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Local non-profit tackles food insecurity one apple at a time



Local non-profit Food for Free has been delivering much needed food donations to individuals and relief organizations for the past 40 years.

By Fernando Cervantes Jr.

Food for Free, a local non-profit, has been operating in Somerville for the last 40 years, providing fresh produce and increasing access to food. It operates from a 12,000-square-foot warehouse in the Inner Belt with over 30 full-time employees.

The organization continues to deliver food to meal programs, pantries, and shelters across Somerville, Cambridge and Eastern Massachusetts.

Sasha Purpura, CEO of Food for Free, has been part of the nonprofit for the last 10 years. She talked about Food for Free's development during her time. "My job has changed consistently over the past 10 years, when I started 10 years ago it was a much smaller organization," Purpura said. "We were located in Cambridge and there was

Continued on page 4

Comic bookstore stays open after 14 years

By Mina Rose Morales

One of the city's comic bookstores remained a hub for comics despite close encounter with shut down. "The store was doing poorly," said Tim Finn, the current owner of Hub Comics.

Their Story

Finn used to be an occasional customer at Hub Comics. Before becoming a customer, he would visit Bloc Café down the street. When he heard Somerville was getting their second comic bookstore, he began visiting the store. He bought the store from the original owner James Welborn in 2011.

Welborn dreamed of owning a comic bookstore. Originally from Nevada, he made money working in the software industry. He owned the store for three and a half years, according to Jesse

Continued on page 3



Inside Hub Comics after its most recent renovation.

— Photos by Mina Rose Morales

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








The MBTA released the **Rider’s Guideweb to Planning Ahead** as the T prepares for a **30-day full closure** of the **Orange Line** from Oak Grove to Forest Hills stations beginning at 9:00 p.m. on **Friday, August 19**, and the **28-day closure** of the **Green Line** from Union Square to Government Center stations beginning **Monday, August 22**. Read the full release on our website, www.thesomervilletimes.com.

Looking to **vote early** in the **2022 State Primary Election**? In-person early voting will be held in the **Council Chambers** at **City Hall** (93 Highland Ave.) from **Saturday, August 27**, to **Friday, September 2**. Residents can also apply to vote by mail. Applications must be received by the **Elections Office** by 5:00 p.m. on **Monday, August 29**, to vote by mail in the State Primary. For more information or to register to vote, visit somervillema.gov/earlyvoting.

Happy birthday this week to several locals: Happy birthday to **Courtney O’Keefe** of Ward 5. We wish her a great birthday. Happy birthday to local good guy and popular barber at **Alibrandi’s Barber Shop**, **Paul McGlashing**, who does a great job there. Happy birthday to **Cliff Clark**, who is also a great guy. We wish him the very best. Happy birthday **Jenny Bonham Carter**. We wish Jenny a great day. We wish all our celebrating Facebook friends, such as **Patricia Toner**, **Roy Bertocchi**, **Carmine D Ambrosio**, **Maureen Marena**, **Anna Rosella**, **Anita Dill Fusco**, **Valerie** *Continued on page 9*

Somerville Weather Forecast

for the week of August 17 – August 23 as provided by the National Weather Service

DAY	CONDITIONS	HIGH/LOW	PRECIPITATION	HUMIDITY	WIND
 Wednesday <i>August 17</i>	Rain	69°/62°	74%	69%	N 17 mph
 Thursday <i>August 18</i>	Cloudy	77°/62°	20%	14%	WNW 14 mph
 Friday <i>August 19</i>	Sunny	89°/65°	5%	3%	W 10 mph
 Saturday <i>August 20</i>	Partly Cloudy	86°/67°	5%	2%	SSE 10 mph
 Sunday <i>August 21</i>	Partly Cloudy	85°/66°	11%	7%	SSE 11 mph
 Monday <i>August 22</i>	Rain	83°/66°	44%	35%	ESE 9 mph
 Tuesday <i>August 23</i>	Partly CloudyRain	79°/67°	59%	44%	S 11 mph

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

TheSomervilleTimes.com Comments of the Week

Response to: All at once 3: The Budget

TheoNa says:

I would not call the 1986 law an “obscure law” as it was passed by the voters. The fact that legislators chose to ignore the law reflects more on their incompetence and arrogance than it does on the law’s obscurity. A year-round legislative body that waits until the last minute to finalize their budget is at fault, not a governor who when presented with the budget points out “you forgot something.”

