **CONT. FROM PG 1**

ones you can afford. From my experience, inexpensive models simply don't last very long," he says."A well-cared for, high-quality set of bypass pruners however can be a lifetime investment for the average homeowner."

· For larger branches, Scott says anvil-style shears can be a good choice, which feature one sharp blade closing against a flat,

wide blade and work much like a knife cutting against a cutting board. However, he warns that they should be used selectively, as they crush plant stems more than bypass-style pruners.

• When it comes to branches of more than 1/2-inch (12.7 millimeters) in diameter, loppers are the best choice. Like hand pruning tools, there are bypass loppers, which operate much like a large, long-handled set of bypass shears, while anvil-style loppers use just one cutting blade.

"Bypass loppers generally cut with more precision, while anvil-style loppers are typically capable of generating more cutting force," Scott said.

Still have questions? New online resources can help. Scott has partnered with Exmark, a leading manufacturer of commercial mowers and equipment on a new video series for DIY homeowners called "Done in a Weekend." Among the videos is "Cut It Out," which explains the differences between different pruning tools, as well as provides tips for pruning more effectively with less effort. To view the

video, as well as access the other videos in the series, which cover a range of home and garden topics, visit Exmark.com/DIY.

Regular pruning is necessary to keep your yard looking beautiful and well-maintained as well as to improve the health of plants. Be sure you're equipped with the proper tools and knowledge to do so effectively. (StatePoint)

LEGAL NOTICES

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



CITY OF SOMERVILLE **PURCHASING DEPARTMENT** IFB # 20-70

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

Healey Schoolyard, Soccer Field and ADA Path Construction

An invitation for bids (IFB) and specifications may be obtained at the Purchasing Department, City Hall, 93 Highland Ave., Somerville, MA. 02143 on or after: Wednesday, March 25th, 2020.

A Pre-bid Site Visit is scheduled for 11:00 AM, Wednesday, April 1st, 2020 at 5 Meacham Street, Somerville, MA 02145.

Sealed bids will be received at the above office until: Wednesday, April 15th, 2020 at 2:00 P.M. at which time sealed bids will be open. The City 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

The bid package may be obtained by download here https://www. somervillema.gov/departments/finance/purchasing

Davis-Bacon & Prevailing Wage Rates apply to this contract. A 5% Bid Deposit of the total bid amount will be required.

Please contact email tchukhatsang@somervillema.gov for information and bid packages.

> **Thupten Chukhatsang Procurement Analyst** 617-625-6600 X 3400

3/25/20 The Somerville Times



CITY OF SOMERVILLE PURCHASING DEPARTMENT IFB#20-52

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

Portable Restrooms for the City

An Invitation for Bid may be obtained online at http://www.somervil-<u>lema.gov/departments/finance/purchasing/bids</u> or from the Purchasing 03/25/2020. Sealed bids will be received at the above office until: 04/08/2020 2:00PM EST. The Purchasing Director reserves the right to reject any or all proposals if, in her sole judgment, the best interest of the City of Somerville would be served by so doing.

The contract term shall be for a period of 1 year with 2 one year options to renew.

Please contact Prajkta Waditwar at pwaditwar@somervillema.gov

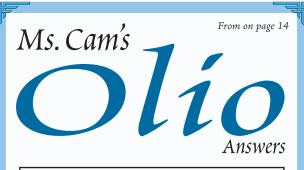
for more information or any questions related to this bid. Prajkta Waditwar **Construction Procurement Manager**

617-625-6600 X 3407

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- 1. Daffodil
- 7. Ford Model T
- 2. No more than 42"
- 8. Richard Nixon
- 3. People's car
- 9. Wild Cherry
- 4. Fred Noonan

- 10. April
- 5. Chuck Berry
- 11. James Naismith
- 6. A barber
- 12. Goldfish

Top ways to lighten up your home workspace

Many people have found themselves working from home. Whether setting up shop at the kitchen table or creating a complete home office, here are simple hacks to make your new work environment comfortable and productive.

"No matter which room becomes your workspace, proper lighting plays a key role in avoiding fatigue, eve strain and other discomforts," said Jennifer Kis, director of marketing communications, Progress Lighting.

Begin by defining your workspace. Setting up on the kitchen or dining table can work - temporarily. The upside is that it's quick and easy. But these rooms are typically high-traffic areas, leading to distractions. Plus, you might have to pack up work at mealtimes. Instead, re-purpose a small table and chair and place it in an out-of-theway spot, such as a stairwell or bed-

Next, think about lighting. Layering light is a basic technique that should be used in every room, but especially home offices.

"Balance the lighting for different times of day. Natural light for day, layered light for afternoon and task lighting at night," recommends Piper Stromatt, lead designer and partner for Curate Custom Homes. "There are three layers of light to consider: ambient or general light, task lighting and decorative or accent lighting."

Select a location with a good source of ambient light. Natural light is ideal: it diffuses throughout the space, bouncing off walls and ceilings to cut down on glare that can reflect on the computer monitor and the shiny desk surface.



Carefully planning the lighting scheme in your workspace can create a healthy and pleasant environment to operate in.

"When selecting ambient light sources, the goal is to illuminate the entire space without creating undue glare and contrast, which can lead to headaches and eye strain," says Kis. "If possible, avoid using overhead ceiling fixtures as the primary source of lighting. If that's the only option, use a dimmer switch to vary light levels as needed."

Positioning your workspace correctly also helps. For rooms with natural light, place your desk perpendicular to the window, ideally facing north or south so that sunlight doesn't cast shadows at certain times of the day. If an overhead fixture is the only light source, situate your workstation so that the light shines from behind it.

