



the elderly page 3



**Youth Peace Conference 2016** page 6





The Cambridge Health Alliance and the Somerville Police Department are both developing programs that will potentially lead to more effective drug addiction recovery methods.

victim of the detrimental effects that drugs have when abused. The increase in addiction and the long lasting effects of opioid abuse is just as evident in colleges as it is in prisons.

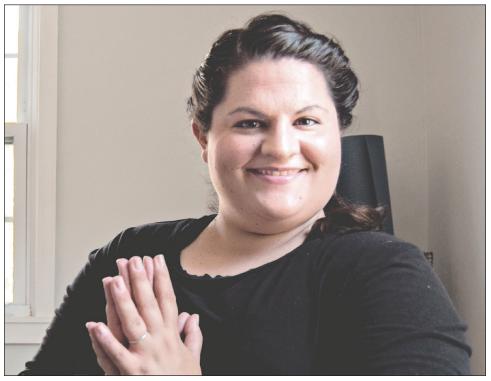
The Cambridge Health Alliance (CHA) has been directly involved with the city in regards to strategic planning around the recovery of individuals suffering from poor mental health and addictions. The CHA is currently working side by side with city officials to solve the opioid problem, and work towards a better future for the people of Somerville.

When a patient joins the Cambridge Health Alliance they can expect more than just a detox bed. The CHA's goal is to help an individual experience a full rehabilitation, and the opportunity have a fresh start in Continued on page 4

# More to Love Yoga opens up a new practice

### By Haley ED Houseman

To the uninitiated, yoga can seem the purview only of fitness gurus twisting themselves into pretzels, or pushing up into handstands. While yoga classes fall across a wide spectrum of practice, from quiet mediation to more intense and sweaty bikram, classes and their teachers are usually one size fits all. Rachel Estapa is on a mission to bring the benefits of yoga to all kind of bodies. Her classes, called More to Love Yoga, are geared toward an audience that doesn't feature in the considerations of most yoga classes, where practitioners can be intimidatingly flexible and fit.



Duhamel Breakfast **Fundraiser** pages 12-13

The brand More to Love grew out of Rachel Estapa's own desire for body acceptance. "As a larger girl growing up, weight loss was my 'goal' – but no matter how hard I tried, nothing lasted for long. In my early twenties, exhausted from this routine, I realized that perhaps I wasn't Continued on page 7 some problem to be fixed."

Rachel Estapa's More to Love Yoga classes are bringing body acceptance awareness to the realm of personal fitness and health. Photo courtesy of Rachel Estapa

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Odd/even parking started last week on April Fool's Day, and will go through to December 31. Those Traffic and Parking people will be walking around handing out tickets, so watch the signs on the various streets for the day your street is earmarked for street cleaning.

### \*\*\*\*\*

The Somerville High Scholarship Foundation is once again having its huge drawing coming up in May 13 at the Highlander Café at Somerville High School. Refreshments will be served beginning at 7:00 p.m. Drawing at 8:00 p.m. Several door prizes will be given out during the drawing for the \$10,000 grand prize. Tickets for the drawing are \$100 each. You can purchase one or share the cost of one with many in your home/office or with friends. It's a great fundraiser for the kids. Over the years the SHS Foundation has benefitted many students. Make your check out to S.H.S. Raffle and send it to SHS Raffle c/o Joseph Favaloro, P.O. Box 440275 Somerville 02144. It's been a great organization here in the city since 1990 and has grown over the years, serving many Somerville graduates to further their education. See you at the drawing. It's a lot of fun and a great night out.

### \*\*\*\*\*

Somerville Recreation will be holding a road race in conjunction with the Mayor's Shape-Up Somerville Initiative. The race to be held on Sunday, April 24, with the kids race at 10:30 a.m., while the adults 5K race starts at 11:00 a.m. The proceeds will go to the Somerville Youth and Recreation Foundation (SYRF). This non-profit foundation was formed exclusively for charitable purposes. For more information go to www.SomervilleYouthRecF.org.

### \*\*\*\*\*

Happy birthday to a lot of our friends and fellow Villens here this week: Happy birthday to Sue Pye, a nice lady who is celebrating this week. We wish her the very best. Another local who grew up here is Tyler Hart. We wish him the very best of birthdays as well. To a good guy and another local, Bruce Rollins, Jr., a great family man, and friend, happy birthday. Happy birthday to Pat Scrima, another great guy and a true Villen. We hope he has a great day for himself.

The Somerville Times

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# TheSomervilleTimes.com Comments of the Week

# **Response to: Changing Somerville**

Jim G. says: Very insightful analysis. Thanks for covering this, Bill.

# **Response to:** Important traffic pattern change

### BMac says:

Best April fool's joke yet.

### Alexis says:

Can't wait to sit in the rush hour, Union Square-bound traffic while trying to make a quick trip to Target. Way to help the environment!

### MarketMan says:

huh?? not clear to me at all.

### Vanta Black says:

LOL what's not clear? It's all right there. Try the links at the bottom of the article if you need help.

# **Response to: City considers renaming Otis Park to Deanna Cremin Park**

### Courtney O'Keefe says:

Yes!

### albert cremin says:

Thank for for your efforts in this regard. This is a wonderful and positive way to keep Deanna in our thoughts and prayers.

# **Response to:** An open letter to the Somerville Police Department

### Dan says:

I'm very sorry for your loss, Philip. It's nice to hear that SPD helped to give Gail a respectful sendoff.

# **Response to: SHS Building Committee meetings, public forums continue**

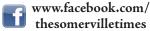
### Freebie says:

This is exciting stuff, I just wish it would be completed before my oldest starts which is not likely. Good to see the city making the investment though, make it big because enrollments are climbing fast!

# **Response to:** *Somerville Police Crime Log March 2 – March 25*

Oliver Seppo says: Where is award winner agok? :)





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Celebrating Over 100 Years of Service

# **Senator Jehlen proposes harsher** punishment for abusers of the elderly

# **By Josie Grove**

There were over 7,000 confirmed cases of elder abuse in 2015, according to the Massachusetts Executive Office of Elder Affairs. The count includes physical, emotional, and sexual abuse, neglect by a caregiver, self-neglect, and financial exploitation. If abuse is reported, the EOEA investigates the report, and protective services can intervene.

If the abuse is deemed to be "serious," a somewhat nebulous term for which the state has given no concrete definition, the cases are given to the local District Attorney's office to be tried criminally. In cases of serious abuse, Senator Patricia Jehlen (D-Somerville) wants the consequences to extend further.

As for her definition of serious abuse, "Look at the video," said Jehlen, referring to a WCVB-TV report about abuse in nursing homes. "If you don't think that's serious abuse, I would be very sad." The March 2016 television report prompted Jehlen to sponsor a bill calling for harsher and more permanent consequences for licensed caregivers found to be abusing people in their charge.

The senator has a personal connection to this issue: her father had a caregiver as he struggled with dementia. Jehlen had only positive memories about her father's caregiver, but she says not all families are so lucky. "We've heard from people all over the state where their relatives had incidents," she said. "People have had their loved ones abused, and in those cases many have already died, but they want to protect other people."

People found guilty of elder abuse face penalties ranging from a \$1,000 fine to ten years in prison. Caregivers found to be abusing elders in their charge face additional penalties, and the suspension of their professional licenses.

Jehlen's bill, co-sponsored by seventeen other state senators, extends the consequences for abusive caregivers. Under current law, caregivers who have been convicted of elder abuse can return to the profession as soon as their probation is over. "Even if the license is suspended, that suspension ends when their probation ends," said Jehlen. "And no one will know. We want that to be a permanent part of their record."

Even with harsher penalties, it will be difficult to verify abuse. The two attacks broadcast on WCVB were filmed on camera phones by either the abuser or another person complicit in the abuse. Jehlen hopes that relatives would report any suspicions of abuse to the state, and that nursing homes and other institutions would notice the abuse. "There's really no other way to do it than to have cameras in everybody's room at every moment, and I don't think most people would support that," said Jehlen.

Over 41,000 Massachusetts residents were living in nursing homes in 2014, according to the Kaiser Family Foundation, and still more receive care at home. Jehlen hastened to say that abuse is not widespread. "Many people do a very competent job, and even a loving job," she said. "Most, the vast majority of caregivers, are working very hard for very little money in a very



While State Senator Patricia Jehlen contends that most elderly caregivers are doing good work, special efforts ought to be made to weed out and punish the bad ones.

important job, and I don't want anybody to think that most caregivers are dangerous. Very, very few. But those few should not be there."

The bill and its counterpart in the assembly are being considered by the Joint Committee on

Rules. Jehlen hopes the harsher penalties will make a tangible difference in the lives of elderly and disabled people. "These are horrifying incidents, and they should not happen, and we want to make sure they don't get repeated."





# Not so joyous joy ride

Police officers were dispatched to the Cataldo Ambulance parking lot on Washington St. last week on reports of a motor vehicle incident.

Upon arrival, an employee of Cataldo Ambulance reportedly told the officers that a man, later identified as Jatinder Singh, had parked a car in the lot and began walking away. The employee said that Singh was told that he could not leave the car parked there so he turned back and returned to the car.

A police officer asked Singh what was happening and he reportedly told the police that he had stolen the car.

After being read his Miranda rights, Singh was questioned further on the matter. He reportedly told the officers that he was walking along Washington St. and spotted the car in question parked in front of an auto body shop with the keys in the ignition. He then decided to

### take the car for a ride.

According to Singh, he drove to the Dunkin' Donuts on Cambridge St., then on toward the high school. He then reportedly looped through Union Square and then headed back east on Washington St.

When Singh got to the concrete island located at Washington and Boston Sts. he veered over the double yellow line into oncoming traffic on Washington St. He then entered the intersection of Washington St and Mc-Grath Highway against the red light, striking a 2008 gray Nissan Sentra in the middle of the intersection.

The stolen vehicle suffered front left damage, and the front driver's side tire went flat. The vehicle struck sustained heavy front end damage.

Following the accident, Singh reportedly proceeded on the wrong side of the street to the east side of the intersection, drove up and over a cement island. Once on the correct side of Washington St, he turned left into the Cataldo Ambulance parking lot where the employee witnessed him exit the vehicle.

Singh was subsequently placed under arrest and charged with marked lanes violation, leaving the scene of property damage, reckless operation of a motor vehicle, larceny of a motor vehicle, and unlicensed operation of a motor vehicle.

# SOMERVILLE POLICE GRIME LOG

### Arrests:

Matthew Galvin, of 49 College Ave., March 30, 11:49 a.m., arrested at College Ave. on warrant charges of nighttime breaking and entering of a vehicle or boat, larceny over \$250, utter false check, receiving stolen property under \$250, forgery of check, and possession of a burglarious instrument.

Maurice Abisdod-Wagner, of 96 Orchard St., March 30, 11:54 a.m., arrested at College Ave. on warrant charges of destruction of property over \$250, larceny from a building, felony daytime breaking and entering, uninsured motor vehicle or trailer, assault and battery, felony nighttime breaking and entering, not in possession of driver's license, unpaid parking tickets, and operation of a motor vehicle with a suspended registration.

Jatinder Singh, of 7 Morton St., March 30, 4:11 p.m., arrested at Washington St. on charges of marked lanes violation, leaving the scene of property damage, reckless operation of a motor vehicle, larceny of a motor vehicle, and unlicensed operation of a motor vehicle.

Franklin Argueta, of 40 Memorial Rd., March 31, 1:22 a.m., arrested at Memorial Rd. on charges of drug possession to distribute and violation of city ordinance possession of a dangerous weapon.

**Steeve Milice**, April 1, 7:05 a.m., arrested at Memorial Rd. on charges of resisting arrest and assault and battery on a police officer.

Anthony Guarino, of 4 Morton St., April 1, 1:26 p.m., arrested at home on charges of possession of a class B drug, drug possession to distribute, and drug violation near a school, and on warrant charges of larceny over \$250 and receiving stolen property over \$250.

**Benny Garcia**, of 31 Houston, Saugus, April 1, 6:04 p.m., arrested at Middlesex Ave. on a charge of larceny over \$250.

**Thomas Magiera**, April 2, 1:34 a.m., arrested at Evergreen Ave. on a warrant charge of assault and battery.

**Tyler Burgess**, of 397 Broadway, April 2, 2:31 p.m., arrested at Washington St. on warrant charges of failure to stop or yield and operation of a motor vehicle with a suspended license.

Joao Fernandes, of 38 Brookside Ave., Brockton, April 3, 1:13 p.m., arrested at Mystic Ave. on charges of larceny under \$250 and larceny over \$250.

David Ghiozzi, of 695 Lynnfield St., Lynn, April 3, 6:01 p.m., arrested at Mystic Ave. on charges of disturbing the peace, shoplifting by concealing merchandise, and assault and battery.

# Solving the drug problem in Somerville CONT. FROM PG 1

their community as opposed to only receiving partial treatment. The Community Outreach and Harm Reduction (CORE) program, operated by Patricia Contente, is now up and running at the Somerville Police Department.

Police Chief David R. Fallon attributes Somerville's decrease next month they plan to hold another 40-hour training session for police officers throughout the region.

The CORE program stationed at the police department has narrowed their focus down to three primary concerns: They are looking at calls relating to mental health, substance abuse, and domestic violence (with lots of overlap in between those). CORE uses their services to work with family members as well as individuals suffering because of an addiction. The goal, and concept, is to create a community cornerstone that people can lean on when they need help. The police department, the Community Outreach and Harm Reduction program, and Cambridge Health Alliance are all groups that have come together to focus on recovery and avoid arrest. CORE has also implemented a new program for students and parents called Life Skills, which focuses more on clinical substance use and making healthy decisions. The classes for this program will begin in May and continue through June.

What these programs have in common is that they all look at recovery as a lifelong process. The most important part of this collaborative undertaking is providing individuals with an educational approach to their problems. The idea is to give people the tools they need to feel valuable again, and to help them understand that they have a role in their community. Alderman at Large Jack Connolly recently told The Somerville Times, "What can we do collectively to help stem the flow of the source of the addiction? The opioids, the pain pills, those things have just been to a large degree over-prescribed. I think finding a medical community is getting around to realiz-



in overdoses to the collaborative approach the city takes to the issue. The police department is currently preparing to send a handful of officers to Connecticut for Recovery Coach Training. The CHA is working with the city to create in-home rehab for recovering addicts. Recovery Coaches will function as monitors that will enter patients' residents to make sure there are no drugs or alcohol so they can successfully begin their treatment.

The police department also recently hosted a 4-hour session of crisis intervention training, and

Alderman at Large Jack Connolly advocates for reducing the amount of opiates used in pain management wherever possible in order to help stem the tide of drug abuse.

ing that maybe we're not going to put the emphasis as much on making sure people have no pain, but to see how much [pain] people can tolerate. Let's go to an approach where we're looking at maybe instead of going with the most massive pain reducer, on those opiate drugs, and maybe start with something like an extra strength Tylenol and work your way up to something more severe."

With the collaboration between CHA and the city of Somerville, people are being given the opportunity to make better choices and educate themselves for a better future, one that is free of drug abuse.

# Be sure to visit us online at www.TheSomervilleTimes.com

# Citywide Democratic Caucus elects new officers for the year



The Somerville Democratic City Committee's Reorganization Meeting and Caucus took place on Sunday, April 3 at Somerville High School.