Instead of looking for more ways to spend more of the taxpayer’s hard-earned money like drunken sailors, the legislators should be dedicated to respecting the will of the voters and work to deliver government services more efficiently. The legislators need to learn how to live within a budget, just like all of the taxpayers must do. The commonwealth collects more than enough to provide essential services. One only needs to look at the MBTA to see how carelessly taxpayer money is misused. It’s not hard to assume that other agencies are just as incompetently mismanaged. Legislators need to work on getting the house in order and demonstrating that they are responsible. Trim the fat first and use those savings to support other programs. Ignoring the will of the people is the lazy way out and only perpetuates the incompetence.

Response to: GLX and Orange Line update – MBTA rider’s guide to planning ahead

Tim K. says:

“Maintenance backlog” = decades upon decades of corruption, grift, and overt neglect coming to a head. And sadly, it is the taxpayers who ultimately bear the brunt of the nightmarish commutes and who will be footing the bill.

Log onto TheSomervilleTimes.com to leave your own comments

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Life in the

VILLE

by Jimmy Del Ponte

Old school, new clothes



I always hated this time of year because TV is showing back to school sales. The yearly ritual of getting new school clothes begins.

It was a men's suit store named Anderson Little at Wellington which was usually our stop for pants. They were always itchy. We had to wear the clothes our parents bought us. That is,



up to a certain age when we demanded our shopping rights.

Here are some comments about back-to-school shopping in the 60's, 70's and 80's.

"Mostly the stores in Davis Square, The Sweater Shop, Clear Weave, The Bell Shop, etc. Usually, I got my shoes from Sam's in Union Square. There also used to be another smaller shoe store near Sam's. I think I was called Classy's. Got some nice shoes there."

"Filenes, Jordan's and some department store that had the school supplies."

"My mother would have me sit on the floor in the very tiny shoe department at Gilchrist's and try to jam my feet into shoes that wouldn't fit, off the rack. If that didn't work, we stopped at Hanlon Shoes, next to Kennedy's in Porter Square."

"Parke Snow for Peter Pan collar blous-



es and navy-blue knee socks to wear with a uniform and Highland shoe."

"We shopped at Zayer, Thom McCan shoes and Bradlees."

To make matters worse, I had to wear a white shirt and necktie for the first eight years of my school days. But I finally escaped from Saint Clements.

Comic bookstore stays open after 14 years

CONT. FROM PG 1

Farrell who is the manager at Hub Comics.

Finn inherited Farrell from Welborn. When Welborn sold the comic bookstore to Finn, Farrell stayed with the store.

The previous shop had neon green and orange walls. The store had a lot of inventory. Finn has renovated the shop.

Why comics?

"Comics is a natively American artform. We invented the modern version of comic books. Precursors like hieroglyphics and



Hub Comics owner Tim Finn holding a copy of G.I. Joe.

the Bayeux tapestry, like we didn't invent sequential art, but comic books are American," said Finn, when asked, why comics?

Finn began reading comics the summer after fifth grade. The first comic he ever read was an issue of *G.I. Joe*, which remains his favorite comic. He began drawing comics three months later.

Finn is an adjunct animation professor at Lesley University and has self-published his own comics. Some of his most recent work includes *Jet Brick* and *the Half-Chaste Date* and *Gore Squares*.

"It sounds better if you say comics are but I'm saying comics is. Painting is, right? Advertisement is. Film is. And I say this all as both as a reader and as a maker. When I make comics, I can do things that I cannot do with prose or that I cannot do with illustration," said Finn.

Farrell began reading comics when he was around ten. The first comic book he bought was from the 7-Eleven on Massachusetts Avenue in Cambridge. He

still remembers purchasing *The Fantastic Four* issue 232. Farrell also self-publishes his own comics. His series is called *Action Draculas*.

"I love the interplay of words and pictures. The reader has to activate the pictures with their imagination. It's an act of participatory imagination that is different, and I think richer than movies, and books, and I think it's a different immersive experience," said Farrell.

"You're hired," said Finn. sec-



Photo of store manager Jesse Farrell.



Comic bookstore owner Tim Finn and store manager Jesse Farrell.

onds after Farrell's response.

Surviving of Digital Sales

When digital book sales started, people began asking if the store was affected. Their sales went up, according to Farrell. "You can read it on a screen, but it's kind of not the same experience. One is not necessarily better than the other, but comics they are objects in a lot of ways. It's an artform, but, also, they are objects that can be held and appreciated," said Farrell.