"Make sure your home office suits your performance under particular lighting conditions," says Stromatt, who recommends the following tips:

- Don't set your monitor in front of the window; the bright background light shining behind the screen causes eye strain.
- Place your chair at least arm's length from the screen so that it

can be seen without reading glasses or squinting.

- Add LED tape lighting behind your monitor or under a desk for diffused light.
- Use solar shades to soften lighting and lessen heat.

After setting up a glare-free workstation, add task lighting. Use dedicated light sources such as desk lamps for tasks like paperwork and filing. Place direct task lights on the opposite side of the hand you write with to avoid casting shadows onto

Finally, add accent lighting for visual appeal. Frame your workspace with desk lamps or install a permanent fixture on a dimmer switch, such as a pendant hung directly over the desk. Wall sconces can throw light on decorative objects in the room.

For more home tips and lighting inspiration, visit Progress Lighting at www.progressltg.com/shop.

Lighting can make or break a home office. Be sure to set yourself up for maximum productivity and comfort. (StatePoint)

Gov. Baker issues stay-at-home advisory as Somerville residents hunker down

private - are important to the City's with public health and safety in mind during the COVID-19 crisis," said Mayor Curtatone. "We need to do whatever we can to slow the spread of this disease so that our healthcare system does not become overwhelmed."

The City has ordered all constructions and secure their sites by Friday, March 27. If needed, the Director of Inspectional Services and Director of Infrastructure and Asset Management can approve extensions on a case by case basis where additional time is needed. Exceptions will

be carefully scrutinized and must future, but we must continue to act tion projects to cease general opera- include safety protocols to protect workers and residents.

> Work deemed essential, like making utility repairs, will be allowed to take place during this time. For more information, please visit www. somervillema.gov/covid19constructionupdate.

Newstalk CONT. FROM PG 11

Are you interested in coordinating your neighbors to support each other in this time of need? If you already know some of your neighbors or if you want to get to know them, you can sign up to be a Neighborhood Point Person through the new organization, Mutual Aid Medford And Somerville (MAMAS). This is a

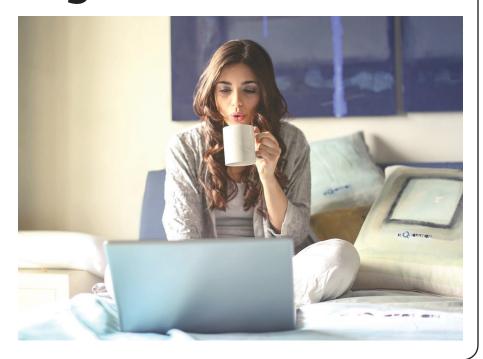
rapidly growing network that can offer all kinds of support, from grocery delivery to childcare to financial assistance. In order to make sure these resources reach the people who need them most, MAMAS is organizing hyperlocal Neighborhood Pods. You can see if your neighborhood already has a point person, or sign up to

be one at mutualaidmamas.com. Being a point person is a great way to get to know your neighbors, and it is only as much work as you want it to be. You can also reach out to mutualaidmamas@ gmail.com, or call or text 339-545-1315 if you have questions about what it's like to be a Neighborhood Point Person.

5 tips for working at home

- #5. Dress for success: Even if you are working from the kitchen table for now, don't hang out in your pajamas. Dress as though you are going into the office. I even recommend going out the front or back door of your home and re-enter your new place of work.
- #4. Have a dedicated place to work: When you are "at work" let your family know it's the same as if you were at the office or out on the road. It is even better if there is a door to your place of work that you can close behind you. It's symbolic but helps establish a pattern of work.
- #3. Reverse it: When you leave that dedicated place to work, dedicate your time to your family. Give them all of you once you leave that place of work in your home.
- #2. Take breaks: take breaks just as you would at work. For lunch, leave your place of work in your home and join your family for lunch.
- #1. Regular schedule: Try and keep your regular schedule as if you were going into the office. It will help you create as much normalcy as possible.

— Independent Free Papers of America



Simple science to do at home

By Mary Ann Grassia, M.Ed.

Make a list of the types of dogs that live in your neighborhood.

Find the sunniest room in your home.

Use a refrigerator magnet to find out if there are any other magnetic surfaces in your home. Remember to keep magnets away from computers, CD's and DVD's (Find out why this is important.)

Check the labels on your favorite foods. How many contain sugar?

How many foods in your refrigerator grew in a garden or on a farm?

Ask an adult to slice a lemon into 3 thick slices. Place slices on a plate. Cover one slice with salt, one with baking powder, and one with baking soda. Use a fork to poke each slice to get the juice flowing. Observe what happens with each.

Save the seed of an avocado. Poke a toothpick on each side and use the toothpicks to suspend the seed in a glass of water. Place on a sunny window and observe for several days. When roots form you can plant the seed in soil and grow a leafy houseplant.

What other fruits or vegetables can you use to grow your own plants?

Place water in a shallow bowl. Sprinkle ground black pepper on the water. Dip a toothpick into a drop of dishwashing liquid, then dip it into the middle of the pepper. Watch what happens.

Learn to use a water dropper. Squeeze the rubber bulb and put dropper into a container of water. Release the bulb, then lift dropper from the water. Notice how much water you collected. Now count as you drop ten drops one by one back into the container. Practice.

"April showers bring May flowers." Predict how many rainy days we will have this coming April. Keep a daily chart then check the accuracy of your prediction at the end of the month.

How long does it take an ice cube to melt? Think of ways to find out.

Try out your ideas.



Use the News



By Mary Ann Grassia, M.Ed.

Send your child on a newspaper scavenger hunt:

Vocabulary - Find and circle 26 words, each one beginning with a different letter of the alphabet.

List the words in ABC (alphabetical) order.