# By Joseph Hannigan

This past Sunday, the Somerville Democratic City Committee's Reorganization Meeting and Caucus was held at Somerville High School. Approximately 100 Democratic Party members were in attendance, representing all seven wards in Somerville.

Diane Masters was elected as Chairperson, Feargal O'Toole took the Vice Chairperson position, Kadie Wallace was elected as Secretary and Mike Grunko took the seat the Treasurer.

Senator Patricia Jehlen, Representative Denise Provost and Representative Christine Barber also attended the event, as did many of the city's aldermen and School Committee Members. Notably, Ward 5 Alderman Mark Niedergang and Ward 4 Alderman Tony Lafuente

### did not attend.

Also not present was Mayor Curtatone, as well as other former mayors that would have been expected to attend.

A candidate for the office currently held by Senator Jehlen was present, Cambridge City Councilor Leland Cheung, who is expected to be a Democratic challenger. Cheung spoke at the end of the Caucus about himself and why he is running, although he was not even introduced or scheduled to speak.

From this observer's perspective, the event appeared to be more of a campaign rally for Senator Jehlen than a caucus to elect delegates to the state convention. Somehow during the caucus, instead of just doing business the citywide caucus was taken over by the Senator Pat Jehlen campaign, of which the campaign manager is Ward 1 Alderman McLaughlin.

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# **CNN's Anderson Cooper to appear at Tufts Forum**



# By Charles Lane

Anderson Cooper, anchor of CNN's Anderson Cooper 360°, will discuss contemporary media issues at the 11th annual Edward R. Murrow Forum on Issues in Journalism at Tufts University on Monday, April 11 at 12:00 p.m.

Edward R. Murrow Forum 360°: Beyond the Headlines with Anderson Cooper will take place in Cohen Auditorium on Tufts University's Medford/Somerville campus. Tickets will be available for Tufts students, faculty and staff at the Cohen Box Office.

You must present a valid Tufts ID. One ticket per ID and a maximum of two IDs per person (meaning if a student wants to pick up a ticket for a friend, they will be limited to one friend's ID). Once tickets for Cohen Auditorium are sold out, Tufts students, faculty and staff may acquire tickets for an overflow space to which the event will be live streamed - these overflow tickets will be available at the Granoff Music Center Box Office beginning April 4 at 11:00 am.

A limited number of seats for the public will also be available at the Granoff Music Center Box Office beginning April 4 at 11:00 am. These tickets are for the overflow space to which the event will be live streamed. The public is limited to one ticket per person. Cooper will be also be at the Remis Sculpture Court in Aidekman Arts Center from 10:45 to 11:30 to sign his new book, The Rainbow Comes and Goes, written with his mother Gloria Vanderbilt and set for publication April 5, and will also be signing Dispatches from the Edge, Cooper's New York Times bestselling memoirs about covering wars and disasters. Cooper has covered many major world news events including the recent Paris terror attacks, conflicts in Syria, Iraq and Egypt, and protests in Baltimore, MD and Ferguson, MO. He currently serves as the anchor of CNN's An*derson Cooper 360°,* a nightly newscast that offers in-depth investigations and reporting on issues, politicians and policy makers. He has played a pivotal role in CNN's political and election coverage and has anchored from conventions and moderated several presidential debates. He is also a regular correspondent for CBS's *60 Minutes*.

The forum will begin with an interview of Cooper by Jonathan M. Tisch, co-chair of the board of Loews Corporation and chairman of Loews Hotels and Resorts. A graduate of Tufts and vice chair of the Tufts Board of Trustees, Tisch hosted the Emmy-nominated and Gracie-award winning television program *Beyond the Boardroom with Jonathan Tisch* and is the author of three best-selling books. The forum will end with an opportunity for the audience to ask Cooper about his career.

Cooper helped lead CNN's Peabody Award winning coverage of Hurricane Katrina and DuPont Award-winning coverage of the 2004 tsunami. He has won numerous Emmy Awards, including two for his coverage of the earthquake in Haiti, and an Edward R Murrow award. The Edward R. Murrow Forum on Issues in Journalism is inspired by legendary broadcaster Edward. R. Murrow for his many contributions to journalism and public diplomacy. The forum brings together interdisciplinary panels to reflect on Murrow's legacy and relate it to contemporary issues in journalism. The forum is sponsored by Tufts University's Film and Media Studies Program at the School of Arts and Sciences, the Edward R. Murrow Center of Public Diplomacy at The Fletcher School, and the Tisch College of Citizenship and Public Service. Previous featured speakers at the Murrow Forum include George Stephanopoulos, Ariana Huffington, Brian Williams, Katie Couric, Christiane Amanpour, Ted Koppel and Tom Brokaw.

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# **Somerville Youth Peace Conference 2016**

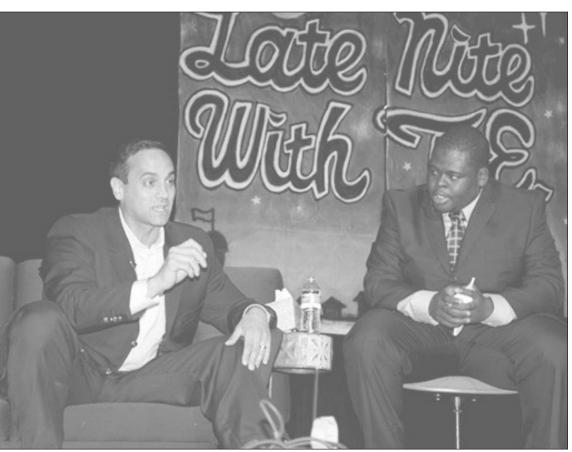
# By Louise Carpenter

On Saturday, April 16, more than 300 youth are expected at the 10th annual Somerville Youth Peace Conference at the East Somerville Community School, 50 Cross St. Somerville, from 12:30 p.m. to 5:30 p.m.

The conference, *Back From the Future*, will feature original performances by Somerville teens based on their own lives, workshops, and a services fair, while also highlighting the growth of Somerville over the past decade.

Attendees will share their own experiences in interactive breakout sessions facilitated by youth. The conference, presented by the Center for Teen Empowerment, Mayor Joseph Curtatone, Somerville Public Schools, and the City of Somerville, will examine teen violence, substance abuse, social media, bullying and other issues, with a special focus on destigmatizing mental health. Mayor Joseph Curtatone and other elected officials will join the mostly





The 10th annual Somerville Youth Peace Conference, entitled *Back From the Future*, takes place at the East Somerville Community School on Saturday, April 16.

youth audience to listen to teens' stories and ideas.

Somerville Speaks breakout sessions will follow the stage presentation and kick off the City's #SomervilleSpeaks campaign, which seeks to destigmatize depression and other mental health issues, as well as teach coping skills. The campaign includes a youth Mental Wellness Ambassador program and youth-led sessions to increase awareness and conversation around mental wellness and health.

Inspiration for the Confer-

ence comes from Teen Empowerment Boston's annual Youth Peace Conference, which began in 1993 as a way to bring together Boston teens to help solve the epidemic of gang violence occurring at the time. That first conference produced a lasting truce among five rival gangs and set the stage for a dramatic improvement in the lives of thousands of youth.

The Conference is open to the public. Tickets are \$2 in advance, and \$3 and at the door. More than a dozen groups are partnering with Teen Empowerment and the City to make the event a success.

Founded in 1992, The Center for Teen Empowerment, Inc. (TE) empowers youth and adults as agents of positive individual, institutional, and social change. Each year, TE youth conduct over 150 initiatives involving some 6,000 youth and adults. For more information, visit www.teenempowerment.org, call 617-625-6600 x.2256 or email sassy@ teenempowerment.org.

 Dorothy's Corner
 BY DOROTHY DIMARZO

 Panettone Bread
 2 tsp cinnamon

 Pudding
 1/2 tsp freshly ground nutmeg

 Every spring and fall, I make a point
 D to control to control

to go through my spice and dry goods cabinet looking for soon to be expired items, rearrange products and take inventory. A couple of weeks ago I found a pannetone leftover from Christmas. Not wanting to waste it, I came up with this great recipe that can be used for part of your brunch menu. I like to serve this bread pudding with crème anglaise. You can make your own crème anglaise, but I found it much easier to purchase my favorite vanilla ice cream and let it melt down. That sure beats purchasing all the ingredients and having to cook down the cream, eggs, sugar and vanilla extract.

Preheat oven to 375 degrees. Slice the panettone into about 1" slices and place on a baking sheet or two, making sure they are placed in a single layer. Place in the oven for a total of 15 minutes. At the 10 minute mark, turn all the bread over and bake for an additional five minutes until the bread is lightly toasted. Butter a 9"x13" baking dish and set aside. In a medium bowl, beat the eggs, add the milk, sugar, vanilla, cinnamon, nutmeg and salt and blend well. Once the bread is toasted, lay a row of bread into the baking dish, then pour some of the custard mixture over the toast, pressing down each layer, allowing for the bread to soak up the custard. Alternate until all the bread and custard are in the dish. Place the baking dish onto a baking sheet. This will make it easier to place into the oven and keep



1-1/2 lbs Panettone6 large eggs3 cups milk1/3 cup sugar1 tsp vanilla extract

your oven clean in case some of the custard spills over. Cover the baking dish with foil and place in the over for 30 minutes. Remove foil and bake for an additional 15-20 minutes, until the custard is set. Check by pressing into the center of the dish, it should be firm. Let cool for at least an hour. Serve in a small bowl and top with crème anglaise. Garnish with toasted sliced almonds. Yields approximately 12 servings.

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### More to Love Yoga opens up a new practice CONT. FROM PG 1

Estapa has been practicing yoga for nearly a decade, and noticed she was often the largest woman in class. She learned to make poses work for her body, and to accept her body as a yoga body in its own right. Yoga became a powerful tool on her own journey to body acceptance. Now, feeling comfortable in her own skin, she wanted to bring her approach to others. Says Estapa, "Each day, I focus on doing something kind for my body and self and I feel so much more empowered in my own skin."

Estapa also became a certified

life coach in 2011, drawn to

cation. When she created More to Love, she wanted to apply the approaches of her life coaching to body acceptance. To create a sense of community, she created the More to Love Course, an e-course to train women on ways to increase their body-acceptance. The class has been run for three years, and hundreds of women have participated. She sees potential to develop the More to Love Course into a self-guided workbook and publish it. "I have lots of ideas on ways to help more people feel positive about their body, no

the field of self-help and edu-



The body positivity movement has a strong ally in Somerville with More to Love.

# SALLY O'BRIEN'S BAR & GRILL **335 SOMERVILLE AVE UNION SQUARE**

matter their size!"

To kick off More to Love Yoga, she trained last summer at Kripalu Center for Yoga & Health. She immediately began selling out the classes, specifically geared toward bodies that may feel outside of a yoga practice they don't see themselves reflected in. She explains, "I spend a lot of time helping those in my yoga class feel safe and like they are part of a community - because they are. One of the pillars of More to Love is that body-acceptance is contagious, so when you do it you help inspire someone else through your actions. I believe this and I've

seen it happen for years now." As classes sell out and the community grows, the demand for welcoming classes is clear, and Estapa would like to build on it, developing more MTLYoga classes and do a retreat to the Kripalu center as well.

The body positivity movement forms a large community, often most visible online. "As I personally grew in body acceptance I found other people who were advocating the same thing - mainly online - and as More to Love grew into a business, I value communities where people can explore body acceptance in a safe, trusting

— Photos courtesy of Rachel Estapa

and light-hearted way." Recently profiled on the TV show Chronicle, More to Love Yoga is now taught weekly at the Somerville Arts at the Armory, with advance registration required. Estapa recently added monthly yoga workshops to the More to Love offerings, which feature in depth engagement with engagement with her yoga approach to body positivity.

The next workshop is on April 23, with details on the More to Love website: http://www. moretolovewithrachel.com.

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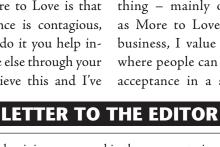
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Dear Somervillians,

you run or walk on Walnut St.).

I would like to start a conversation regarding what I consider an issue in our beloved city: the significant amount of trash along the commuter rail line in East Somerville in a particular spot by the intersection of Walnut and Gilman Streets. I am not just talking about small pieces of plastic (which people should appropriately dispose anyway): I am talking about large pieces of furniture and similar items (hard to miss if

I wonder if the city can look into the issue and perhaps make an effort to clean up to some extent. Ultimately, it is not the city's fault if people have used that opening on Gilman street as dumping ground, but I think it is worth bringing this up to our community and perhaps find ways to prevent this from happening.

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# Beacon Hill Roll Call

# Volume 41-Report No. 13 • March 28 - April 1, 2016 • Copyright © 2016 Beacon Hill Roll Call. All Rights Reserved. By Bob Katzen

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

Our Legislators in the House and Senate for 4133) Somerville: House



### Rep. Christine Barber

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



**Rep. Denise Provost** 

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



### Rep. Timothy Toomey

**DISTRICT REPRESENTED:** Twenty-sixth Middlesex. - Consisting of all precincts of ward 1, precinct 1 of ward 2, precincts 1 and 2 of ward 3, and precinct 1 of ward 6, of the city of Cambridge, and all precincts of ward 1 and precincts 1 and 2 of ward 2, of the city of Somerville, both in the county of Middlesex. House 153-0, approved and sent to the Senate a bill authorizing \$200 million in one-time funding for the maintenance and repair of local roads and bridges in cities and towns across the state. The package is a bond bill under which the \$200 million would be borrowed by the state through the sale of bonds.

Supporters said this would help cities and towns keep their roads and bridges safe. They noted that the money will be delivered early in the construction season and allow many vital municipal road projects to move forward.

Although no one voted against the proposal, the Massachusetts Municipal Association had urged legislators to increase the funding to \$300 million per year and have it in effect for several years.

(A "Yes" vote is for the \$200 million.)

Rep. Christine Barber	Yes
Rep. Denise Provost	Yes
Rep. Timothy Toomey	Yes

# MADE IN MASSACHUSETTS (S 2191)

Senate 36-0, approved and sent to the House a bill that would create a MassMade program which identifies and supports businesses that produce consumer goods in the Bay State and serves as a resource for consumers seeking goods made in the state. In order to qualify, a business must meet three conditions: produce a consumer good in the state; be headquartered in the state or have a principal place of business here; and possess a certificate of good standing from the Office of Consumer Affairs and Business Regulation.

Supporters, noting that Maine and New Hampshire have similar programs, said the state has many small and larger businesses that make their goods here but have difficulty conveying that to the public because of lack of advertising dollar. They argued this program will help these loyal companies, boost the economy and demonstrate that the state is supportive of local businesses.

(A "Yes" vote is for the amendment.)

Sen. Patricia Jehlen Yes

# HELP BAY STATE BUSINESSES BID ON STATE PROJECTS (S 2191)

Senate 36-0, approved an amendment requiring the state to develop methods to provide support to Massachusetts-based businesses that bid on state contracts. these obstacles.

Amendment opponents offered no arguments. Beacon Hill Roll Call made repeated attempts to contact the two senators who voted against the bill but they did not respond.

(A "Yes" vote is for the amendment.)