The Future

Prior to Covid-19, Hub Comics held community events. They hosted author signings, artist talks, art shows, movie nights, and much more. Their most recent event was on April 24, 2022, featuring comic artists Dave Ortega and Raúl the Third. They plan to be as active in the comics community as soon as Covid-19 numbers go down.

"Comics is a powerful artform," said Finn.

THE WEEK IN CRIME

By Jim Clark

Two beers and one car crash later

Somerville Police officers were dispatched to the area of Broadway and Lombardi last Friday evening on reports of a motor vehicle accident.

Upon arrival, officers engaged with a man, later identified as Daniel Herrera, who had been involved in the accident. He had reportedly rear ended another motorist.

The officers reportedly noted that Herrera's eyes were bloodshot and glassy, with a yellow tinge. His eyelids were droopy and he was leaning on his vehicle. It appeared to the officers that he was leaning on the vehicle for support.

While questioning Herrera, the officers noticed that his speech was slurred and, upon getting closer to him, they detected the odor of alcohol.

Herrera was asked if he had been drinking that day and he stated that he had two beers after work.

Based on the officers' observations, Herrera was asked to perform a course of field sobriety tests, to which he agreed.

These included the horizontal gaze nystagmus, the modified Romberg balance test, the walk and turn, the one leg stand, and the finger to nose test.

In all, the testing officer determined that Herrera was under the influence of alcohol at the time of the accident.

He was subsequently placed under arrest and taken to the Police Station and booked on charges of operation of a motor vehicle with a suspended license and operation of a motor vehicle under the influence of liquor.

Crime Tip Hotline: 617-776-7210

Do your part - Leave a message on our tip hotline answering machine – All calls are confidential –Your Privacy is Assured. If you choose, you can leave your name and phone number and your call will be returned (not required). Also, if you prefer you may e-mail directly with your crime tip. We will follow up on all information provided to the best of our ability.

Thank you for your assistance.

Help Keep Somerville Safe!

SOMERVILLE POLICE CRIME LOG

Arrests:			
Kakanfo Pilgrim, August 11, 12:35 p.m., arrested at Sycamore St. on warrant charges of larceny from a building, shoplifting by concealing mer-	chandise, disorderly conduct, trespassing, false fire alarm, and misdemeanor breaking and entering.	Kourtney McLean, of Hyde Park, August 12, 1:09 p.m., ar-	rested at Canal St. on warrant charges of larceny over \$1200, aggravated assault and battery, assault and battery on a public employee, possession of a class A drug, possession of a class B
			drug, possession of a class E drug, shoplifting by concealing merchandise, and larceny under \$1200.
			Daniel Herrera, of Cambridge, August 12, 6:17 p.m.,
			arrested at Broadway on charges of operation of a motor vehicle with a suspended license and operation of a motor vehicle under the influence of liquor.

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tip 411

Local non-profit tackles food insecurity one apple at a time

CONT. FROM PG 1

myself, our fundraiser and we had a few drivers and we operated out of this little house."

Food for Free also partners with various organizations around the area such as Tufts, Harvard and the Greater Boston Food Bank. With their help, the nonprofit saves food headed for the trash.

According to a report from Feeding America, in 2020, about 500,000 people in Massachusetts were food insecure. To combat this, Food for Free has had to distribute more food than ever. "When the pandemic hit, the growth went through the roof, the demand was so intense," Purpura said. "Between 2020 and now we went from distributing 2 million pounds per year to 8 million pounds."

During this same time period, according to Purpura, Food for Free also had to spend more money in order to access food for distribution, going from \$20,000 to \$1,000,000 spent on food in fiscal year 2021.

Looking towards the future, Purpura and her nonprofit hope to continue offering the same service they do now, both in quality and scale. "So over the next 3-5 years our goal is to maintain this level of service," Purpura said. "What we were so good at over the pandemic was adapting and chaining our programs at the drop of a hat to meet the changing needs."

Food for Free is always in need of volunteers and all donations are welcomed. To find more information and to access food near you, visit: <https://foodforfree.org/> or <https://foodforfree.org/need-food/>

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

Somerville cyclist fatally injured on Broadway

On Friday, August 12, a 72-year-old Somerville man was fatally injured in a collision while cycling near 1055 Broadway just outside of Teele Square. Somerville Police officers responded to the report of the crash at 11:20 a.m.