Find and circle 5 unfamiliar words. Look each one up then use it in a sentence.

Math: Number ID - Find, name, and circle 20 different numbers.

Find and circle even numbered page numbers.

Addition - find 3 amounts of money that add as close to \$100 as possible.

Multiplication - find an amount of money. Multiply it by 6.

Budget - Your child has \$15. Find how many items in today's newspaper can he/she purchase?

Social Studies - Find a story about local government.

Science - Find today's weather report.

Find one more science item in today's paper.

Want to write local Somerville stories? Call 617-666-4010

and speak to the Assignment Editor

SCES to remain open amid non-essential business closure order

Somerville-Cambridge Elder Services (SCES) will remain open during the statewide order to close all non-essential businesses, which was declared by Governor Charlie Baker on March 23.

The order, which runs through April 7, allows healthcare, public health, and human services agencies to continue providing essential services. Services provided by SCES are considered essential under the order.

"We are committed to helping the people we serve throughout this crisis," said SCES Executive Director Paul Hollings.

"The services we provide are essential, and we are doing our utmost to safeguard the health of our clients and team, while also meeting the needs of older adults, caregivers, and people with disabilities."

Baker has also issued a stay-at-home advisory, which strongly advises people over 70 or with underlying health issues to stay home and limit interactions with others as much as possible.

For more on the measures SCES is taking to safeguard health amid the pandemic, visit the Coronavirus information page, through the banner at the top of the SCES website, eldercare.org. Or contact the Aging Information Center by calling 617-628-2601 or email info@ eldercare.org.

Somerville-Cambridge Elder Services (SCES) is a non-profit agency that supports the independence and well-being of older people in Somerville and Cambridge. For more information, visit eldercare.org, follow us on Facebook and Twitter, or contact the SCES Aging Information Center at 617-628-2601 for free advice and guidance.



All Council on Aging events suspended until further notice to minimize the spread of COVID-19

Older people (age 50 and up) and people of all ages with severe underlying health conditions seem to be at higher risk of developing serious COVID-19 illness. The CDC advises that it is "extra important" that persons with higher risk take action to help prevent exposure to the virus, and that all of us take actions to limit the spread in order to protect ourselves and those most vulnerable to complications.

The underlying conditions identified as increasing risk include but are not limited to: Heart, kidney, or liver disease; Lung disease; Diabetes; Chronic bronchitis; Emphysema; Immune deficiency, or persons taking medications that suppress immune function; High blood pressure

Risk for more severe symptoms increases starting at approximately age 50 and continues to climb with age. According to the Robert Koch Institute, age combined with a risk factor creates higher risk as well. In particular, older persons may have a weaker immune response leading to more serious infection and a delay in some obvious symptoms such as fever.



Thus older persons may not go to the doctor as early as a younger person with a stronger early response. Scientists are still learning about COVID-19, but the current known fatality rate in China for persons with COVID-19 below the age of 50 is below 1%, for ages 50-59 it is approximately 1.3%, for ages 60-69 it is approximately 3.5%, and for persons over 80 it is approximately 14.8%.

The CDC offers guidance for higher risk populations including:

Stock up on supplies; Take everyday precautions to keep space between yourself and others; When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.; Avoid crowds as much as possible; During a COVID-19 outbreak in your community, stay home as much as possible.

For more specific guidance, visit www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html.

Coronavirus and Alzheimer's: What family caregivers need to know

The COVID-19 pandemic dential and assisted living facil- or showing early symptoms of ing added anxiety for everyone. dents, many facilities are restrictin this country and around the world, but the novel coronavirus presents unique challenges for more than 5 million Americans living with Alzheimer's and more than 16 million family members and friends serving as their caregivers.

"Public health strategies aimed at limiting contact with others are nearly impossible for people living with Alzheimer's and other dementias who rely on family caregivers and others to live their daily lives," says Beth Kallmyer, vice president, care and support, Alzheimer's Association. "This reality affects these individuals across all settings, including home, adult day services, resi-

To help family caregivnavigate the complex COVID-19 environment, the Alzheimer's Association is offering additional guidance to families, including:

- Foster safe hygiene habits. People living with Alzheimer's and other dementias may forget to wash their hands or follow other precautions to ensure safe hygiene. Caregivers are encouraged to be extra vigilant in helping individuals practice safe hygiene.
- Monitor sudden or sustained behavior changes. People living with Alzheimer's and other dementias may not be able to communicate if they are feeling bad

threatens the health of millions ities and nursing homes." illness. Caregivers should moni- Do your best to remain calm, ing access to outside visitors tor family members closely and respond quickly to any signs of distress, discomfort or increased confusion. These signs do not necessarily indicate a serious condition like COVID-19, but it's important to determine the underlying cause.

- Prepare for potential changes in care and support. As public health containment strategies for COVID-19 escalate, families need to anticipate that less help may be available. It's important for families to anticipate these changes and make plans for filling gaps in caregiving.
- · Be calm and create a nurturing environment. The current COVID-19 pandemic is creat-

particularly in your interactions with family members living with dementia. These individuals often take their cues from the people around them. Creating a calm environment will help them feel safe and protected.

- Play gatekeeper with outside caregivers and guests. Carefully monitor who is coming into the home to ensure all who enter are healthy. Be proactive in asking outside caregivers and guests about their current health status and make sure they are not experiencing any early or recent symptoms of illness.
- Ask residential care facilities about communication policies. To protect the health of resi-

Ask the facility about alternative communication methods during the crisis, including phone calls, video chats or emails. If your family member is unable to engage in calls or video chats, ask the facility how you can connect with staff to get health updates.

For more information, visit alz. org, the website of the Alzheimer's Association or call its free 24/7 Helpline at 800-272-3900.