Sen. Patricia Jehlen Yes

### PUBLIC WORKERS' SAFETY (S 2190)

Senate 36-0, approved and sent to the House a bill that would expand health and safety protections to cover state and municipal employees. The Occupational Safety and Health Act (OSHA) covers private employees but 26 states have exercised the act's option of extending the OSHA protections to public workers.

Supporters said this would cover an estimated 150,000 state workers and countless local ones who perform jobs that are sometimes just as dangerous as private sector ones.

(A"Yes" vote is for the bill.)

Sen. Patricia Jehlen Yes

# ALSO UP ON BEACON HILL

DRUG OFFENSES AND DRIVER'S LICENSES (S 1812) - Gov. Charlie Baker signed into law a bill that would repeal a 1989 law that requires anyone convicted of a non-violent drug crime to have his or her license suspended, regardless of whether the crime itself involved driving a vehicle. The measure allows automatic license suspension for anyone convicted of trafficking in illegal drugs, except for marijuana. Another provision repeals the current law that requires offenders to pay a \$500 fee to get their license back. The bill is retroactive and also applies to people who currently are without a license because of this law.

TAX AMNESTY FROM APRIL 1 TO MAY 31

- The Department of Revenue (DOR) announced another tax amnesty program. If you owe the state back taxes, you will be issued a "Tax Amnesty Notice" from the DOR. If you pay the full amount of tax and interest due by May 31, tax penalties and any interest due on those penalties will be waived by the DOR. For more information, go to www.mass. gov/TaxAmnesty or call DOR's Customer Service line at 617-887-6367 or toll free in Massachusetts at 800-392-6089.



# Sen. Patricia Jehlen DISTRICT REPRESENTED: Second Middlesex. - Consisting of the cities of Cambridge, wards 9 to 11, inclusive, Medford and Somerville, and the town of

Winchester, precincts 4 to 7, inclusive, in the county of Middlesex.

# **THE HOUSE AND SENATE:** *Beacon Hill Roll Call* records local senators' and representatives' votes on roll calls from the week of March 28-April 1.

# \$200 MILLION FOR ROADS AND BRIDGES (H

Amendment supporters said this would help these local businesses navigate through the often complicated bidding process. They argued awarding contracts to Massachusetts-based companies would strengthen the economy and create jobs.

(A "Yes" vote is for the amendment.)

Sen. Patricia Jehlen Yes

# **IDENTIFY OBSTACLES (S 2191)**

Senate 36-2, approved an amendment requiring the MassMade program to identify obstacles to conducting business in the Massachusetts.

Amendment supporters said this would help existing and future Bay State-based companies by identifying and hopefully eventually removing some of WARNING SYSTEM AT BEACHES - CA-LEIGH'S LAW (S 1956) - As summer and beach season approach, a bill creating a program that uses different colored flags to advise beachgoers of the safety conditions at their beach remains stuck in the House Ways and Means committee. This uniform warning system would be required at all public beaches maintained by the Department of Conservation and Recreation. Cities and towns would have the option of using the flags for their local beaches.

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

# **Beacon Hill Roll Call**

The Senate approved the bill on July 23 and sent it to the House for action. The measure has remained in the House Ways and Means Committee for more than eight months. Sponsors hope that the bill won't meet the same fate it did in the 2013-2014 session when the Senate approved it but it died in the House Ways and Means Committee and never reached the House floor.

# IMPOSE SALES TAX ON ITEMS BOUGHT

ONLINE (S 1974) - Another proposal approved by the Senate in July and still stuck in the House Ways and Means Committee would require the state to plan and prepare to collect sales taxes on all items purchased online if and when the federal government authorizes states to mandate that Internet sellers collect sales taxes. Federal law currently only requires the sales tax to be collected by sellers, like Amazon, who have a physical presence like a store or warehouse in the state.

Under current state law, a Massachusetts resident who buys a taxable item online is required to take the initiative and pay the 6.25 percent sales tax upon filing of his or her state tax return. But few ever do so.

Supporters said this will raise a much needed \$150 million to \$200 million annually if implemented in the Bay State. They noted that Massachusetts local brick and mortar stores are all required to collect the sales tax and are losing sales to online companies. They argued that the tax is not a new tax but rather a new system to collect a tax that taxpayers are already required to pay but rarely do so.

Opponents said the tax is a new tax since the honor system of people paying the sales tax when filing their returns has not worked. They said the last thing the state's taxpayers need is a tax increase during this struggling economy.

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# continued

(H 3130) - The House gave initial approval to a bill allowing cities and towns to increase from one year to up to three years the duration of the term of their appointed veterans' agent.

Supporters said it takes a while for veterans' agents to get settled, develop experience and establish a supportive and trusting relationship with their local veterans. They noted that the increased term will allow for the stability and continuity which will provide critical and effective support to these heroes.

PEACE DAY (S 2181) - The State Administration and Regulatory Oversight held a hearing on a proposal designating September 21 as Peace Day, in memory of victims lost to acts of violence, to recognize and further the goals of Peace Day in the United States, and International Peace Day.

# **QUOTABLE QUOTES**

"There is a growing demand for natural clothes in America. Cotton uses a tremendous amount of water. Hemp has the possibility of replacing cotton which would be an environmental achievement. Hemp would be another avenue to boost agriculture in the Commonwealth." -Rep. Paul Schmid (D-Westport) on legalizing the cultivation and manufacturing of industrial hemp.

"I am pleased to sign legislation providing opportunities for those convicted of drug offenses and who have served their time to re-enter society, find and keep a job and support their families. Removing this significant barrier to re-entry reduces the prospects of recidivism as individuals continue treatment or recovery and gives them a better chance at getting back on their feet." - Gov. Baker upon signing the repeal of a 1989 law that requires anyone convicted of a non-violent drug crime to have his or her license suspended, regardless of whether the crime itself Bob Katzen welcomes feedback at bob@beaconhillrollcall.com

involved driving a vehicle.

# 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 21-April 1, the House met for a total of six hours and 20 minutes and the Senate met for a total of four hours and 56 minutes.

Mon. March 28	House 11:02 a.m. to 11:19 a.m. Senate 11:14 a.m. to 11:29 a.m
Tues. March 29	No House session No Senate session
Wed. March 30	House 11:03 a.m. to 1:36 p.m. No Senate session
Thurs. March 31	House 11:02 a.m. to 2:32 p.m. Senate 11:01 a.m. to 3:42 p.m.
Fri. April 1	No House session No Senate session

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# **Recent Single Family Homes Sold in Somerville Over the Past Month:**

Address	Description	DOM	List Price	Sale Price
50 East Albion St	8 room, 2 bed, 2f 1h bath Multi-Level	19	\$689,000	\$701,000
40 Adrian St	8 room, 4 bed, 1f 1h bath Colonial	116	\$799,900	\$736,000
152 Summer Street	10 room, 4 bed, 2f 1h bath Victorian	17	\$1,298,000	\$1,350,000
30 Conwell Ave	8 room, 4 bed, 4f 0h bath Victorian	380	\$1,399,900	\$1,330,000
63 College Ave	9 room, 4 bed, 3f 2h bath Victorian	1	\$1,690,000	\$1,690,000



# Recent Condominiums Sold in Somerville Over the Past Month:

Address	Description	DOM	List Price	Sale Price
593 Somerville Avenue U:4	5 room, 2 bed, 2f 0h bath Mid-Rise	3	\$698,000	\$750,000
593 Somerville Avenue U:2	5 room, 2 bed, 2f 1h bath Mid-Rise	12	\$750,000	\$760,000
17 Village Street U:2	5 room, 2 bed, 2f 0h bath Loft	24	\$985,000	\$985,000
17 Village Street U:4	5 room, 2 bed, 2f 0h bath Loft	1	\$1,050,000	\$1,050,000
17 Village Street U:5	5 room, 2 bed, 2f 0h bath Loft	3	\$1,225,000	\$1,255,000
45 Adrian St U:1	7 room, 4 bed, 2f 2h bath Townhouse	21	\$1,225,000	\$1,225,000

# **Recent Multi-Family Homes Sold in Somerville Over the Past Month:**

Address	Description	DOM	List Price	Sale Price
24 Wigglesworth Street	2 unit, 11 total room, 6 total bedroom 2 Family	69	\$569,000	\$588,000
47 Gordon Street	2 unit, 11 total room, 5 total bedroom 2 Family	7	\$639,000	\$650,000
14-16 Gordon Street	2 unit, 10 total room, 4 total bedroom 2 Family	27	\$667,000	\$657,000
31 Grant St	2 unit, 10 total room, 4 total bedroom 2 Family	176	\$669,000	\$610,000
7 & 9 Columbus Ave	2 unit, 15 total room, 7 total bedroom 2 Family	30	\$900,000	\$950,000
44 Spencer Ave	2 unit, 11 total room, 5 total bedroom 2 Family	62	\$1,100,000	\$1,000,000

# COMMENTARY

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

# The next GLX meeting is the place to be



# By Joseph A. Curtatone

Let's talk about where you're going to be next Wednesday. That evening at the Somerville High auditorium we have a big community meeting with state officials concerning the Green Line extension. Everybody is welcome to attend and that is roughly the amount of people we'd like see there: everybody.

We may not be able to fit tens of thousands into the auditorium, but that's the number of people this project affects. We've waited decades for the reintroduction of rail transit to the heart of our city. The work is under way. \$700 million is already sunk in the project whether we build it or not. We have come too far and we are too close to having it operational not to bring it over the finish line. That's why you need to be there. We want to emphasize the scope and importance of this project. And the decision makers need to hear it from you. I've been out talking and testifying about this over and over. But this is your meeting. We need your voice this time.

As we all know, state officials are working diligently to get the

We fully support that effort. The good news is our interaction with state officials, from Governor Baker to Transportation Secretary Pollack to all the people on the MBTA team, has dealt with how we're going to get this project done, not if. People have rolled up their sleeves and put in late hours to turn the GLX into a reality. We're talking about extending an existing line along an existing right of way through the most densely populated city in New England with \$1 billion in federal funds to help pay for the work. This puzzle can be solved. It's also critical from a regional perspective. The roadways in Greater Boston are choked with cars. We are the 6th-most congested region in the country. Just trying to get from Somerville to Boston and Cambridge has become a challenge. A completed GLX will shift 50,000 trips per day to public transit. That has an environmental impact too. Vehicle emissions from trips starting or ending in Somerville total roughly 250,000 tons of carbon into our atmosphere every year. Being a coastal region, the Boston area stands to lose more than most due to climate change. If we don't drastically reduce our carbon footprint, then Boston is one of the cities that may not be around after the glaciers in

project's budget under control.

be around after the glaciers in Greenland and Antarctica melt. Dramatically increased public transit is essential to reducing our contribution to that melting.

Then there's the jobs and

economic growth attached to the project. Growth around the GLX is expected to total more than \$4 billion in private investment, 30,000 permanent jobs, 30,000 construction jobs, 10,000 new homes and \$3 billion in projected tax revenue by 2040. We talk a lot about jobs growth and economic vitality. Nothing will deliver more of that than the GLX. The return on investment for this project is extraordinary. It's billions of dollars every year pumping through the Massachusetts economy. The key to unlocking that investment, those jobs and that growth is the Union Square stop. We have plans to turn it into a major innovation and creative center for our region. Not only will it be fantastic for Somerville, but it will be an economic engine pumping money into the whole of Massachusetts.

Ultimately we need the GLX to deliver all of the promised stops. Union Square may be a critical economic juncture, but we have residents and small businesses in Magoun and Ball squares equally reliant on the GLX and the completed Community Path. In Tufts we have a major university and regional thought leader that needs to put on our main transportation grid. Along with all of this comes economic equity. The Urban Land Institute estimates the cost of owning a car for a Somerville resident to be \$9,000 a year. That's a potential backbreaker for a working family. That's money that could be spent on improving your lot in life and sending your kids to college. Instead it's being driven into having a vehicle you need to get to the job that, in some cases barely, keeps your family afloat. If we want more economic opportunities for everybody of all socioeconomic levels there is a clear answer: build more public transportation.

That transportation also must feature quality accessibility. Anyone with a mobility issue, whether it be someone in a wheelchair or a senior citizen, will tell you that there's a massive difference between theoretical accessibility and actual accessibility. We understand the state must cut costs on the project, but platforms that can be easily accessed by anyone must be an absolute. We need to hold ourselves to a high standard to make sure the GLX works for everybody in our community.

The other critical point I want to make here is that time is of the essence. As I mentioned before, the work is already underway and \$700 million of taxpayer money has already been committed. Delivering it on time is inextricably linked to delivering it on budget. The \$1 billion in federal funds for the GLX will not be available to us forever. Also we know from experience that the cost of doing this project only goes up over time. It would have cost fractions of the current budget had the GLX been completed in the 1990s or 2000s. Making sure we stick to or beat the construction timeline is critical to keeping the GLX on budget.

Nothing is more expensive than delay, particularly because the GLX will remain at the top of the MBTA's todo list until it gets done. The state has a backlog of projects that need to be undertaken in the next few decades after it completes the GLX: Red-Blue connector, North-South connector, Blue Line extension, etc. All of that gets more expensive over time as well. Figuring out how to do the GLX responsibly sets us up to deliver those future projects. It also brings economic growth to help pay for those projects.

So Wednesday, April 13th at 5:30-9:00 be at the Somerville High auditorium or at least at the high school concourse to show state officials just how committed we are to the traffic alleviation, environmental improvements, jobs growth and socioeconomic equity that comes with the GLX. It's the project with the power to transform how people live in our community. If you've never been to a public meeting, this is probably the one you want to make. This project directly impacts everyone in this city. Be heard, be seen. Make sure you stand up for the best transportation project on the board anywhere in this country.

# **Fresh Foods store coming to Davis Square**

An urban grocer, Fresh Formats LLC, Fresh, so this is welcome news," said



has filed building permit applications to open a fresh foods market at 240 Elm St. in Davis Square, the site of the former Social Security Building. Ongoing renovation of the building is underway and it is expected that the 11,000-square-foot ground floor will be a neighborhood market later this year.

The building, which is currently vacant, also includes 20,000 sf of office space on the two upper floors that will be occupied by Davis Square Architects, a long-time tenant prior to the renovation, and others. An additional 2,400 sf of office space in the basement will be leased separately.

"Neighborhood residents have been clamoring for a grocer to complement the neighborhood's specialty grocers including McKinnon's and Dave's Mayor Joseph A. Curtatone. "To have the kind of truly livable squares our community values, we need neighborhood grocery stores, as well as services that cover the full range of community needs from banks, salons, and eateries to pharmacies and doctor's offices. It's this mix that helps transform a simple business district into a vibrant town center."