The operator of the vehicle involved remained at the scene and is cooperating with the investigation. The cyclist was transported to Massachusetts General Hospital, where he succumbed to his injuries.

The Office of the Middlesex



Cyclist Stephen Conley, who succumbed to injuries sustained in the accident.

District Attorney, which has jurisdiction over the incident, and the Somerville Police Department (SPD) are investigating this incident. Somerville Police have notified the next of kin.

The preliminary investigation suggests that the cyclist, identified as Stephen Conley, 72 of Somerville, was travelling west-bound in the bike lane on Broadway when the operator of a Land Rover, that was parked, opened his driver side door. The bicyclist sustained life threatening injuries from the collision and was transported to Massachusetts General Hospital where he died from his injuries on Saturday. The driver of the vehicle remained on scene and is cooperating with investigators.

“We are sorry to inform the community of this tragic crash. The exact circumstances of how and why this collision occurred remain under investigation, and our condolences remain with the family and friends of the victim,” said Somerville Police Chief Charles J. Femino.



The area on Broadway where Friday's fatal accident occurred.

— Photo by Bobbie Toner

Mayor Katjana Ballantyne shared the following statement:

“I want to communicate my sympathy and sorrow to the family and friends who lost their loved one in this tragic crash. No words can ease your pain, but please know our community grieves with you, and we will not allow this loss to pass without action,” said Mayor Katjana Ballantyne. “Somerville has lost one of its own who should still be with us. I ask that our community join in grieving this heartbreaking loss and in pausing to reflect on what we can do together to accelerate change and keep our residents, workers, and visitors safe.”

— City of Somerville

Applications open for 66 affordable rental units at Assembly Row

Mayor Katjana Ballantyne and the City of Somerville Housing Division are pleased to announce a rental lottery for 66 income-restricted units at Alta Revolution in Assembly Row (290 Revolution Drive), available through the city’s Inclusionary Housing Program. Units are available to households making at or below 50%, 80%, and 110% of the Area Median Income (AMI). Studio, one-, two-, and three-bedroom units are available. The first apartments will be ready for occupancy this December.

Two virtual information sessions will be held Tuesday, August 16, and Tuesday, August 30, both at 6:00 p.m. on YouTube. Join by searching “SEB Housing” on YouTube or calling 425-436-6200 Code: 862627 at the meeting time. The information sessions will be recorded and posted on YouTube after the meeting.

Applications must be submitted by Monday, September 12, at 2:00 p.m. The lottery will take place October 19. More information, including income eligibility charts and multilingual applications, is available at somervillema.gov/inclusionaryhousing.

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Beacon Hill Roll Call



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THE HOUSE AND SENATE. *Beacon Hill Roll Call* records representatives’ and senators’ votes on roll calls from recent sessions. There were no roll calls in the House or Senate last week.

\$200,000 FOR RECYCLING CHILD PASSENGER RESTRAINTS (H 5050)

House 126-27, Senate 36-3, overrode Gov. Charlie Baker’s veto of \$200,000 for a pilot program for the recycling of child passenger restraints.

In his veto message, Baker said, “I am striking language that earmarks funding for a program not recommended.”

Sen. Becca Rausch (D-Needham) said that “overriding Gov. Baker’s veto of this common-sense pilot program was a no-brainer.” “Reducing landfill waste and pollution in Massachusetts requires creative solutions,” said Rausch. “My successful budget amendment to create a statewide car seat recycling pilot program is a win for families and our commonwealth’s climate action goals, creating a way to divert up to 5,000 car seats out of landfills and into our recycling stream.”

(A “Yes” vote is for the \$200,000. A “No” vote is against the \$200,000.)

Rep. Christine Barber	Yes
Rep. Mike Connolly	Yes
Rep. Erika Uytterhoeven	Yes
Sen. Patricia Jehlen	Yes

SKATING RINKS (H 5050)

House 133-20, Senate 39-0, overrode Gov. Baker’s veto of a provision that requires Metropolitan District Commission (MDC) skating rinks to remain open and staffed for the full rink season and that ice skating be available from September 1, 2022 to April 15, 2023. The provision also requires the MDC to prepare and submit reports to the House and Senate including the status of hiring for additional staffing levels; the staffing levels for the previous ten fiscal years; and the average staffing level at each park.

“I am striking this language because it is not consistent with my ... recommendation and the required report is unduly burdensome,” said Baker in his veto message.

Supporters of overriding the veto said it is important to keep the rinks open as long as possible for the benefit of many residents who use them. They noted the required reports will ensure that there are appropriate staffing levels at the rinks.