Many primary caregivers are not good about asking for help even as care responsibilities escalate. It's important for family members and friends to be proactive during the current crisis in asking caregivers how they can help. (StatePoint)

Law student from Somerville to compete on JEOPARDY!



Adam Smith, a law student from Somerville, Mass., will compete on America's Favorite Quiz Show® on March 25 on WBZ-TV (CBS). You can watch Smith compete on JEOPARDY! on WBZ-TV (CBS). Please check your local listing for additional information or visit Jeopardy.com.

JEOPARDY!, America's Favorite Quiz Show[™], and host Alex Trebek will begin their 36th season on Monday, September 9. With a weekly audience of 23 million viewers, JEOPARDY! is the top-rated quiz show on television, and has received numerous awards and honors, including the 2019 Emmy for Outstanding Game Show Host. The show holds the Guinness World Records[®] title for the most Emmy[®] Awards won by a TV game show (35 Emmys); it is also the recipient of a 2011 Peabody Award. JEOPARDY! is produced by Sony Pictures Television, a Sony Pictures Entertainment Company; it is distributed domestically by CBS Television Distribution and internationally by CBS Television International, both units of CBS Corp. For more information, please visit Jeopardy.com. — Photo Courtesy: Jeopardy Productions, Inc.

Somerville Job Creation and Retention Trust Meeting

Thursday, March 26, 5:30 p.m.

This is a public virtual meeting of the Job Creation and Retention Trust Board of Trustees. The meeting will be held virtually in compliance with Governor Baker's emergency orders regarding the Open Meeting Law. See agenda for more details.

Join Zoom Meeting: https://zoom.us/j/985123771 Meeting ID: 985 123 771

Bobby's Dad Jokes Corner





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SMC facility closed through end of March

Somerville Media Center

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Dear SMC Friends,

Paralleling decisions by the City of Somerville and the Somerville Public Schools with regard to buildings and programs, SMC will extend its public closure through Tuesday, March 31.

We apologize in particular to our member producers, and our youth program participants (and their families) for the additional time they will not be able to access our production facilities and equipment. However, we are buoyed by the cameradie and understanding folks have shown as we are all trying to navigate these unprecedented times together.

SMC remains committed to continue playing content on SCATV Channel 3 and BostonFreeRadio.com.

We will continue to carry regularly updated syndicated content. More importantly we also plan to continue to maintain the rest of our SCATV and BFR programming schedule that is largely sourced from the Somerville Media Center membership. In addition, the SCATV

Community Bulletin board will relay information pulled from the city's website at somervillema.gov/coronavirus and SMC staff will monitor the city's website and alert system to provide the community with the most up-to-date information.

We are optimistic about the challenge of working remotely with community producers to figure out ways to get fresh content shared on SMC's media platforms.

With regard to SCATV Ch 3, Dave Ortega has provided step-by-step instructions on how to submit shows in the following video upload link.

Heather McCormack has provided instructions for audio uploads as well offered a list of media-making resources for youth and adults stuck at home.

In the foreseeable future we ask that you communicate with staff via email or voicemail message as these will be checked regularly. We thank you again for your cooperation and understanding.

Best Regards,

Brian Zipp

Executive Director

On This Day in Kistory March 25

708 – Constantine begins his reign as Catholic Pope.

 ${\bf 1634}-Lord\ Baltimore\ founds\ the\ Catholic\ colony\ of\ Maryland.}$

1668 – The first horse race in America takes place.

1776 – The Continental Congress authorizes a medal for General George Washington.

1911 – A fire at the Triangle Shirtwaist Company, a sweatshop in New York City, claims the lives of 146 workers.

1940 – The United States agrees to give Britain and France access to all American warplanes.

1969 – John Lennon and Yoko Ono stage a bed-in for peace in Amsterdam.

1970 - The Concorde makes its first supersonic flight.