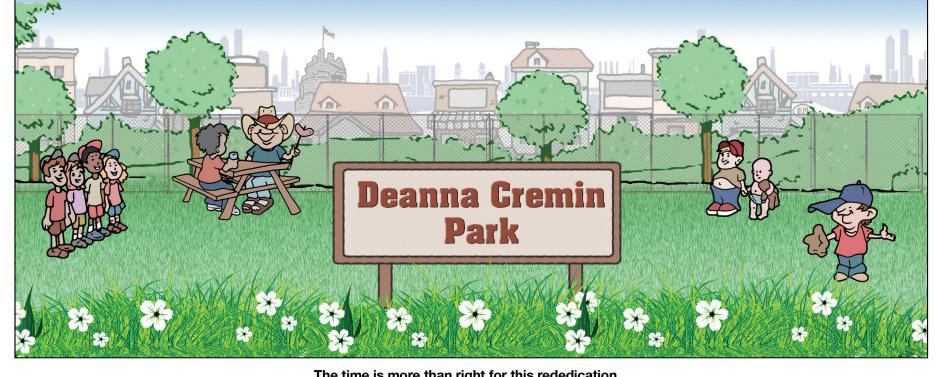
Fresh Formats LLC is an Ahold company. They developed the bfresh® concept which debuted in Allston, Mass. September 2015. bfresh emphasizes fresh foods including organic produce along with natural and bulk foods and conventional groceries. The site plans received by the City also include an onsite bakery and a"Little Kitchen<sup>™</sup>"</sup> offering prepared foods made from scratch.

"My hope is that we not only have a new fresh foods market in sight, but a new community partner that will be a good neighbor in the square," said Ward 6 Alderman Lance Davis. "With the loss of places like Farmer's Bounty, it's good to see another grocer coming to help anchor the heart of the square."

# COMMENTARY

# SIGNS OF THE TIMES

# **Illustrated by Jim Clark**



### The time is more than right for this rededication.

# **Our View Of The Times**

A resolution was put forward at the City of Somerville Board of Aldermen's regular meeting on March 24 proposing that the city rename Otis St. Park to Deanna Cremin Park, as a memorial to the Somerville resident who fell victim to murder 21 years ago.

Ward 1 Alderman Matthew McLaughlin sponsored the resolution, citing the

# Newstalk CONT. FROM PG 2

A good friend of one of the writers here at The Times also celebrates this week: Happy birthday to Jonathan Doran of Lexington, who loves The Somerville Times. He's the past President of the Lexington Lions. To a local guy who is one of the big wigs down at DPW for the city, nice guy Steve MacEachern, happy birthday this week. Sissy McWatters-Ankenbauer is celebrating this week as well. We wish her a Happy Birthday. \*\*\*\*\*

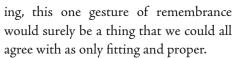
# We apologize for overlooking one of

fact that the park had only previously been named for a street running alongside the parcel, emphasized that renaming the public space in memory of Deanna Cremin would be a fitting honor to the victim of this yet-to-be-solved crime.

Speaking in favor of the proposal, Jesse Clingan, a friend of Deanna's, spoke eloquently to the Board, telling of Deanna's love of the outdoors and the way she cared for children, and often took them to the park to play with them.

Clingan has been tirelessly working on getting this rededication done, speaking with area residents and gathering assurances that no one would object to the renaming of the park.

After so many years of the pain of griev-



A public park, with all its greenery and human activity, is a good symbol for such a remembrance. A place where natural beauty merges with the affirmation of life renewed. We think that Deanna would be proud to be associated with it.

### \*\*\*\*\*

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

at Brown-Flaherty Funeral Home in Union Square and St. Josephs Church. His good friends down at Sally O'Brien's will certainly miss his charm, character and great wit. Liam, the owner of Sally O'Brien's, will hold a reception after the funeral 1:00-4:00 p.m. today Wednesday, April 6.

### \*\*\*\*\*

Show Your Support for the GLX at two important upcoming meetings. The next step in the battle to save the Green Line Extension is next week. Once again, we need you to come out in large numbers to let the decision makers know that they have to deliver on their promises to build the Green Line Extension, including light rail service to all stations (including Union Square), all the stations (including Route 16), and the Community Path. Meeting Information: Monday, April 11 - Fiscal Control Management Board Meeting. The meeting begins at 10:30 a.m., 1:00 p.m. is the time for public comment. MassDOT Boardroom, 10 Park Plaza, Room 3830, Boston. To make sure that there have been no changes in the date, time and location, check this link: http://www. mbta.com/about\_the\_mbta/public\_ meetings/?id=6442455500. Wednesday, April 13 - Green Line Extension

public meeting at the Somerville High School Auditorium, 81 Highland St. 5:30 p.m. Open House at 6:30 p.m. Presentation, Q&A. Join in at one or both meetings and voice your support for the Green Line Extension, and tell your friends and neighbors to join you. For more information, go to http:// www.somervillestep.org/.

\*\*\*\*\*

We're sorry to hear that The second East Somerville Reunion that was being planned for this summer has been can-

our favorite's people last week, Ms. Jaime Motta. Yes, the famous Jaime at Attorney Sean O'Donovan's law office celebrated her birthday. Paula LeBlanc (same office) made a beautiful homemade cake filled with candy for Jaime. Both ladies work together and are all well known here in the city. We wish Jaime a very special belated happy birthday and big thanks to Paula for making Jaime's wish of a great birthday cake come true.

### \*\*\*\*\*

There's a new website in town. Check it out at www.somervillema.com. The Somerville Times is on the site. Also check out www.medfordma.com. Someone asked online why we keep these two websites in Newstalk. We guess it's because we like them.

### \*\*\*\*\*

Condolences to the family and many friends of Eldon F. Gaudet who recently passed away. He was well known in the city, in particular in Ward 2 and 3 in Union Square. He was a retired postal worker and army veteran who served in Vietnam. Services this week were held celled due to the lack of contributions. Hopefully they can get people to help up as sponsors in the future.

### \*\*\*\*\*

This past Sunday the Somerville Democratic City Committee's Reorganization Meeting and Caucus was held at the cafeteria at Somerville High School. It's official, the once revered and popular committee has been taken over by the extreme Progressive branch of the party. A lot of the moderate Democrats have left and we hear more are going to be doing the same. The party of the progressives, which claim to be inclusive, is only inclusive to those with similar opinions. In a city with about 75K people - and now about 48K registered voters - that the Progressives citywide can't fill a room says a lot, don't you Continued on page 17

# 20th Annual Duhamel Pancake Breakfast

The Duhamel Education Initiative's 20th Annual Pancake Breakfast to support Somerville Public Schools took place on Saturday, April 2 at the First Church Congregational in Somerville.

Paul Duhamel, a Somerville School Committee member, was a positive force in the community and an excellent leader in the area of dropout prevention. His untimely passing spurred his friends to establish an organization that would continue his work.

Since 1995, the Duhamel Education Initiative

has furthered Paul's efforts by supporting the Somerville Public Schools and those students who are most in need. The Initiative has awarded over \$50,000 in dropout prevention grants to Somerville teachers and also supports at-risk youth and innovative programs in the Somerville Public Schools.

In 2011, the DEI was honored by the Somerville School Committee for its strong support of the public schools of Somerville.

For more info go to http://www.duhameleducationinitiative.org.



















Photos by Claudia Ferro



# **SPORTS**

# Somerville athlete helps take Tufts to tournament

### By Rebecca Danvers

The Tufts University women's basketball team competed in their first-ever national title game on Monday, April 4, in Indianapolis. The Jumbos entered the tournament as a 7-seed but have emerged as the Cinderella story in Division III.

Melissa Baptista is a Somerville resident and graduate of Somerville High School who is now a sophomore starter for the Jumbos. Baptista has been a dominant force in the playoffs, helping Tufts advance to their first Division III title game by scoring 23 of the Jumbos' 57 points to defeat Scranton in Elite Eight tournament play.

In the semi-final, Baptista scored 14 points and led the Jumbos with 12 rebounds. Tufts University played defending national champion Thomas More College at the Indiana Pacers' arena on Monday, the day between the women's Division I Final Four and championship games.

At six feet tall, Baptista is said to be an exceptionally fast forward with a good outside shot, a superior rebounder, tough defender, and selfless teammate. Her emergence this year as a leader on and off the court has helped power the team to the title game. "She does things athletically that others simply can't do," says Carla Berube, Baptista's coach.

Baptista is not only an impressive athlete but also a successful student and active participant in life on campus, where she has helped found Athletes of Color, a club that facilitates dialogue about the unique experiences of



Sophomore Melissa Baptista (above) led Tufts' quarterfinal win over Scranton with 23 points.

### athletes of color.

A first generation Brasilian-American, Baptista is also involved in the Association for Latin American Students, United for Immigrant Justice, and the Tisch College Community Research Center at Tufts.

Last summer, Baptista studied at the Tufts European Center in Talloires, France. Prior to the start of her first year, Melissa participated in the Bridge to Liberal Arts Success at Tufts (BLAST) program, which is designed to support students who may be the first in their family to go to college.

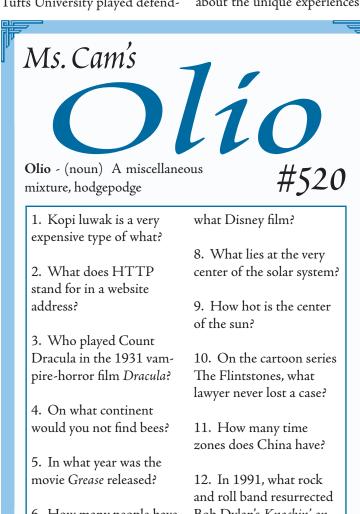
Berube describes Baptista as the embodiment of a Tufts scholar-athlete, someone who contributes in the classroom, in the community, and on the court. "As good as Melissa has been, I'm expecting even greater things from her as we look ahead to her junior and senior years," she says.

Unfortunately, Monday night's matchup with Thomas More College ended in a loss for Tufts with a final score of 63–51. Nonetheless, the team celebrates a brilliant season, with Baptista leading the way throughout.

# WSNS Playworks coaches earn accolades for exceptional teamwork

This fall as part of the Carol M. White Physical Education Program (PEP) grant, Somerville Public Schools introduced the Playworks recess program into five of the district's K-8 schools. Playworks is designed to help schools develop and introduce a recess environment that provides a safer and more inclusive experience for all students. The West Somerville Neighborhood School (WSNS) has had great success in implementing the Playworks "Team Up" model, a new consultation model of the Playworks program. Playworks national office representatives, who assess Playworks program quality around the country, recently paid a visit to the WSNS and concluded that the WSNS recess was one of the best recess programs they had ever seen. Among the recess features that caught their attention was observing that Junior Coaches, 4th and 5th grade students at the school, were each leading games, and every student in the yard was engaged and playing cooperatively with one another.

WSNS administrators attribute the success of their first year of the Playworks recess Team



6. How many people have Bob Dylan's *Knockin' on* walked on the moon? *Heaven's Door?* 

7. Circle of Life came from

Answers on page 23

# www.somervillema.com www.medfordma.com

To advertise in The Somerville Times call Bobbie Toner: 617-666-4010 Up model to the dedication and support of Coach Dick Johnstin, a Utility Aide at the school, and Junior Coaches including Julian Delmonico. Coach Johnstin was recognized as the March Playworks Teacher of Month, and Julian was recognized as the New Balance Junior Coach of the Month! Hard work, dedication to teamwork, and strong collaboration with Playworks staff members have created a healthy community at the West Somerville Neighborhood School, which starts out at recess and extends into the classroom and beyond.



# Union Square Outdoor Dance Party from Kids Union and Arts Union

Kids Union and Arts Union are teaming up for an enormous outdoor kids dance party on the Union Square plaza on Saturday, April 9, 3:00 – 5:00 p.m., Union Square Plaza.



They've been having an amazing time all winter long at their regular indoor dance parties, but they've been itching to get outside more. Also, the photo opportunities created by hundreds of dancing toddlers in Union Square plaza will be worth it by themselves.



# 5th Hyperlocal News & Media Meetup

Somerville Community Access Television is happy to host the 5th Hyperlocal News & Media Meetup on Thursday, April 14 at 7:00 p.m. This quarterly meetup will be followed by a tour of SCATV. Our featured guests are the founders of Boston Institute for Nonprofit Journalism – find out more about who BINJ is and how you can get involved in their local news efforts!

# **Hyperlocal News & Media Meetup**

Knowledge exchange, networking & community building



organized by SCATV | SOMERVILLE COMMUNITY ACCESS TELEVISION CHANNEL 3

In addition to the special talk from BINJ, you will meet people doing work in the hyperlocal journalism field and learn more about what is happening in and around the greater Boston area in terms of community journalism and alternative media. We will explore best practices in the local news/media, collaborations/partnership ideas, marketing tips and have a chance to build a stronger community media field! Please come to also show support for the hyperlocal news efforts.

The agenda for the night:

1. Hear from our guests from BINJ

Show examples of work people are doing – people should come with questions if they are seeking any feedback re: production, story quality, etc
 Go around and share biggest hurdles and biggest successes from doing a local news or TV show

4. Get a tour of SCATV

5. Mingle!

For additional questions please contact Erica Jones at ejones@scatvsomerville.org.



If it's cold wear a parka, if there's precipitation in the forecast, they will update you on any changes. Some of the local businesses on the Square will be involved too. Please invite your pals so they can show them how Union Square parties. They created the dance parties as a way to get you and your kids out of the house and to help the kids burn off energy.



# **The Norton Group Real Estate**

- Over 37 years of local experience here in Somerville
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- We can show you a written out Marketing Plan and stand by it or you can cancel at anytime for any reason
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# **LEGAL NOTICES**