(A “Yes” vote is for the rinks remaining open and for requiring the submission of the reports. A “No” vote is against the required rink openings and against requiring the reports.)

Rep. Christine Barber	Yes
Rep. Mike Connolly	Yes
Rep. Erika Uytterhoeven	Yes
Sen. Patricia Jehlen	Yes

\$125,000 TO MONITOR REFORMS AT BRIDGEWATER STATE HOSPITAL (H 5050)

House 131-32, Senate 39-0, overrode the governor’s veto of \$125,000 for the Disability Law Center to monitor the efficacy of service delivery reforms at Bridgewater State Hospital and the Old Colony Correctional Center. The governor also vetoed a section that gives the Department of Corrections the authority to reduce the danger of the spread of COVID-19 in vulnerable inmate populations through the use of furloughs and home confinement.

“I am striking this language because it is not consistent with my ... recommendation,” said Gov. Baker in his veto message.

Override supporters said Bridgewater State Hospital delivers poor services in some areas of treatment and noted the \$125,000 the governor vetoed would ensure that the problems are identified and fixed. They also noted that the safe reduction of vulnerable inmates in prisons is necessary to reduce the cases of COVID-19.

(A “Yes” vote is for the \$125,000. A “No” vote is against it.)

Rep. Christine Barber	Yes
Rep. Mike Connolly	Yes
Rep. Erika Uytterhoeven	Yes
Sen. Patricia Jehlen	Yes

ALSO UP ON BEACON HILL – BILLS SIGNED BY GOV. CHARLIE BAKER

LEGALIZE SPORTS BETTING (H 5164) – Gov. Charlie Baker signed into law a bill that legalizes sports betting on professional and college sports for Massachusetts residents over 21 years old at the state’s casinos, slots parlors, simulcast centers and through mobile platforms. Betting on Massachusetts colleges and universities would not be allowed unless the school is playing in a tournament like March Madness. The betting would be regulated by the Gaming Commission, the same commission that regulates the state’s casino gambling.

“Our administration first filed legislation to legalize sports wagering in the commonwealth several years ago, and I am glad to be able to sign this bill into law today,” Gov. Baker said. “We appreciate the dedication and compromise that the Legislature demonstrated on this issue, and we look forward to supporting the work of the Massachusetts

Gaming Commission on the responsible implementation of the law over the next several months.”

“After a four-year process, sports betting is now legal in Massachusetts,” said sponsor Sen. Eric Lesser (D-Longmeadow). “This new law will give residents new ways to engage with sports, generate new jobs and investment and includes some of the strongest consumer and player safeguards in the country. I’m confident this law will be a model for other states, and I look forward to seeing its full implementation in the months ahead.”

INCREASE ACCESS TO MENTAL HEALTH CARE (S 3097) – Gov. Baker signed into law a bill designed to make mental health care more accessible in the Bay State.

Provisions include mandating coverage for an annual mental health wellness exam, comparable to an annual physical; a public awareness campaign on the state’s red flag laws that limit access to guns for people at risk of hurting themselves or others; implementation of the nationwide 988 hotline to access 24/7 suicide prevention and behavioral health crisis services; mandating coverage and eliminating prior authorization for mental health acute treatment and stabilization services for adults and children; establishing an Office of Behavioral Health Promotion to coordinate all state initiatives that promote mental, emotional and behavioral health and wellness for residents; and creating an interim licensure level for licensed mental health counselors so that they can be reimbursed by insurance for their services and be eligible for state and federal grant and loan forgiveness programs.

“Today I am pleased to sign legislation that expands access to behavioral health services, enhances our understanding of behavioral health challenges and takes steps to ensure our health care system treats mental health the same way we do physical health,” Gov. Baker said. “The COVID-19 pandemic underscored long-standing challenges in this area, which is why our administration has made significant investments to increase access through our Behavioral Health Roadmap. The new law signed today will build on that work and affirms the shared commitment of our administration, the Legislature and our health care community to better support our residents’ behavioral health needs.”

“While Massachusetts has made great strides in expanding health coverage, many families still face barriers to accessing the care they need,” said Amy Rosenthal, executive director at Health Care for All. “This is especially true as the COVID-19 pandemic exacerbated an already growing behavioral health crisis, especially among young adults and children. The bill also establishes enhanced reporting and monitoring of the behavioral health

Continued on page 20

Somerville Police respond to reports of shots fired around Memorial Rd.