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SCATV Channel 3 Schedule

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Wednesd	ay, March 25	3:00pm	Democracy Now! (Free Speech TV)	8:00am	Democracy Now! (Free Speech TV)	12:00am	Heavy Leather Topless Dance Party
12:00am	Free Speech TV	4:00pm	VOX POP: Somerville Connects	9:00am	SMC Youth Media	5:00am	Free Speech TV
6:00am	NASA TV	4:30pm	The Struggle	9:30am	Science 360	6:00am	NASA TV
7:00am	Community Bulletin Board	5:00pm	Somerville Neighborhood News	10:00am	Dead Air Live	7:00am	Somerville Storytellers
7:30am	DW In Good Shape	6:00pm	#AFAD	11:00am	TeleGalaxie	7:30am	Going Postal
8:00am	Democracy Now! (Free Speech TV)	6:30pm	#AFAD	12:00pm	Somerville Storytellers	8:00am	Democracy Now! (Free Speech TV)
9:00am	DW Global 3000	7:00pm	Community Lens: SHC 5K Race	1:00pm	Tele Magazine	9:00am	Science 360
9:30am	Both Sides of the Bars	8:00pm	LIVE - Our View	2:00pm	Reeling Review	10:00am	Somerville Neighborhood News
10:00am	Poet to Poet, Writer to Writer	9:00pm	PABFONE Closing Day Ceremony	3:00pm M	A House of Representatives Formal Session	11:00am	Our View
10:00am	Somerville Neighborhood News	10:00pm	Community Bulletin Board	4:00pm	. Tele Kreyol	12:00pm	The Thom Hartman Show
10:30am		10:30pm	The World Fusion Show	5:00pm	Henry Parker Presents	1:00pm	SOM ARTS
	SNN Neighborhood Update	11:00pm	VOX POP Comedy Night	5:30pm	Henry Parker Presents	1:30pm	Somerville Storytellers
11:30am	From My Heart to Yours	•	, ,	6:00pm	Somerville Pundits	2:00pm	NASA TV
12:00pm	The Thom Hartman Show	Friday, Mar		6:30pm	The Somerville Labor Show		Democracy Now! (Free Speech TV)
1:00pm	Somerville Neighborhood News	12:00am	Heavy Leather Topless Dance Party	7:00pm	BLOWW Show a Go Go	3:00pm	, , ,
1:30pm	Somerville Neighborhood News	1:00am	SCATV Secret Stash	7:30pm	Somerville Neighborhood News	4:00pm	African Television Network
2:00pm	Colores Latinos	1:30am	SCATV Secret Stash	8:00pm	#AFAD	5:00pm	Community Lens: SHC 5K Race
3:00pm	Democracy Now! (Free Speech TV)	2:00am	Free Speech TV	9:00pm	Nossa Gente e Costumes	6:00pm	LIVE from VOX POP
4:00pm	DW Conflict Zone	6:00am	NASA TV	10:00pm	Heavy Leather Music Video Show	6:30pm	Fur, Fins and Feathers
	tumn Reads with Somerville Public Library	7:00am	The Bill Press Show (Free Speech TV)	11:00pm	SCATV Secret Stash	7:00pm	Tele Galaxie
5:00pm	Hello Neighbor	8:00am	Democracy Now! (Free Speech TV)	11:30pm	Queer Cats	8:00pm	LIVE -Somerville Overcoming Addiction
5:30pm	From My Heart to Yours	9:00am	DW Euromaxx		•	9:00pm	Dedilhando au Saudade
6:00pm	Somerville Neighborhood News	9:30am	Strata	Sunday, N		10:00pm	Colores Latinos
6:30pm	VOX POP: Somerville Connects	10:00am	NASA TV	12:00am	Flotilla	11:00pm	Heavy Leather Topless Dance Party
7:00pm	"The Cask of Amontillado" at VOX POP	11:00am	SOM ARTS	1:00am	NASA TV	Tuesday,	March 31
7:30pm	Sidewalks Entertainment	11:30am	Cambridge Calendar	1:30am	NASA TV	12:00am	Public Safety/Homeland Security Hearing
8:00pm	LIVE - Somerville Pundits	12:00pm	The Thom Hartman Show	2:00am	NASA TV	6:00am	NASA TV
8:30pm	DW Euromaxx	1:00pm	Community Benefits Agreement	3:00am	Free Speech TV	7:00am	NASA TV NASA TV
9:00pm	Revolution Awakening at VOX POP	2:00pm	Somerville Pundits	6:00am	Bate Papo com Shirley	8:00am	Democracy Now!
10:00pm	LIVE - Heavy Leather Topless Dance Party		umn Reads with Somerville Public Library	7:00am	Nossa Gentes e Costumes		,
11:00pm	Flotilla	3:00pm	Democracy Now! (Free Speech TV)	8:00am	Effort Pour Christ	9:00am	The Chef's Table Series
Thursday	March 26	4:00pm	Gay USA	9:00am	NASA TV	10:00am	Strata
12:30am	SCATV Secret Stash	5:00pm	DW Global 3000	10:00am	Tele Kreyol	11:00am	Joanna Bremis HMS Clinicals
1:00am	Free Speech TV	5:30pm	What's New Massachusetts?		A House of Representatives Formal Session	12:00pm	The Thom Hartman Show
1:30am	Free Speech TV	6:00pm	Grandstanders	12:00pm	Sidewalks Entertainment	1:00pm	Revolution Awakening at VOX POP
2:00am	Free Speech TV	7:00pm	Emergency Preparedness	1:00pm	SOM ARTS	2:00pm	Somerville Overcoming Addiction
3:00am	Free Speech TV	7:30pm	The Somerville Labor Show	1:30pm	SNN Neighborhood Update	3:00pm	Democracy Now!
6:00am	Bate Papo com Shirley	8:00pm	LIVE - Greater Somerville	2:00pm	Chico and B-Man	4:00pm	SMC Youth Media
7:00am	DW Conflict Zone	8:30pm	Greater Somerville	3:00pm	African Television Network	4:30pm	Going Postal
7:30am	DW Euromaxx	9:00pm	Fur, Fins and Feathers	4:00pm	Dedilhando a Saudade	5:00pm	LIVE - Poet to Poet, Writer to Writer
8:00am	Democracy Now! (Free Speech TV)	10:00pm	Heavy Leather Topless Dance Party	5:00pm	Gay USA	5:30pm	What's New Massachusetts?
9:00am	DW Tomorrow Today	11:00pm	Heavy Leather Music Video Show	6:00pm	VOX POP: Somerville Connects	6:00pm	Somerville Neighborhood News
9:30am	Hello Neighbor	Saturday, N	lauch 28	6:30pm	DW Tomorrow Today	6:30pm	From My Heart to Yours
10:00am	The Chef's Table Series	12:00am	VOX POP Comedy Night	7:00pm	Emergency Preparedness	7:00pm	The Somerville Labor Show
10:00am	The Cher's Table Series	1:00am	Free Speech TV	8:00pm	Dead Air Live	7:30pm	LIVE - Greater Somerville
				9:00pm	Tele Magazine	8:00pm	LIVE - Dead Air Live
11:00am	Joanna Bremis HMS Clinicals	2:00am	Free Speech TV	10:00pm	Community Lens: Somerville 5K Detour	9:00pm	The World Fusion Show
11:30am	Joanna Bremis HMS Clinicals	3:00am	Free Speech TV	11:00pm	TUTV	10:00pm	Totally Working Out
12:00pm	The Thom Hartman Show	5:00am 6:00am	Free Speech TV	11:30pm	SCATV Secret Stash	11:00pm	Box House Productions Presents
1:00pm 1:30pm	The Somerville Line The Somerville Line	6:00am 7:00am	DW Focus on Europe Effort Pour Christ	Monday,		11:30pm	SCATV Secret Stash
1:50pm	The somerville line	7:00aiii	Elloit Four Christ	wionuay,	wiaitii 30	11.50pm	36,117 366166 366311