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

The Commonwealth of Massachusetts City of Somerville Office of the Acting Treasurer/Collector				
<b>NOTICE OF TAKING</b> TO THE OWNERS OF THE HEREUNDER DESCRIBED LAND AND TO ALL OTHERS CONCERNED: YOU ARE HEREBY NOTIFIED that on June 10th, 2016 at 10:00 o'clock in the morning at the Collector's Office/Treasury, Somerville City Hall, 93 Highland Ave., Somerville, MA 02143, pursuant to Massachusetts General Laws Chapter 60, Section 53, and by virtue of the authority vested in me as Acting Collector of Taxes, the following described parcels of land will BE TAKEN FOR THE CITY OF SOMERVILLE for non-payment of the taxes due thereon, with interest and incidental expenses and costs to the date of taking, unless the same shall have been paid in full <b>before that date</b> .				
LOCATION OF PROPERTY: <b>10 CLARENDON AVE</b> CURRENT & ASSESSED OWNER(S): DEMETRIOS PAPATHANASIOU & VASILIKI PAPATHANASIOU TRUSTEES OF CLARENDON REALTY TRUST DEMAND: <b>05/18/2015</b> PARCEL ID: <b>009D00057000000</b> ALT. PARCELS/TAX ACCOUNT: <b>16523176</b> SQUARE FEET: <b>4,316</b> TITLE REFERENCE: Middlesex South Registry of Deeds Book: 12941, Page: 331, Book: 50650, Page: 328, Book: 11563, Page: 689, Book: 11772, Page: 144. Fiscal Year <b>2015</b> Taxes Remaining Unpaid <b>\$4,513.07</b> Interest to Date of Taking <b>\$772.67</b> Incidental Expenses and Costs to Date of Taking <b>\$369.00</b> <b>Total for which Land will be Taken \$5,654.74</b> 4/6/15 The Somerville Times	LOCATION OF PROPERTY: 11 NEWBURY ST CURRENT & ASSESSED OWNER(S): DEMETRIOS PAPATHANASIOU & VASILIKI PAPATHANASIOU TRUSTEES OF CLARENDON REALTY TRUST DEMAND: 05/18/2015 DEMAND: 05/18/2015 PARCEL ID: 009D00006000000 ALT. PARCELS/TAX ACCOUNT: 16523174 SQUARE FEET: 3,662 TITLE REFERENCE: Middlesex South Registry of Deeds Book: 11563, Page: 701 Book: 50650, Page: 328, Book: 11563, Page: 689, Book: 11772, Page: 144.Fiscal Year 2015 Incidental Expenses and Costs to Date of Taking Incidental Expenses and Costs to Date of Taking S483.59\$4,492.63 \$5483.594/6/15 The Somerville TimesSuperville Times	LOCATION OF PROPERTY: 12 CLARENDON AVE CURRENT & ASSESSED OWNER(S): CURRENT & ASSESSED OWN- ER(S): DEMETRIOS PAPATHANASIOU & VASILIKI PAPATHANASIOU TRUSTEES OF CLARENDON REALTY TRUST DEMAND: 05/18/2015 PARCEL ID: 009D00056000000 ALT. PARCELS/TAX ACCOUNT: 16523172 SQUARE FEET: 4,328 TITLE REFERENCE: Middlesex South Registry of Deeds Book: 11669, Page: 444, Book: 50650, Page: 328, Book: 11563, Page: 689, Book: 11772, Page: 144.Fiscal Year 2015 Incidental Expenses and Costs to Date of Taking 		
LOCATION OF PROPERTY: 42 HENDERSON ST         CURRENT & ASSESSED OWNER: SOMERVILLE MUNICIPAL FEDERAL         CREDIT UNION         DEMAND: 05/05/2014       PARCEL ID: 033D00008000000         ALT. PARCELS/TAX ACCOUNT: 16530073       SQUARE FEET: 1,573         TITLE REFERENCE: Middlesex South Registry of Deeds Book: 55647,         Page: 281, and Book: 58002, Page: 486.         Fiscal Year 2014 Taxes Remaining Unpaid       \$1,753.90         Interest to Date of Taking       \$535.55         Incidental Expenses and Costs to Date of Taking       \$369.00         Total for which Land will be Taken       \$2,657.74	LOCATION OF PROPERTY: <b>46 FRANKLIN ST</b> CURRENT & ASSESSED OWNER: TINA-MARIE COYLE FISHER & WILLIAM GREGORY FISHER DEMAND: <b>05/05/2014</b> PARCEL ID: <b>104-D.00023-000000</b> ALT. PARCELS/TAX ACCOUNT: <b>04166090</b> SQUARE FEET: <b>2,813</b> TITLE REFERENCE: Middlesex South Registry of Deeds Book: 25506, Page: 247. Fiscal Year <b>2014</b> Taxes Remaining Unpaid <b>\$917.77</b> Interest to Date of Taking <b>\$48.23</b> Incidental Expenses and Costs to Date of Taking <b>\$48.23</b> Incidental Expenses and Costs to Date of Taking <b>\$369.00</b> <b>Total for which Land will be Taken \$1,335.00</b>	LOCATION OF PROPERTY: 58 GOVERNOR WINTHROP RD         CURRENT & ASSESSED OWNER(S): THE HEIRS OF VIRGINIA TSUNIS         DEMAND: 05/18/2015       PARCEL ID: 068C0000200000         ALT. PARCELS/TAX ACCOUNT: 13450140       SQUARE FEET: 4,050         TITLE REFERENCE: Middlesex South Registry of Deeds Book: 16026, Page: 129.       Fiscal Year 2015         Fiscal Year 2015       Taxes Remaining Unpaid       \$4,521.98         Interest to Date of Taking       \$218.55         Incidental Expenses and Costs to Date of Taking       \$369.00         Total for which Land will be Taken       \$5,109.53         4/6/15 The Somerville Times       \$369.00		
LOCATION OF PROPERTY: <b>42 HENDERSON ST</b> CURRENT & ASSESSED OWNER: SOMERVILLE MUNICIPAL FEDERAL CREDIT UNION DEMAND: <b>05/18/2015</b> PARCEL ID: <b>033D00008000000</b> ALT. PARCELS/TAX ACCOUNT: <b>16530073</b> SQUARE FEET: <b>1,573</b> TITLE REFERENCE: Middlesex South Registry of Deeds Book: 55647, Page: 281, and Book: 58002, Page: 486.	LOCATION OF PROPERTY: <b>46 FRANKLIN ST</b> CURRENT & ASSESSED OWNER: TINA-MARIE COYLE FISHER & WILLIAM GREGORY FISHER DEMAND: <b>05/18/2015</b> PARCEL ID: <b>104-D.00023-000000</b> ALT. PARCELS/TAX ACCOUNT: <b>04166090</b> SQUARE FEET: <b>2,813</b> TITLE REFERENCE: Middlesex South Registry of Deeds Book: 25506, Page: 247.	Commonwealth of Massachusetts The Trial Court Probate and Family Court Department 208 Cambridge Street Cambridge, MA 02141		
Fiscal Year 2015Taxes Remaining Unpaid\$4,370.59Interest to Date of Taking\$871.78Incidental Expenses and Costs to Date of Taking\$369.00Total for which Land will be Taken\$5,611.374/6/15 The Somerville Times\$5,611.37	Fiscal Year 2015Taxes Remaining Unpaid\$6,315.46Interest to Date of Taking\$1,248.87Incidental Expenses and Costs to Date of Taking\$369.00Total for which Land will be Taken\$7,933.334/6/15 The Somerville Times	MIDDLESEX Division Docket No. MI16D0655DR DIVORCE SUMMONS BY PUBLICATION AND MAILING Meskell, MaryEllen vs. Meskell, Gary		
		To Defendant: The Plaintiff has filed a Complaint for Divorce requesting that the Court grant a divorce for <u>Irretrievable Breakdown of the Marriage 1B</u> The Complaint is on file at the Court. An Automatic Restraining Order has been entered in this matter pre- venting you from taking any action which would negatively impact the current financial status of either party . <b>SEE Supplemental Probate</b> <b>Court Rule 411</b>		
CITY OF SOMERVILLE, MASSACHUSETTS OFFICE OF STRATEGIC PLANNING & COMMUNITY DEVELOPMENT JOSEPH A. CURTATONE MAYOR		You are hereby summoned and required to serve upon: MaryEllen Meskell 94 Morrison Avenue Somerville, MA 02144		
MICHAEL F. GLAVIN EXECUTIVE DIRECTOR PLANNING DIVISION LEGAL NOTICE OF PUBLIC HEARING A public hearing for all interested parties will be held by the Zoning Board of Appeals on Wednesday, April 20, 2016 at 6:00 p.m. in the Aldermanic		<ul> <li>your answer, if any on or before 05/03/2016. If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer, if any, in the office of the Register of this Court.</li> <li>Witness, Hon. Edward F Donnelly, Jr., First Justice of this Court.</li> <li>Date: March 18, 2016.</li> </ul>		
<u>38 Day St</u> : (Case #ZBA 2015-115) Applicant and Owner, Darin Samaraw structure by adding an additional unit in the basement. The Applicant/Ow	Chambers, 2nd Floor, Somerville City Hall, 93 Highland Avenue, Somerville, MA. <u>38 Day St:</u> (Case #ZBA 2015-115) Applicant and Owner, Darin Samaraweera, seeks a Special Permit per SZO §4.4.1 to alter a non-conforming structure by adding an additional unit in the basement. The Applicant/Owner also seeks a parking Variance for 2 spaces per SZO §5.5 and §9.5 RB			
Zone. Ward 6. 24 Lexington Ave: (Case # 2016-20) Applicant and Owner, Philip Colleran, seeks a Special Permit per SZO §4.4.1 to build extend an existing non-con- formity by expanding an existing shed dormer within the right side yard setback at 24 Lexington Avenue. RA Zone. Ward 5.		STROM EIVES PRIMA		

**<u>18-20 Kent Ct</u>: (Case #ZBA 2015-110)** Applicant and Owner, Krypton, LLC with Keith Glover, Manager, seeks a Special Permit under SZO §5.1 and SZO §7.11.1.c to establish 6 residential units and a Variance for parking under SZO §5.5 and SZO §9.5. RC Zone. Ward 2.

13 School St: (Case #ZBA 2016-33) Applicant and Owner Pavlos Protopappas and Olivera Berce, seek a Special Permit to modify a nonconforming structure by changing the roof from a gable to a mansard. Zone RB, Ward 2.

5-15 Holland St: (Case #ZBA 2016-36) Applicant & Owner, JTD Realty Trust, seek a Special Permit under SZO §5.1 & 4.4.1 to alter a mixed-use building to increase the lot area per dwelling unit nonconforming. This approval would allow for a minor site plan approval to subdivide a parcel for future development of the adjacent lot. CBD Zone. Ward 6.

**<u>1 Fremont Ave</u>**: (Case #ZBA 2016-35) Applicant and Owner Deborah Lucas, seeks a Special Permit to modify a nonconforming structure by adding a garage, dormer and roof deck. Zone RB, Ward 2.

47 Dane St: (Case #ZBA 2016-39) Applicant Bill Mandell, and Owner 47 Dane Street LLC, seek a Special Permit to modify a nonconforming structure by adding living space in the basement. Zone RB, Ward 2.

<u>3 Washington St</u>: (Case #ZBA 2016-44) Applicant Union Kitchen LLC, DBA Foundation Kitchen Ciaran Nagle, and Owner Chung Lee, C+S Realty Trust, seek a Special Permit with Design Review to expand uses from a restaurant to include catering. Zone RC, Ward 1.

65 Oak St: (Case #ZBA 2016-45) Applicant and Owner Bill Agnatovech and Anna Agnatovech, seek a Special Permit to modify a nonconforming structure by a deck. Zone RB, Ward 2.

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

Attest: Dawn Pereira, Administrative Assistant

As published in The Somerville Times on 4/6/16 & 4/13/16.

4/6/16 The Somerville Times



CITY OF SOMERVILLE PURCHASING DEPARTMENT IFB 16-76

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

CNC Machining Equipment for Vocational Technical Education Purposes. Equipment sought includes: cold saw (1); vertical milling machines (4); tool room lathes (4), and related equipment.

The invitation for bid (IFB) including further details may be obtained online at <u>http://www.somervillema.gov/departments/finance/purchasing/bids</u> or from the Purchasing Department, Somerville City Hall, 93 Highland Ave., Somerville, MA, 02143 on or after <u>April 4, 2016</u>. Sealed bids will be received at the above office until: <u>April 20, 2016 at</u> <u>11:30am</u>. 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.

Please contact Angela M. Allen at  $\underline{amallen@somervillema.gov}$  for more information.



Angela M. Allen Purchasing Director 617-625-6600 x. 3400

4/6/16 The Somerville Times

TO PLACE LEGAL ADVERTISMENTS IN THE SOMERVILLE TIMES, CONTACT US BY 12 PM MONDAY PH: 617.666.4010 • FAX: 617.628.0422



# **LEGAL NOTICES**

A hearing to all persons interested will be given by the Somerville Licensing Commission on Monday April 11, 2016 at the Senior Center, Tufts Administration Building, 167 Holland St., Somerville, MA at 6:00PM on the application of NU Café Somerville, LLC d/b/a NU Cafe for an All Forms Alcohol Restaurant License, a Common Victualler License and an Entertainment License by Patrons and Devices at 197 Washington St., Somerville, MA

> For the Commission Andrew Upton Vito Vaccaro John J. McKenna

Attest: Lori Jean Batzek Administrative Assistant

3/30/16, 4/6/16 The Somerville Times

A hearing to all persons interested will be given by the Somerville Licensing Commission on Monday April 11, 2016 at the Senior Center, Tufts Administration Building, 167 Holland St., Somerville, MA at 6:00PM on the application of NLP 280 Elm Street Davis Square, LLC d/b/a Oath Craft Pizza for an All Forms Alcohol Restaurant License at 280 Elm St., Somerville, MA

> For the Commission Andrew Upton Vito Vaccaro John J. McKenna

Attest: Lori Jean Batzek Administrative Assistant

3/30/16, 4/6/16 The Somerville Times

# Legal Notices can be downloaded from our web site:

# www.TheSomervilleTimes.com



# Newstalk CONT. FROM PG 11

think? Not that long ago each ward would have about 100 or more involved in the caucus. They couldn't find a place big enough to hold one citywide. \*\*\*\*\*

In various wards even today new faces show up and some not so new, but the same game is played anytime. We hear that the newly elected School Committee person from Ward 3, Lee Erica Palmer, is not that popular with her colleagues on the Committee and has made some people off the Committee not to happy too. We hope it's not true. We would like to think she's the same nice person that ran for office a year ago and who has only served since January of this year.

\*\*\*\*\*

This week marked the eleventh anniversary of the death of former Senator Charlie Shannon. He is missed by many here from all walks of life that he touched during his many years serving the residents of the district, in particular Somerville. Senator Charlie Shannon was a great motivator, leader and a champion for Somerville. It didn't matter what political opinion you had. The present Senator Pat Jehlen, on the other hand, has not even come close to what Senator Shannon did here in the district. Senator Pat Jehlen has not proposed ONE piece of legislation that was voted on or approved by the Senate, since she ran and was elected eleven years ago. But we do know she's the consummate politician, continuously elected to various offices since 1973. We guess that is an accomplishment, isn't it? Or is it?

### cause no snow emergency was called. \*\*\*\*\*

Coming up on Monday, April 18 is the Patriots Day celebration at Foss Park. The ceremony begins at 10:00 a.m. The Somerville Historic Committee will have booths and information, as it has in the past. It's a great time for history and a family outing. Bring the kids out to meet and greet the Paul Revere re-enactor ride in on his horse as he travels from Boston through old Somerville - in Colonial days this was part of Charlestown - up through Medford over to Lexington and Concord to warn the Minutemen that the British are on their way.

\*\*\*\*\*\* We guess the mayor has not made 12 at 7:00 p.m. at East Somerville many friends over in Everett, in particular Mr. Wynn, who is the owner and developer of the proposed new gambling casino that was approved a few years back. Mayor Joe has filed lawsuits on behalf of the city to block Wynn from building his casino, but in the meantime all those union members are now out of a job. In short, Mayor Joe claims that the 13K vehicles that will come and go to the casino and would probably pass through Somerville is a health hazard to us, the residents. Why wait until the plans have been set, work was about to begin and hundreds of people are now in the dark as to if and when they can start the project? How many cars come and go at Assembly, which is right across the river from the proposed casino? Mr.

Wynn the other day on TV said some not so nice things about our mayor and even suggested that no funds would come to Somerville, like Boston will get. We hope that the situation can be resolved and those that need the good paying building jobs - never mind afterwards – gets underway.

"I appreciate the offering of these topics

because they represent issues parents

are really facing and concerned about,"

"The range of offerings made it hard

to choose," added another attendee. "The availability of interpreters so that all families could participate made me

proud to be a parent in Somerville."

The event was a community-wide effort

sponsored in collaboration with Cam-

bridge Health Alliance, Somerville

Community Schools, COPE, and the

Physical Education Program (PEP).

commented one event participant.

\*\*\*\*\*

We're hearing a lot of people remark that Assembly Square isn't that much a part of the city like it's suppose to be with its shops and restaurants. Do you hear the same?