CITY TV 22 (Comcast) | 13 (RCN) Schedule

Wednesday, March 25

Hall St. Infrastructure Community Meeting 7:00am 7:30am Public Charge Presentation 3.5.20 8:30am Sit & Be Fit Allamerican Workout 9:00am SomerViva en Español - Public Charge 9:30am Three Kings Festival at St. Benedict's 11:00am City Council Spotlight - Mark Niedergang 11:30am Hall St. Infrastructure Community Meeting 12:01pm School Committee Meeting - 3.9.20 2:30pm School Committee Meeting - 3.9.20 6:00pm 6:30pm SomerViva en Español - Public Charge Public Charge Presentation 3.5.20 7:30pm Faith In a City: Faith & Community SPD Ride Along 8:15pm The Spiritual Music of Henry Hadley 8:30pm 9:30pm School Committee Meeting - 3.9.20 Health & Hygiene PSA 2020 11:56pm Thursday, March 26

12:00am **COVID 19 PSA** 12:00am Senior Circuit - "Shape Up Somerville" CDC Handwashing PSA 12:26am 12:30am Derechos de Inquilinos 2:00am City Council Meeting - 3.12.20 Middlesex Update w/Marian Rvan 7:30am 7:57am Health & Hygiene PSA 2020 8:00am Public Charge Presentation 3.5.20 SomerViva en Espanõl - Public Charge City Council Spotlight - Mark Niedergang 9:00am 9:30am SomerViva em Português - March 2020 11:00am 11:30am City Council Spotlight - Mary Jo Rossetti 12:00pm Public Charge Presentation 3.5.20 Hall St. Infrastructure Community Meeting 1:00pm 1:30pm 3:00pm Faith In a City: Fire & Roses Haitian Cultural Celebration 2020 5:30pm Central Hill Campus Phase I Meeting #3 7:09pm Talking Business COVID 19 PSA 7:26pm SomerViva em Português - March 2020 7:30pm 8:00pm 2020 Inaugural Ceremonies SomerViva en Español - Public Charge 10:00pm 10:30pm 2020 First Flag Raising at Prospect Hill

11:33pm

Friday, March 27 12:00am School Committee Meeting - 3.9.20 2:26am COVID 19 PSA CDC Handwashing PSA 2:26am 2:30am Senator Ed Markey's Town Hall at SHS City Council Spotlight - Mark Niedergang 7:30am The Spiritual Music of Henry Hadley 8:00am Senator Ed Markey's Town Hall at SHS 9:00am 11:30am City Council Spotlight - Mary Jo Rossetti City Council Meeting - 3.12.20 SomerViva em Português - March 2020 12:00pm 4:00pm 5:30pm Raising Families "Youth Vaping & Smoking" 5:56pm 6:00pm CDC Handwashing PSA School Committee Meeting - 3.9.20 COVID 19 PSA 8:26pm Senator Ed Markey's Town Hall at SHS 8:30pm Talking Business 10:06pm 10:24pm CDC Handwashing en Espanol PSA The First American Flag

10:30pm Saturday, March 28 12:00am Hall St. Infrastructure Community Meeting Public Charge Presentation 3.5.20 12:30am 1:30am Chamber of Commerce Awards Dinner 2019 2:45am SPD Ride Along Faith In a City: Fire & Roses 3:00am School Committee Meeting - 3.9.20 City Council Spotlight - Mark Niedergang 7:30am 10:00am Senior Circuit - "Shape Up Somerville 11:30am COVID 19 PSA 11:55am SomerViva em Português - March 2020 12:00pm 12:30pm Derechos de Inquilinos 1:45pm SPD Ride Along 2:00pm Spring Hill Sewer Separation Meeting SomerVision 2040: Parameters - 4.5.19 3:00pm 5:30pm Faith In a City: Faith & Community SPD Ride Along 6:15pm City Council Spotlight - Mark Niedergang 6:30pm 7:00pm Three Kings Festival at St. Benedict's 8:00pm Licensing Commission Meeting - 2.10.20 SPD Ride Along 11:15pm

COVID 19 PSA Sunday, March 29

12:00am City Council Meeting - 3.12.20 Health & Hygiene PSA 2020 3:48am 7:30am Raising Families "Youth Vaping & Smoking" 8:00am Student Health Survey, Trivia, & Discussion 8:44am COVID 19 PSA 8:45am Transgender Day of Remembrance 9:00am Spring Hill Sewer Separation Meeting Faith In a City: Faith & Community 10:00am 11:30am City Council Spotlight - Mary Jo Rossetti City Council Meeting - 3.12.20 Raising Families "Special Needs Education" 12:00pm 5:30pm 5:58pm COVID 19 PSA SomerViva em Português - March 2020 6:00pm Derechos de Inquilinos 6:30pm 8:00pm Student Health Survey, Trivia, & Discussion Public Charge Presentation 3.5.20 COVID 19 PSA 9:00pm 9:48pm Health & Hygiene PSA 2020 9:49pm 10:00pm Senator Ed Markey's Town Hall at SHS 11:36pm Talking Business CDC Handwashing PSA 11:54pm