\*\*\*\*\*

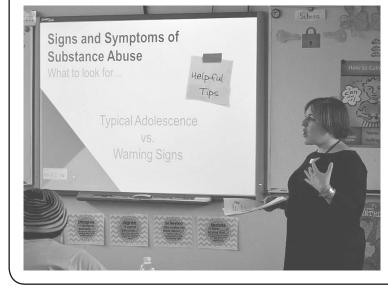
The El Sistema Somerville Spring Concert takes place on Tuesday, April Community School Auditorium. The concert is free and open to the public.

# 'Growing Up in Somerville' offers **Workshops on Raising Healthy Children**

More than 125 participants attended "Growing Up in Somerville," the Somerville Family Learning Collaborative's first night of health, wellness and parenting workshops for caregivers of Somerville children, birth to high school age. Families representing Somerville's diverse community came together to share in learning about raising healthy children. The evening began with opening remarks from Somerville Public Schools Superintendent Mary Skipper, who highlighted the importance of focusing on the whole child. Attend-



ees could participate in nine different workshops on a variety of topics including "Raising Kids in a Digital, Plugged-in Age: No App for Life" presented by Joni Siani, author of Celling Your Soul: No App for Life; and "Raising Healthy Children: Healthy Bodies, Healthy Minds" presented by Dr. Greg Hagan, Chief of Pediatrics at Cambridge Health Alliance. Other workshop topics included: raising children as an immigrant parent, parenting in the middle school years, mindfulness, substance abuse awareness, sex and sexuality, temperament, and raising an athlete.



### \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Special guest comedian and local celebrity Jimmy Del Ponte will be with us for the 4th Annual Highland Masonic Building Association "Giggles Comedy Nite" on Wednesday April 20, at the Prince of Pizza on Rte. 1 Saugus. The public is welcome. A private room with some of Boston's finest comedians, great pizza included for \$25 and a silent auction with many donated items will be available afterwards. Everyone wins. Contact Donald Norton at 617-623-6600 x 11 for information. Tickets at the door - or you can reserve - are again only \$25 donation to the HMTA insurance fund, which is not a tax deduction. Last year well over 100 attended a great night of laughs, food and good friends.

\*\*\*\*\*

A big fundraiser for Mayor Joe is coming up on April 13 in Boston on Charles Street, 6:00-8:00 p.m.

### \*\*\*\*\*\*\* \*\*\*\*\*\*\*\*

Many people were surprised to see that the city, in particular the DPW commissioner, did not call snow emergency this past Monday. We think it's because the city will make more revenue now that street sweeping is in effect and many would be confused and automatically park on the odd side of the street. Well, that's what we think. And oh yes, the world didn't end be-

### \*\*\*\*\*\*\*\*\*\*

Friends and family will be paying tribute to Ken Kelly while raising funds for four cyclists riding the Pan-Mass Challenge in his honor. The event takes place on Tuesday, April 12 at Brass Union, 70 Union Square. Check out the Eventbrite page for more information and direct links to make online donations.

### \*\*\*\*\*

The public is invited to join Ward 7 Alderman Katjana Ballantyne for joint open office hours this Saturday, April 9, 3:00 - 5:00 p.m. at Angelina's, Holland St., Teele Sq. Joining Ballantyne will be Rep. Christine Barber, and School Committee Member Ward 7 Carrie Normand.

# •••• VILLENS ON THE TOWN ••••

### CHILDREN AND YOUTH Wednesday|April 6

**East Branch Library** Puppet Workshop with Faye Dupras 11 a.m.-12 p.m.|115 Broadway

### Thursday April 7

Central Library Preschool: Storytime for 3 to 5 year olds 10:30 a.m.-11:15 a.m.|79 Highland

Ave West Branch Library Family Yoga with Erin Carter

11 a.m. - 12 p.m.|40 College Ave **East Branch Library** Lego Club

3:15 p.m.-4:30 p.m.|115 Broadway West Branch Library

Lego Club 3:30 p.m.-3:45 p.m.|40 College Ave Central Library

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

Friday | April 8 Central Library Preschool: Storytime for 2 year olds 10:30 a.m.-11 a.m.| 79 Highland

Avenue
Sunday|April 10
Central Library
Tachaology Patting Zoo

Technology Petting Zoo 2 p.m.-4 p.m.|79 Highland Ave

Monday | April 11 Central Library Sing Along with Jeremy Lyons 11 a.m.- 12 p.m.|79 Highland Ave

**Central Library** SHS teen group 2:45 p.m.- 4:30 p.m.|79 Highland Ave

West Branch Library Sing Along with Matt Heaton 3:30 p.m.-4 p.m.|40 College Ave

Tuesday | April 12 West Branch Library Preschool Storytime

11 a.m. - 11:45 a.m.|40 College Ave Central Library Homeschool Reading Group for Ages 12-14

Tammy McKanan-617-591-0216 9:30 a.m.-12 p.m.| 79 Highland Avenue Somerville High School Anime Club

2:45 p.m.-4:30 p.m.|79 Highland Ave Book Group for Kids Ages 9-12 7 p.m.-8 p.m.|79 Highland Ave

# Wednesday|April 13

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

Central Library Teen Empowerment 3:30 p.m.-5 p.m|79 Highland Ave

### MUSIC|ARTS Wednesday|April 6

Sally O'Brien's Bar Free Poker, lots of prizes! 6 p.m.|335 Somerville Ave|617-666-3589

The Burren Front Room Exile on Elm Back Room Backroom Series Comedy Night With Steve Ma9910

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

Thursday|April 7 Sally O'Brien's BYOBluegrass Jam with David Rizzutti

grassy Thursdays|7:30 p.m. 335 Somerville Ave|617-666-3589 The Burren

Front Room Lunchtime Concert Series|1-2pm Dave Gallagher & The Donegal Rednecks|9:30 pm Back Room: Jenee Halstead, Krista Baroni and Will Houlihan (Haunt The House) Scattershot!10 p.m. 247 Elm Street|617-776-6896

P.A.'s Lounge Barefoot Young The Angry Tides The Shirts & Shoes Threat Level Burgundy 345 Somerville Ave

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

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

Bull McCabe's Krush Faktory|10 p.m. 366A Somerville Ave|617-440-6045 Joshua Tree

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

608 Somerville Ave|617-718-9177

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

**Thunder Road** Moxa (Jam / Funk)|8 p.m. 379 Somerville Ave

Arts at the Armory Pub Sing at the Armory Cafe 7:30 p.m.|Cafe|191 Highland Ave

ONCE Lounge & Ballroom 2016 Rock & Roll Rumble Preliminary Round 4 8 p.m.| 156 Highland Ave

Friday | April 8 Sally O'Brien's Larry Flint & The Road Scholars | 6 p.m.

HearNowLive presents TBA \$10 cover|9 p.m. 335 Somerville Ave|617-666-3589

The Burren Backroom Series|Jonathan Edwards|7:30 p.m. Rip Cord|10 p.m. 247 Elm Street|617-776-6896

P.A.'s Lounge Shift the Paradigm Hambone Skinny Apollo Blue Back Door Key 345 Somerville Ave

Orleans Restaurant and Bar

10 p.m.|65 Holland St On The Hill Tavern 499 Broadway |617-629-5302

499 Broadway |617-629-5302 Orleans Restaurant and Bar DJ starting at 10 p.m.

65 Holland St|617-591-2100

Bull McCabe's Dan Blakeslee & Wes Buckley 366A Somerville Ave|617-440-6045 Round 5 8 p.m.| 156 Highland Ave **Somerville Theatre** Boston Sings A Cappella Festival 2016 7:30 p.m.|55 Davis Square

# Saturday|April 9

Sally O'Brien's Tom Hagerty Band |6 p.m. Big Giant, The Weisstronauts, John Powhida International Airport \$5 cover|9 p.m. 335 Somerville Ave|617-666-3589

The Burren Front Room: Bluegrass Session|2 p.m. The BagBoys|5 p.m. Irish Session|9:30 p.m. Back Room The Burren Backroon Saturday & Sunday Jazz Brunch with Tom Pendergast 8 a.m.-2:30 p.m. Backroom Series Spitting Vinnies|10 p.m. 247 Elm Street|617-776-6896

P.A.'s Lounge Rollover Baby Ten Foot Polecats Cannibal Ramblers Sonny Jim & The Shit Kickers 345 Somerville Ave

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

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

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

Joshua Tree DJ El Sid! 256 Elm St. |617-623-9910 Samba Bar & Grille

Live Band & DJ 608 Somerville Ave|617-718-9177 Casey's

Entertainment every Saturday 173 Broadway|617- 625-5195

Thunder Road Secret Sessions Boston & Thunder Road Present: The Magic Beans|8 p.m. 379 Somerville Ave

Arts at the Armory

Music for a Celebratory Occasion - Turning 60 (John B.'s milestone birthday event) 4 p.m.|Café Under the Roof -- SHC's Annual Dinner 7 p.m.|Perfromance Hall|191 Highland Ave

Davis Square Theatre Metamorphosis|7p.m. Matt and Ben|10:15 p.m. 255 Elm St

ONCE Lounge & Ballroom 2016 Rock & Roll Rumble Preliminary Round 6 8 p.m.| 156 Highland Ave

Somerville Theatre Boston Sings A Cappella Festival 2016 7:30 p.m.|55 Davis Square

# Sunday|April 10

Sally O'Brien's Bar One Thin Dime Sunday Suppah|5 p.m. 335 Somerville Ave|617-666-3589 The Burren Front Room

Beatles Brunch|11 a.m.-3 p.m.

379 Somerville Ave Davis Square Theatre

Metamorphosis|4p.m. Shit-faced Shakespeare|8 p.m. 255 Elm Street Somerville Theatre Boston Sings A Cappella Festival 2016

Arts at the Armory Arts at the Armory Arts Council Community Summit 2 p.m.|Performance Hall An Afternoon of French and German Music 3 p.m.|Café Jason Wilber Recital 7 p.m.|Performance Hall|191 High-Iand Ave

### Monday April 11

Sally O'Brien's Bar Shawn Carter's Cheapshots Comedy Jam |7 p.m. Marley Monday with The Duppy Conquerors reggae|10 p.m. 335 Somerville Ave|617-666-3589

The Burren Front Room Bur-Run Helena Delaney, Johnny O'Leary & Friends Irish Session|9 p.m. Back Room Science by The Pint|6 p.m. Stump Trivia|8:30 p.m. 247 Elm Street|617-776-6896

P.A.'s Lounge Free Mondays featuring: Evan Weckbacher Mailman Carl 8 p.m.|345 Somerville Ave

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

Bull McCabe's Pub

Stump! Team Trivia 366A Somerville Ave|617-440-6045 **Thunder Road** The Murdock Manor Stripped Sets Monday Night Residency 8 p.m.|379 Somerville Ave

**Tuesday|April 12** Sally O'Brien's Bar Pow Arrangers|8 p.m. 335 Somerville Ave|617-666-3589

The Burren Front Room Jason Anick and the Swingers Swing/ Jazz|8:30 p.m. Back Room Open Mic w/ Hugh McGowan|8 p.m. 247 Elm Street|617-776-6896

**PA's Lounge** Open Mic Night 345 Somerville Ave

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

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

Highland Kitchen First Tuesday of the Month|Spelling Bee Night

hosted by Victor and Nicole of Egoart. The fun starts at 10:00p.m.

150 Highland Ave|617-625-1131 Samba Bar & Grille

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

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

**Sunday**|**April 10** Fourth Step to Freedom Al-Anon

Jane Park TBA 345 Somerville Ave **On The Hill Tavern** 499 Broadway|617-629-5302

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

Bull McCabe's Pub The A-Beez – Funk & Soul 366A Somerville Ave|617-440-6045

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

Highland Kitchen 150 Highland Ave|617-625-1131

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

Joshua Tree Bar & Grill Pub Trivia 8:30 p.m.|256 Elm Street|(617) 623-9910

Davis Square Theatre Metamorphosis|7p.m. 255 Elm St

Arts at the Armory Been Out Here Teen Open Mic 6 p.m.|Café|191 Highland Ave

**ONCE Lounge & Ballroom** 

**CLASSES AND GROUPS** 

Adult Creative Writing with Amy Shea

10 a.m.-12 p.m. 79 Highland Ave

9 p.m.|156 Highland Ave

Wednesday April 6

Somerville Positive Forces

1 p.m.-3 p.m|79 Highland Ave

Milk & Bone

**Central Library** 

Central Library

**Central Library** 

Board Game Night

Thursday April 7

West Branch Library

West Branch Library

West Branch Library

40 College Avenue

Leblang

Family Yoga with Erin Carter

11 a.m. - 12 p.m.|40 College Ave

7 p.m.-9 p.m.|40 College Ave

(Session 1) 6 p.m.- 7 p.m. (Session 2) 7:15 p.m.-8:15 p.m.

Debtors Anonymous- a 12 Step

program for people with problems

with money and debt. 7 p.m.-8:30

For more info call: 781-762-6629

p.m.|89 College Ave (Upstairs Parlor).

10:30 a.m.-12:30 p.m./79 Highland

Meeting of Volunteers for Bernie

2 p.m.-3:30 p.m. 79 Highland Ave

Somerville Writers and Poets meet

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

weekly to discuss their work

Learn English at the Library!

First Church Somerville

Saturday April 9

Lacan Reading Group

**Central Library** 

**Central Library** 

**Bagel Bards** 

Holland St

Sanders Campaign

Ave

Memoir Writing Workshop with Judah

7 p.m.-8:45 p.m.

cone|10 p.m. 247 Elm Street|617-776-6896

P.A.'s Lounge Ten Dollar Mistake Margaret Garrett Jiblantos Negative One + Nick Szydlowski 345 Somerville Ave

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

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

Bull McCabe's Pub The A-Beez – Funk & Soul 366A Somerville Ave|617-440-6045

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

Highland Kitchen 150 Highland Ave|617-625-1131

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

Joshua Tree Bar & Grill Pub Trivia 8:30 p.m.|256 Elm Street|(617) 623Joshua Tree DJ McRiddleton 256 Elm St. |617-623-9910 Samba Bar & Grille Live music 9 p.m.|608 Somerville Ave|617-718-

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

9177

Thunder Road Secret Sessions Presents: Otis Grove|8 p.m. 379 Somerville Ave

Davis Square Theatre Metamorphosis|7p.m. Matt and Ben|10:15 p.m. 255 Elm St

Arts at the Armory Sibling Connections 6:30 p.m.|Performance Hall Urban Elixir - Open Mic! 7 p.m. |Café|191 Highland Ave

ONCE Lounge & Ballroom 2016 Rock & Roll Rumble Preliminary John Gannon & Friends Irish Session|3 p.m. Back Room The Burren Backroon Saturday & Sunday Jazz Brunch with Tom Pendergast 8am - 2:30pm Alan Kaufman & Friends Old Timey|5 p.m. Burren Acoustic Music Series|8

p.m. 247 Elm Street|617-776-6896

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

Highland Kitchen Sunday Brunch Live Country & Bluegrass Sunday Night Live Music 150 Highland Ave|617-625-1131

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

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

Thunder Road

Thunder Road 379 Somerville Ave

**ONCE Lounge & Ballroom** Heavy Metal and Pizza 8 p.m.|156 Highland Ave

Arts at the Armory Phoenix - The Orchestra Reborn 7p.m.|Café|191 Highland Ave

Wednesday | April 13 Sally O'Brien's Bar Free Poker, lots of prizes! 6 p.m.|335 Somerville Ave|617-666-3589

The Burren Front Room Exile on Elm Back Room Backroom Series:Melissa Ferrick(Mo Kenney Opens)|7 p.m. Comedy Night With Steve Macone|10 p.m. 247 Elm Street|617-776-6896

P.A.'s Lounge Ed Driscoll Victoria Rios Jack & Katie Family Groups 7:00 P.M. | 6 William Street Unity Church of God Enter upstairs, meeting is in basement.

Monday | April 11 East Branch Library Learn English at the Library! (Session 1) 6 p.m.-7 p.m. (Session 2)7 p.m.-8:15 p.m. 115 Broadway

# Tuesday|April 12

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

### Wednesday April 13

Central Library

Adult Creative Writing with Amy Shea 10 a.m.-12 p.m.|79 Highland Ave

### **Central Library**

Somerville Arts Council Board Meeting 7 p.m.-8:45 p.m.|79 Highland Ave

# PLACES TO GO, THINGS TO DO!

# SENIOR CENTER HAPPENINGS:

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

### All clubs and groups welcome new members.

Holland Street: 167 Holland Street

\*Monday through Friday 9:00 A.M. – 3:00 P.M. 617-625-6600 Ext. 2300

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

Cross Street Center: 165 Broadway

Tuesday & Thursday 8:30 A.M. to 12:30 P.M.

Wednesday – 9:00 A.M. to 3:00 P.M. (Please note time change) (617) 625-6600 Ext. 2335.

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

### Free Smoke Alarm/Carbon Monoxide Detectors -

Starting April 1 – The Somerville Council on Aging, The Health & Human Services Department partnering with The Somerville Fire Department are offering free smoke alarm / carbon monoxide detectors (they are one unit) to Somerville older adults and residents with a wide range of disabilities. To qualify you must be an older adult, 60 years of age or older, and live in Somerville (own or rent) or a Somerville resident with a disability (Photoelectric Alarms with ADA Compliant Strobe Light are available.) There is a brief application that will need to be filled out, signed and returned. Please contact Maureen Bastardi, Outreach Worker at the Somerville Council on Aging, at 617-625-6600, ext. 2300 to request an application. This program is on a first come / first serve basis. This is a Federally funded grant and services will be provided until the grant is exhausted.

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

**Bereavement Support Group** – Starting Monday, February 1 and running for 12 weeks from 1:00 to 2:00 PM at our Holland Street Center. Have you recently experienced the loss of a loved one and are in need of support? We are running a 12 week support group starting February 1st. Please contact Natasha at 617-625-6600, ext. 2300 for additional information or to register.

New Berklee College of Music & Tufts University - See the country's next big vocal, instrumental and theatre Stars! These are free events. Pre-registration is required. Very limited seating. Please call 617-625-6600, ext. 2300 to register for the following events: Wednesday, April 13 at 8:00 P.M. - Songs & Dances of Eternal Beauty featuring the works of Mozart, Ravel, Andre Previn and Bach at the Granoff Music Center at Tufts University. Wednesday, April 20 at 8:00 P.M. - Tufts Chamber Music – Students present works for strings, winds, brass and piano at the Granoff Music Center at Tufts University. Thursday, April 28 at 8:00 P.M. - Tufts Opera Ensemble - a two one-act operas on the follies of young and old love: Haydn's La Canterina and Menotti's The Old Maid and the Thief at Granoff Music Center at Tufts University. Monday, May 2 at 1:00 P.M. - Italian Classical Art Songs & Arias: Students from Berklee "Introduction to Italian Diction and Art Songs" will present a selection of songs and arias at the Berklee College of Music. Wednesday, May 4 at 7:30 P.M. - Vocal Jazz Festival: Concerts of vocal jazz ensembles under the direction of Ned Rosenblatt, associate professor in Berklee's Voice Department at The Berklee College of Music.

own awareness. Please contact Suzanne at 617-625-6600, ext. 2318 to reserve your spot or for additional information.

# PLEASE NOTE THE FOLLOWING INFORMATION:

**Friendly Caller Program** - Do you know someone who could benefit from a friendly call? Maybe you are feeling isolated and want someone to talk to – or you just want someone to listen. Please call Natasha at 617-625-6600 ext. 2300 to sign up for our "Friendly Caller" Program. Please note that the Fit-4-Life Walking & Talking Group is on hiatus until Spring Time. We will keep you posted. The day trip to Foxwoods scheduled for Monday, April 11th is SOLD OUT.

Please note all centers will be closed on Monday, April 18th in honor of Patriot's Day.

The Older American's Month Celebration at the WHYC scheduled for Thursday, May 5th is SOLD OUT.

The Pine Grove Dude Ranch trip scheduled for May 15th through May 20th is BOOKED SOLID. Call Connie at 617-625-6600, ext. 2300 to have your name put on the waiting list. This trip, costing \$449 pp/dbl and \$499 pp/ single includes round trip motor coach transportation, 5 nights deluxe accommodations, 3 great meals each day and a wide variety of entertainment and programs.

The Lowell Spinners outing scheduled for Wednesday, August 10th is SOLD OUT.

Please note the time change for the Death Café from the 8th to the 20th of April.

Please note the time change for the "Forget Me Knot" group from 1:00 P.M. to 11:30 A.M.

### LGBTQ EVENTS:

**LGBTQ Event Night** – Wednesday, May 16 – "Dinner & Coming Out Stories" mark that date on your calendar - more information to follow.

LGBTQ Advisory Group – This group meets the 2nd Monday of every month excluding City Holidays and snow emergencies. Our next meeting will be on Monday, April 11th at 4:30 P.M. in the conference room of our Holland Street Center located at 167 Holland Street. We are always looking for new members who would like to serve on the Advisory Group. Please call Maureen Bastardi at 617-625-6600, ext. 2316 or email at MBastardi@Somervillema.gov if you have any questions or if you should need additional information.

\*If you require additional information or have any questions regarding the LGBTQ events or the Advisory Group, please contact Maureen Bastardi at 617-625-6600 Ext. 2316 or email her at MBastardi@ Somervillema.gov

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

STAY ACTIVE:

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

### Mondays:

8:30 Walking / Talking Group (H) 8:30 Fit-4-Life Group C (H) 12:00 Nutrition Counseling with Mimi (H) 1:00 Fit-4-Life (H)

### Tuesdays:

9:15 Strengthening - \$3 per class (H) 10:30 Fit-4-Life Cross Street\* (C) 1:00 Dalcroze Eurhythmics - \$2.00 (H) 6:00 LBT Fit 4 Life (H)

### Wednesdays:

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

### Thursdays:

9:00 Yoga (H) 9:30 Strengthening - \$3 per class (RJ) 10:30 Fit 4 Life (C) 6:00 LBT Fit 4 Life\*

### Fridays:

8:45 Fit 4 Life\* Group A 9:55 Fit 4 Life\* Group B 11:00 Nutrition Counseling with Mimi

\*All Fit 4 Life classes are \$10/month and require pre-registration\*\*If you are interested in our Yoga classes, please call Chris Kowaleski, our Health & Wellness Coordinator at 617-625-6600, Ext. 2315.

### **Upcoming Schedule**

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

### Wednesday April 6

11:30 Lunch (RJ)12:45 Bingo (RJ)1:00 Forget Me Knot Group (H)1:00 Bowling at Flatbreads

### Thursday | April 7

10:00 Current Events (H)
10:00 Cards (RJ)
11:00 Computer tutorial with Barbara (H)
11:30 Walk Down Memory Lane (H)
11:30 Lunch (H, RJ)
12:45 Bingo (RJ)
Cross Street Center Closed

### Friday April 8

10:00 Mindfullness (H) 11:30 Lunch (H) 12:45 Bingo (H)

### Monday April 11

9:00 Gardening Club (H) 10:00 English Conversation (C) 10:30 TBA Moonlighters 1:00 Bereavement Group (H) 4:30 LGBTQ Advisory Group (H) Foxwoods Trip

Mindfulness, Joy & Creativity – Each Friday, April 8, April 15, April 22 and April 19 at in the conference room of our Holland Street Center from 10:00 to 11:00 A.M. De-stress, relax, be present and increase your Walking & Talking Group – Starting on Monday, May 4th at 8:30 A.M. – out of our Holland Street Center. We'll take a gentle 30 minute walk around the community every Monday – meeting in the downstairs lobby of the Holland Street Center. For more information or to sign up please contact Chris Kowaleski our Health & Wellness Coordinator at 617-625-6600 ext. 2315.

The award winning Fit-4-Life Program is NOW at our Cross Street Center – 165 Broadway – And there are still some open spots. A unique combination of exercise and nutritional support opportunity under the direct supervision of a certified exercise trainer and participate in individual and group counseling with a nutritionist. The cost to you is \$10.- a month that gives you access to fitness & nutritional Fit-4-Life classes each week. Limited scholarships are available – Need more information? Please contact Chris Kowaleski our Health & Wellness Coordinator at 617-625-6600 ext. 2315 or email him at CKowaleski@somervillema.gov This is for older adults 55+ Space is limited so sign up early. Weekly Exercise Class Schedule

### Tuesday April 12

9:00 Living Frugally (H) 10:00 English Conversation (C) 10:00 Social Worker Outreach (C) 11:30 Lunch (C) SCES Health Fair **Wednesday | April 13** 

11:30 Lunch (RJ) 11:30 Forget Me Knot (H) 1:00 Bowling at Flatbreads 5:00 Dinner & Bingo (H) 8:00 Tufts / Songs & Dances

### **DID YOU KNOW?**

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Infinite Momentum

Dead Air Live

Telemagazine

Words on Film

Health is Wealth

The Struggle

Fallon's Daily Toast

Duck Village Stage

Taste of Theater

SCATV Bulletin Board

Taking back your health

Abugida TV

Taking back your health

Creative Somerville Series

African Television Network

Cinema Somerville Presents: Wild West

Simply Hanging with Pete and Nate

Democracy Now! (Free Speech TV)

Somerville Neighborhood News

Dedilhando a Saudade

Blokesworld

Legacies

Nossa Gente's e Costumes

International Church of God

Somerville Neighborhood News

Heritage Baptist Church

Open Line News with Davey D

Gav News USA (Free Speech TV)

SCATV Presents: Duck Village Stage

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8:00am

Tuesday, April 12

# Somerville Community Access TV Ch.3 Programming Guide

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Wednesday, A	pril 6	6:00pm	Color in your life	1:00pm	
6:00am	Life Matters	6:30pm	Somerville Neighborhood News	1:30pm	
6:30am	Exercise with Robyn	7:00pm	Taking Back your Health (Live call-in)	2:00pm	SC
7:00am	Poet to Poet	7:30pm	Let's talk about Real Estate	3:00pm	
7:30am	Somerville Neighborhood News	8:00pm	Fouye Zo Nan Kalalou (Live call-in)	4:00pm	
8:00am	Democracy Now! (Free Speech TV)	9:30pm	Words on Film	5:00pm	
9:00am	Legacies	10:00pm	Throwback Thursday!	6:00pm	
9:30am	A Taste of Theater	11:00pm	Rare Groove Revolution	7:00pm	
10:00am	Color in Your life	11:30pm	MAPS	8:00pm	
10:30am	Rare Groove Revolution	Friday, Ap	ril 8	9:00pm	
11:00am	Chef's Table Series	6:00pm	Fakkahar Speaks	10:00pm	
12:00pm	Free Speech TV	6:30pm	Life Matters	11:00pm	
1:30pm	Physicians Focus	7:00am	Poet to Poet / Writer to Writer	Sunday, Ap	oril 10
2:00pm	Health is Wealth	7:30am	Color in your life	6:00am	
2:30pm	Blokesworld	8:00am	Democracy Now! (Free Speech TV)	6:30am	
3:30pm	SCATV Bulletin Board	9:00am	Walter Ness Presents:	7:00am	
4:00pm	Free Speech Television	10:00am	Somerville Pundits	8:00am	
5:00pm	SCATV Sessions: Tongue in Cheek	10:30am	SCATV Bulletin Board	9:00am	
5:30pm	The Folklorist	11:00am	SCATV presents : Duck Village Stage	10:00am	
6:00pm	Haitian poetry	12:00pm	Free Speech TV	10:30am	
7:00pm	Creative Somerville Series	1:00pm	Health is Wealth	11:00am	
7:30pm	MAPS on TV	1:30pm	MAPS	12:00pm	
8:00pm	Somerville Pundits	2:00pm	Henry Parker Presents	1:00pm	
8:30pm	SCATV Bulletin Board	2:30pm	Taking back your Health	1:30pm	
9:00pm	Bay State Biking News	3:00pm	Democracy Now! (Free Speech TV)	2:00pm	
10:00pm	SCATV Presents: Duck Village Stage	4:00pm	Gay USA (Free Speech TV)	2:30pm	
11:00pm	Walter Ness Presents:	5:00pm	Reeling Review	3:00pm	
Thursday, Apr	·il 7	5:30pm	Words on Film	3:30pm	
6:00am	JuPrey Promotions	6:00pm	Let's talk Real Estate!	4:00pm	
7:00am	The Struggle	6:30pm	Finger on the Pulse	5:00pm	
7:30am	SCATV Bulletin Board	7:00pm	Juprey Promotions	6:00pm	
8:00am	Democracy Now! (Free Speech TV)	8:00pm	Cinema Somerville Presents: Wild West	7:00pm	
9:00am	Esoteric Science	10:00pm	Fallon's Daily Toast	8:00pm	
9:30am	Somerville Pundits	11:30pm	SCATV Bulletin Board	9:00pm	Cinem
10:00am	Dead Air Live	Saturday,	April 9	11:00pm	Sim
11:00am	Hollywood Makeover Show	6:00am	Life matters	11:30pm	
11:30am	Legacies	6:30am	Eat well be Happy	Monday, A	pril 11
12:00pm	The Thom Hartman Show	7:00am	Sci-Fi Journal	6:00am	•
1pm-3pm	SCATV Cooking Bloc	8:00am	Physicians Focus	6:30am	
1:00pm	Chef's Table Series	8:30am	The Folklorist	7:00pm	
2:00pm	Eat Well be Happy	9:00am	Jeff Jam Sing Song Show	7:30am	
2:30pm	Cooking with Georgia and Dez	9:30am	Start Up TV	8:00am	De
3:00pm	Democracy Now! (Free Speech TV)	10:00am	Tele Galaxie	9:00am	
4:00pm	Free Speech Television	11:00am	Haitian Poetry	10:00am	
5:00pm	Poet to Poet / Writer to Writer	12:00pm	Taste of the theater	10:30am	
5:30pm	Creative Somerville Series	12:30pm	Hollywood Makeover Show	11:00am	
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Art at SCATV The Thom Hartmann Show Infinite Momentum Legacies The Literati Scene Hollywood makeover show Exercise with Robyn MAPS Free Speech Television
Telegalaxie
The Struggle
Start Up TV
Let's talk about Real Estate
Music Mania Television
The Somerville Line
Dedilhando au Saudade
Bate Papo com Shirley
Talking about Somerville
SCATV Bulletin Board
Art at Scat
Esoteric Science
LuPrey Promotions