Monday, March 30

12:00am Hall St. Infrastructure Community Meeting City Council Spotlight - Mark Niedergang 12:30am Talking Business COVID 19 PSA Derechos de Inquilinos SPD Ride Along Health & Hygiene PSA 2020 Middlesex Update w/Marian Ryan Raising Families "Youth Vaping & Smoking" Health & Hygiene PSA 2020 City Council Spotlight - Mary Jo Rossetti Derechos de Inquilinos The Spiritual Music of Henry Hadley School Committee Meeting - 3.9.20 12:00pm Student Health Survey, Trivia, & Discussion Transgender Day of Remembrance Letters of World War II at Council on Aging Raising Families "Special Needs Education"

SomerViva em Português - March 2020 Haitian Cultural Celebration 2020 SomerViva an Kreyòl Ayisyen - Miral Atis Tuskegee Airmen Health & Hygiene PSA 2020 School Committee Meeting - 3.9.20 CDC Handwashing PSA SomerViva en Español - Public Charge SPD Ride Along

11:30pm Tuesday, March 31 12:00am

6:00pm

6:30pm

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12:30am

Somerville Heroes' Salute 2019 CDC Handwashing PSA Spring Hill Sewer Separation Meeting SomerViva an Kreyòl Ayisyen SomerViva an Kreyòl Ayisyen - Miral Atis City Council Spotlight - Mary Jo Rossetti Somerville Heroes' Salute 2019 Health & Hygiene PSA 2020 SomerViva an Kreyòl Ayisyen SomerViva an Kreyòl Ayisyen - Miral Atis City Council Spotlight - Mark Niedergang Hall St. Infrastructure Community Meeting SomerViva en Espanol - Public Charge Senior Circuit - "Shape Up Somerville' Health & Hygiene PSA 2020 Public Charge Presentation 3.5.20 CDC Handwashing en Espanol PSA City Council Meeting - 3.12.20 City Council Spotlight - Mark Niedergang Senior Circuit - "Shape Up Somerville" CDC Handwashing PSA Letters of World War II at Council on Aging SPD Ride Along Senator Ed Markev's Town Hall at SHS 11:00pm Student Health Survey, Trivia, & Discussion

Wednesday, April 1

Senior Circuit - "Shape Up Somerville" Health & Hygiene PSA 2020 School Committee Meeting - 3.9.20 COVID 19 PSA

15 Schedule **Educational TV**

Wednesday, March 25

8:00am SHS Girls Soccer vs Medford SHS Hockey vs Medford 9:30am SHS Boys' Basketball vs Medford @ Tufts 11:00am 12:30pm SHS Girls' Basketball vs Medford @ Tufts 2:00pm SHS Boys Soccer vs Medford 3:30pm El Sistema Spring Concert 4:05pm Our Schools, Our City Student of the Qtr. - WSNS 4:36pm SHS Girls Soccer vs Medford 5:00pm SHS Hockey vs Medford SHS Boys' Basketball vs Medford @ Tufts 6:30pm 8:00pm SHS Girls' Basketball vs Medford @ Tufts 9:30pm SHS Boys Soccer vs Medford 11:00pm

Thursday, March 26

El Sistema Spring Concert 12:30am 1:05am Our Schools, Our City Student of the Otr. - WSNS 1:36am SHS Boys' Basketball vs Everett 8:00am SHS Girls Basketball vs Everett 10:00am 12:00pm SHS Hockey vs Everett 1:15pm SCAP Student Survey 2:00pm SHS Boys Soccer vs Everett

6:00pm 8:00pm 10:00pm

Friday, March 27

12:00am SHS Boys Soccer vs Everett SHS Girls Soccer vs Everett 1:30am SHS Girls' Basketball vs Lynn Classical SHS Boys Basketball vs Lynn Classical 8:00am 10:00am SHS Football vs Cambridge 12:00pm SHS Boys Soccer vs Acton-Boxborough
SHS Girls Soccer vs Malden 2:05pm 4:00pm Student of the Qtr. Awards - ESCS 5:30pm 6:00pm SHS Girls' Basketball vs Lynn Classical 8:00pm SHS Boys Basketball vs Lynn Classical SHS Football vs Cambridge 10:00pm

SHS Girls Soccer vs Everett

SHS Hockey vs Everett

SHS Bovs' Basketball vs Everett

SHS Girls Basketball vs Everett

Saturday, March 28

12:05am SHS Boys Soccer vs Acton-Boxborough Public Domain Theater 2:00am SHS Football vs Falmouth 8:00am SHS FOOTBALL 2019 Highlights 11:00am SHS Boys Basketball vs Algonquin 12:00pm 2:00pm SHS Hockey vs Latin Academy

3:30pm 5:00pm 6:00pm 9:00pm 10:00pm

1:18am

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8:26am

8:30am

9:00am

11:00am

2:30pm

3:15pm

3:30pm 5:30pm

12:00am 1:30am 3:00am 8:00am

10:00am 12:00pm 2:30pm 4:00pm 6:00pm 8:00pm 10:00pm

Monday, March 30

12:30am 2:00am 8:00am 10:00am 12:00pm

SHS Boys Soccer vs Boston Int'l El Sistema Spring Concert SHS Football vs Falmouth SHS FOOTBALL 2019 Highlights SHS Boys Basketball vs Algonquin

Sunday, March 29

SHS Hockey vs Latin Academy SHS Boys Soccer vs Boston Int'l Public Domain Theater SHS Boys Soccer vs Chelsea SHS Boys Soccer vs N. Andover SHS Football vs Malden SHS Girls' Basketball vs Malden SHS Boys Basketball vs Malden SHS Boys Soccer vs Chelsea SHS Boys Soccer vs N. Andover SHS Football vs Malden

SHS Girls' Basketball vs Malden SHS Boys Basketball vs Malden SHS Girls' Basketball vs Revere SHS Boys Basketball vs Revere SHS Hockey vs Mal.-Rev. Co-op

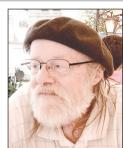
SHS Girls Soccer vs Revere 1:30pm 2:59pm SHS Boys Soccer vs Revere 4:30pm SHS Boys' Basketball @ Billerica 6:00pm SHS Girls' Basketball vs Revere ma00:8 SHS Bovs Basketball vs Revere 10:00pm SHS Hockey vs Mal.-Rev. Co-op 11:30pm SHS Girls Soccer vs Revere

Tuesday, March 31 12:59am

SHS Boys Soccer vs Revere SHS Boys' Basketball @ Billerica 2:30am SHS Boys Basketball vs Algonquin 8:00am Boys' Middle School Soccer Championship 10:00am 11:00am Girls' Middle School Soccer Championships **Bovs Intramural Basketball Championship** 12:00pm Girls Intramural Basketball Championship 1:00pm SHS Girls Soccer vs Medford 2:00pm 3:30pm SHS Football vs Falmouth SHS Boys Basketball vs Algonquin 6:00pm Boys' Middle School Soccer Championship 8:00pm 9:00pm Girls' Middle School Soccer Championships 10:00pm Boys Intramural Basketball Championship Girls Intramural Basketball Championship 11:00pm 12:00am SHS Girls Soccer vs Medford SHS Football vs Falmouth 1:30am

SOMERVILLE edited by Doug Holder

Peter Desmond is my tax man and a fine poet. He prepares tax returns for writers, artists, therapists, and academics in the Cambridge/Somerville area. He's had poems published in *Beltway Poetry Quarterly*, Compost Magazine, Ibbetson Street Press, The Ledge, Light (A Quarterly), Main Street Rag, and The Raintown Review. Peter is the recipient of three Cambridge Poetry Awards and was a Pushcart Prize nominee in 2004.



Paradox

You who think the embryo has a fully human soul, you who call abortion sin -- hear the paradox of twins.

In the caverns of the loins a sperm and egg have joined. Soon the cell divides; the cluster grows in size.

A future member of our race drifts towards its nesting place. What's this? The cluster splits, separates in equal bits.

Strange, but true -- what was one is two: two tiny particles, genetically identical.

You who claim to speak for God -don't you find it rather odd
one egg became two twins?
Tell me when the soul begins.

At the moment of conception, before their separation, was there one soul, or two? Does this problem puzzle you?

Was this a miracle: two souls in one particle? Or did one soul split and half go in each bit?

Or do you think that sperms have souls? Will you banish birth control? Does it make you squirm when I mention sperm?

Monks chanted "Tibi Deo" as the Church judged Galileo. But the earth still revolves; and humanity evolves.

— Peter Desmond

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

OFF THE SHELF

by Doug Holder

Six Degrees of Separation



Written on March 14, 2020 – things have gotten worse.

Well, I was going a little stir crazy in my apartment. My cat, Ketz, and I were involved in a staring contest, and I was putting off developing my online courses to sometime later this week.

Being the walker in the city that I am, I took a shorter-long walk this afternoon. The weather was crisp, a classic early spring sort of day. I stopped at the Dollar Store on Somerville Ave. and grabbed the last traces of dental floss, the rare gem of toilet paper, and paper towels.

I noticed a flashing solar-powered sign that read "Keep Six Feet of Distance." I noticed that while walking many people were following the six-foot rule, as they swerved away from me like I was a leper.

The cops told me the Widener Library is closed for the foreseeable future. That's understandable, but it has been a haunt of mine for almost 30 years, back when I was in graduate school obsessing over novelist Henry Roth's trilogy.

Well, I will miss it, a great place to do work and study. The cafés like the Tata and Pavement were open but very few folks were in there, and some of these venues spaced their sparse patrons far apart. There were a few people with masks, but they really were not part of the virus landscape as of yet.

The Harvard Coop was open, but there was only a handful of patrons. I ran into a bagel bard (The Bagel Bards are a Saturday morning literary group that meets at the Au Bon Pain in Somerville). Doug, my namesake, and me shot the breeze. He wants to get a job with the census. I said, "You will be exposed to a lot of people." "I'm not worried," he replied, as the long shock of his gray mustache nervously twitched.

I stopped at the poetry section and browsed through Merwin. He had a great poem about a woman trying to domesticate a fox. Neruda, a fine poem about when one closes a book, and then only the world opens. Mary Oliver's dog poems, and Frank O'Hara Lunch Poems. My hands were all over these tomes. I guess I should be ashamed of myself. I walked back to Somerville. The air had a strange feel to it. The birds chirping seemed a bit ominous to me now. People looked at me like they were asking me a question. I hope this passes soon. Stay well my friends.

A sign of hope and mercy



— Photo by Doug Holder

ATTN: LOCAL BUSINESS OVNERS IF YOU ARE READING THIS NOW THEN SO ARE MANY OF YOUR POTENTIAL CUSTOMERS

Print and other traditional advertising mediums are certainly not relics of marketing's past.

Advertising in magazines and newspapers is as relevant as ever, and a great addition to your next marketing plan.

While running online ads may seem cheap, in the long-term you're often going to spend more because you have to change your messaging and artwork more frequently on that platform. With print, there is more permanence in what you say, how you look and what action you want your audience to take.

Digital ads are adequate for delivering quick results with lots of data. But if you want to penetrate your market, print ads should probably be part of your strategy. By physically placing your brand in people's hands, you create lasting impressions that engage your audience in meaningful ways. The positive results are undeniable.

Contact us and let us show you the many ways we can help you achieve your marketing goals

The Somerville Times

BETTER THAN EVER

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