JuPrey Promotions Democracy Now! (Free Speech TV) Chefs table Series Eat well be happy Cooking with Georgia and Dez The Somerville Line The Thom Hartmann Show Color in your life Somerville Pundits Exercise with Robyn Health is Wealth Taking back your health Physicians Focus Ring of Fire (Free Speech TV) Poet to Poet/Writer to Writer Duck Village Stage Person 2 Person Somerville Neighborhood News Greater Somerville Dead Air Live Henry Parker Presents Infinite Momentum SCATV Bulletin Board Words on Film The David Pakman Show

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

3:00am

9:00am

9:30am

### Wednesday, April 6

12:00am	Senior Circuit 3-17-16 "Fire Safety"
12:30am	Guns n' Hoses 2016
1:30am Un	ion Square Civic Advisory/LOCUS Meeting
8:00am	Fit-4-Life Home Exercise Program #6
9:00am	Congressional Update
9:30am	Aldermen at Work - Mary Jo Rossetti
3:00pm	Guns n' Hoses 2016
6:30pm	Greek Independence Day Celebration
7:38pm	Know Your Rights
8:49pm	City Hall Mural
9:01pm	Voices of Somerville
9:31pm	Guns n' Hoses 2016
10:30pm	City Hall Mural
Thursday,	April 7
12:00am	- Know Your Rights
1:10am Un	ion Square Civic Advisory/LOCUS Meeting
2/16/16	
3:33am	SomerViva em Português
8:00am	Fit-4-Life Home Exercise Program #6
9:00am	A Poetry Reading at the Cross St. Center

9:00am	A Poetry Reading at the Cross St. Center	1
12:00pm	Senior Circuit 3-17-16 "Fire Safety"	2
12:30pm	Aldermen at Work - Mary Jo Rossetti	1
1:00pm	Guns n' Hoses 2016	1
2:00pm	Greek Independence Day Celebration	9
3:08pm	A Poetry Reading at the Cross St. Center	1
6:30pm	Women's History Month Celebration	1

### 7:30pm Aldermen at Work - Mary Jo Rossetti 8:00pm GLX Design Working Group Meeting 10:10pm Greek Independence Day Celebration Friday, April 8 12:00am Women's History Month Celebration 12:17am Guns n' Hoses 2016 1:16am Union Square Civic Advisory/LOCUS Meeting 9:00am Women's History Month Celebration 11:30am Guns n' Hoses 2016 12:30pm Congressional Update 1:00pm SomerViva em Português 1:30pm Know Your Rights 2:40pm Voices of Somerville

SomerViva em Português

4:00pm Fit-4-Life Home Exercise Program #6 SomerViva em Português Congressional Update GLX Design Working Group Meeting Greek Independence Day Celebration

### Saturday, April 9

6:30pm

7:00pm

7:30pm

9:40pm

7:00pm

12:00am GLX Design Working Group Meeting 2:10am Congressional Update A Poetry Reading at the Cross St. Center 3:00am 3:26am SomerViva em Português GLX Design Working Group Meeting 9:00am 12:00pm SomerViva em Português GLX Design Working Group Meeting 12:30pm

ĺ		$\mathbf{N}$	·
	2:40pm	Greek Independence	Day Celebration
	6:30pmUnion	Square Civic Advisory	LOCUS Meeting
	8:53pm	ł	Know Your Rights
	10:03pm	SomerVi	va em Português
	10:33pm	Greek Independence	Day Celebration
	Sunday, Apri	l 10	
	12:00am	Gu	ns n' Hoses 2016
	1:00am	Connecting Co	mmunities "Teen
	Empowerment	"	
	1:28am	GLX Design Working	g Group Meeting
	9:00am	GLX Design Working	g Group Meeting
	12:00pm	Senior Circuit 3-17	'-16 "Fire Safety"
	4:00pm	Fit-4-Life Home Exe	rcise Program #7
	6:30pm	Some	erViva en Español
	7:00pm	Senior Circuit 3-17	'-16 "Fire Safety"
	7:30pm	Women's History M	onth Celebration
	8:00pm	Connect	ng Communities
	8:30pm	Aldermen at Work	Mary Jo Rossetti
	9:00pm	Greek Independence	Day Celebration
	10:08pm	Gu	ns n' Hoses 2016
	Monday, Apr	il 11	
	12:00am	Aldermen at Work	Mary Jo Rossetti
	12:30am	GLX Design Working	g Group Meeting
	2:40am	Women's History M	onth Celebration

Women's History Month Celebration Greek Independence Day Celebration Aldermen at Work - Mary Io Rossetti SomerViva en Español

12:00pm 2:10pm 4:00pm 7:00pm 10:00pm	GLX Design Working Group Meeting Know Your Rights Upcoming Meeting Agenda School Committee Meeting - LIVE Guns n' Hoses 2016			
Tuesday, April 12				
12:00am 10:08am 2:19am 8:00am 9:00am 9:30am 12:00pm 12:30pm 2:30pm 6:30pm 7:00pm 7:30pm 8:40pm	Greek Independence Day Celebration Know Your Rights Mass DOT Public GLX Meeting - 3.2.16 Fit-4-Life Home Exercise Program #7 Congressional Update Women's History Month Celebration Senior Circuit 3-17-16 "Fire Safety" Mass DOT Public GLX Meeting - 3.2.16 SomerViva en Español Congressional Update SomerViva en Español Senior Circuit 3-17-16 "Fire Safety" Know Your Rights School Committee Meeting – REPLAY			
	5			
Wednesda 12:00am 12:30am 1:00am	y, April 13 Senior Circuit 3-17-16 "Fire Safety" Congressional Update SomerViva en Español			

# Educational TV 15 Schedule

### Wednesday, April 6

4:30pm:

7:00pm:

9:00am:	High School Building Committee Forum
11:00am:	SHS Career and Technical Education Fair
12:00pm:	Summer Camps and Activities Fair
1:00pm:	Our Schools, Our City
2:00pm:	Argenziano School Malian Drum Concert
-	f. Joh Camara
2:30pm:	Somerville Youth-Police Basketball Game
4:00pm:	High School Building Committee Forum
6:00pm:	SHS Career and Technical Education Fair
7:00pm:	Summer Camps and Activities Fair
8:00pm:	Our Schools, Our City
9:00pm:	Argenziano School Malian Drum Concert
-	f. Joh Camara
9:30pm:	Somerville Youth-Police Basketball Game
11:00pm:	SHS Football 2015
Thursday	, April 7
12:00am:	SHS Hockey v Winthrop
1:30am:	Grooversity Festival 2015
9:00am:Sł	HS Building Committee Visits Essex Tech HS
10:00am:	SHS Building Committee Visits Quincy HS
11:00am:	SHS Building Project Community Meeting
1:00pm:	Argenziano School Malian Drum Concert
	f. Joh Camara
2:00pm:	Summer Camps and Activities Fair
2:30pm:	SHS Boys' Basketball Playoff vs Andover

6:00pm:SHS Building Committee Visits Essex Tech HS

SHS Building Committee Visits Quincy HS

SHS Girls Basketball v Whittier

8:00pm: SHS Building Project Community Meeting Argenziano School Malian Drum Concert 10:00pm: f. Ioh Camara 11:00pm: Summer Camps and Activities Fair Friday, April 8 SHS Career and Technical Education Fair 12:00am: 1:00am: SHS Boys' Basketball Playoff vs Andover 3:00am: Public Domain Theater Argenziano School Malian Drum Concert 9:00am: f. Joh Camara Our Schools, Our City 10:00am: 2016 Boys' Middle School Soccer Finals 11:00am: 12:30pm: 2016 Girls' Middle School Soccer Finals 2:00pm: High School Building Committee Forum SHS Career and Technical Education Fair 4:00pm: Argenziano School Malian Drum Concert 5:00pm: f. Joh Camara 6:00pm: Our Schools, Our City 7:00pm: 2016 Boys' Middle School Soccer Finals 8:01pm: 2016 Girls' Middle School Soccer Finals 2016 National Honor Society Ceremony 9:00pm: SHS Career and Technical Education Fair 11:00pm: Saturday, April 9 12:00am: SHS Hockey vs Matignon 1:15am: SHS Hockey v Cambridge 2:30am: Public Domain Theater 9:00am: SHS Hockey v Cambridge 10:30am: Our Schools, Our City

11:00am: Argenziano School Malian Drum Concert

f. Joh Camara 11:30am: Somerville Youth-Police Basketball Game 2016 National Honor Society Ceremony 1:00pm: 3:00pm: SHS Career and Technical Education Fair 4:00pm: Capuano Kindergarten Winter Concert 5:00pm: SHS Career and Technical Education Fair Our Schools, Our City 6:00pm: Argenziano School Malian Drum Concert 7:00pm: f. Joh Camara Somerville Youth-Police Basketball Game 7:30pm: 2016 National Honor Society Ceremony 9:00pm: Sunday, April 10

12:00am: Capuano Kindergarten Winter Concert 1:00am: Public Domain Theater 9:00am: SHS Boys Basketball v S. Boston 11:00am: SHS Boys Basketball v Boston English 12:30pm: SHS Boys Basketball v Winchester 2:30pm: Our Schools, Our City SHS Career and Technical Education Fair 3:00pm: Argenziano School Malian Drum Concert 4:00pm: f. Joh Camara SHS Boys Basketball v S. Boston 5:00pm: SHS Boys Basketball v Boston English 7:00pm: SHS Boys Basketball v Winchester 8:30pm: 10:30pm: Our Schools, Our City SHS Career and Technical Education Fair 11:00pm: Monday, April 11

12:00am: Argenziano School Malian Drum Concert f. Joh Camara 12:30am: SHS Girls Basketball v Newburyport SHS Girls Basketball v Weston 2:30am: 2016 National Honor Society Ceremony 9:00am: 11:00am: SHS Career and Technical Education Fair 12:00pm: High School Building Committee Forum 2:00pm: Somerville Youth-Police Basketball Game 3:30pm: Our Schools, Our City SHS Hockey v Winthrop 4:00pm: 2016 National Honor Society Ceremony 6:00pm: SHS Career and Technical Education Fair 8:00pm: 9:00pm: High School Building Committee Forum 11:00pm Summer Camps and Activities Fair Tuesday, April 12

Greek Independence Day Celebration

Fit-4-Life Home Exercise Program #7

12:00am: 2016 National Honor Society Ceremony SHS Hockey v Winthrop 2:00am: SHS Girls Basketball v Everett 3:30am: 9:00am: High School Building Committee Forum Summer Camps and Activities Fair 10:30am: 11:00am: 2016 Girls' Middle School Soccer Finals 12:00pm: 2016 Boys' Middle School Soccer Finals 1:30pm: 2016 National Honor Society Ceremony 4:00pm: Somerville Youth-Police Basketball Game 6:00pm: High School Building Committee Forum 7:30pm: Summer Camps and Activities Fair 2016 Girls' Middle School Soccer Finals 8:00pm: 9:00pm: 2016 Boys' Middle School Soccer Finals 10:05pm: 2016 National Honor Society Ceremony 12:00am: Somerville Youth-Police Basketball Game 1:15am: SHS Career and Technical Education Fair 2:00am: SHS Boys Basketball v Winchester

# **OFF THE SHELF** by Doug Holder

# The Boston National Poetry Month Festival 2016

Article by Guest Columnist Kirk Etherton. I am happy to report that in this year's poetry festival a number of Somerville poets will be reading, including Harris Gardner, Lucy Holstedt, Kirk Etherton, State Representative Denise Provost, Lloyd Schwartz, Ifeanyi Menkiti, Gloria Mindock, Alexander Levering Kern, and Doug Holder.

This year's Boston National Poetry Month Festival is April 7-10 at the Boston Public Library and Northeastern University. This will be the annual Festival's 16th year. Participants include major prize-winning poets, international musicians, plus college and high school students.

Also featured are four current Massachusetts' Poets Laureate (representing Boston, Brookline, Arlington, and Amesbury), and Boston's former Poet Laureate, Sam Cornish. All events are free and open to the public.

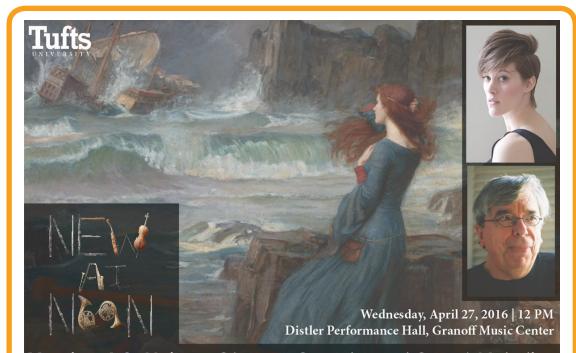
The Festival begins Thursday evening, with the second annual poetry slam competition. Teams from six Boston-area high schools are participating. On Friday, April 10, the Festival features 10 prominent "Keynote Poets," including winners of the Mass. Book Award and National Book Award, NEA recipients and more, in an afternoon reading. Friday evening marks the third annual "Poetry Set to Music and Dance" event, produced by Lucy Holstedt, professor at Berklee College of



Music. Special guests include National Poetry Slam winner Regie O. Gibson, performing with Berklee musicians. There will also be a premier of *The Middle East*, written for the world-renowned Middle East Restaurants & Nightclubs of Central Square, Cambridge and featuring Ethan Mackler on electric bass.

Saturday and Sunday feature more than 50 established and emerging poets, poetry with music, a panel discussion on "Craft and Publishing," and open mics on both days. A few of the notable poets include Rep. Denise Provost, Pulitzer Prize-Winning critic Lloyd Schwartz, Richard Hoffman (Sr. Writer-In-Residence at Emerson College), and January O'Neil of Salem State University.

Learn more at: bostonnationalpoetry.org.



Version 4.0: Noises, Strange Sounds, and Sweet Melodies

A contract of the second secon

Our poet this week is Nina R. Alonso. Alonso is the founder of the literary magazine *Constellations*.

# War movie: Charlie

What Charlie was like cooked solid stoned

hollering in our apartment trying on voices

'marine tonight you die marine tonight you die'

our red painted kitchen trash bags overflowing

a hundred empty bottles on the back porch floor

'marine tonight you die marine tonight you die'

windows too small to show the stars or sky

we wanted to go to bed but sat listening like cats

'marine tonight you die marine tonight you die'

can't recall how we got rid of him.

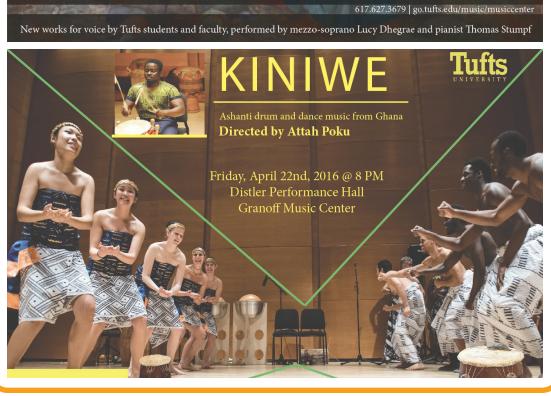
— Nina R. Alonso

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



From on page 14

	lio Answers	
1. Coffee	7. Lion King	
2. HyperText Transfer Protocol	8. The Sun	
3. Bela Lugosi	9. The core of the Sun is 27,000,000 degrees Fahr- enheit	
4. Antarctica	10. Perry Masonry	
5. 1978	11. One	
6. 12	12. Guns N' Roses	
		4



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