On Saturday, August 13, at approximately 1:05 a.m., Somerville 911 received two calls reporting shots fired around Memorial Rd. In speaking with witnesses and reviewing video in the area, police learned a suspect on foot exchanges gunfire with two suspects operating a scooter on River Road.

Officers recovered more than 15 shell casings on River Rd. No victims or injuries have been identified at this time, but police have located ballistic damage to vehicles and buildings.

Anyone with information about this incident is asked to call the Somerville Police at 617.625.1600 ext.7226 or leave an anonymous tip at the following link: <https://somervillepd.com/contact-us1/crime-tip>.

LEGAL NOTICE

VOTER REGISTRATION



LAST DAY TO REGISTER

Saturday, August 27, 2022, at 5:00pm
or online until 12:00am

FOR THE STATE PRIMARY

Tuesday, September 6, 2022

Election Department: Somerville City Hall Hours

MONDAY, TUESDAY
& WEDNESDAY ----- 8:30 a.m. ----- 4:30 p.m.
THURSDAY ----- 8:30 a.m. ----- 7:30 p.m.
FRIDAY ----- 8:30 a.m. ----- 12:30 p.m.

- To request a voter registration form
- ♦ CALL 617-625-6600 ext. 4200 for a Mail-In Registration form to be mailed to you
 - ♦ Download a Mail-In Voter Registration form from the City Website and mail it to the Election Department
 - ♦ Register Online by visiting the City Website

All mail-in voter registration forms must be post-marked by 8/27/22.

The City of Somerville does not discriminate on the basis of race, gender, religion, age, national origin, sexual preference, disability, or any other protected category in admission to, access to, or operation of its programs, services or activities. Auxiliary aids and services, written materials in alternative formats, reasonable modifications in policies and procedures will be provided to qualified individuals with disabilities upon request.

STATE PRIMARY CITY OF SOMERVILLE



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WARD ONE

- Precinct 1. A room in the MICHAEL E CAPUANO SCHOOL, 150 Glen Street;
Precinct 2. A room in the MICHAEL E CAPUANO SCHOOL, 150 Glen Street;
Precinct 3. A room in the EAST SOMERVILLE COMMUNITY SCHOOL, Glen Street Entrance directly across from 68 Glen Street;
Precinct 4. A room in the EAST SOMERVILLE COMMUNITY SCHOOL, Glen Street Entrance directly across from 68 Glen Street;
Precinct 4A. A room in the EAST SOMERVILLE COMMUNITY SCHOOL, Glen Street Entrance directly across from 68 Glen Street;

WARD TWO

- Precinct 1. A room in the THE POLICE STATION, 220 Washington Street;
Precinct 1A. A room in the THE POLICE STATION, 220 Washington Street;
Precinct 2. A room in the ARGENZIANO SCHOOL at Lincoln Park, 290 Washington Street;
Precinct 3. A room in the ARGENZIANO SCHOOL at Lincoln Park, 290 Washington Street;
Precinct 4. A room in the ARGENZIANO SCHOOL at Lincoln Park, 290 Washington Street;

WARD THREE

- Precinct 1. A room PROPERZI MANOR, 13-25 Warren Avenue;
Precinct 2. A room in the CUMMINGS SCHOOL, 42 Prescott Street;
Precinct 3. Gym at ST. CATHERINE'S CHURCH; 179 Summer St;
Precinct 4. Gym at ST. CATHERINE'S CHURCH; 179 Summer St;

WARD FOUR

- Precinct 1. A room in the MYSTIC ACTIVITY CENTER, 530 Mystic Avenue;
Precinct 2. A room in the WINTER HILL COMMUNITY SCHOOL, 115 Sycamore Street;
Precinct 2A. A room in the WINTER HILL COMMUNITY SCHOOL, 115 Sycamore Street;
Precinct 3. A room in the WINTER HILL COMMUNITY SCHOOL, 115 Sycamore Street;
Precinct 4. A room in the HEALEY SCHOOL, 5 Meacham Street;

WARD FIVE

- Precinct 1. A room in the ARMORY, 191 Highland Avenue;
Precinct 2. A room in the ARMORY, 191 Highland Avenue;
Precinct 3. Gym in the JOHN F KENNEDY SCHOOL, Sartwell Avenue Entrance directly across from 19 Sartwell Avenue;
Precinct 4. Gym in the JOHN F KENNEDY SCHOOL, Sartwell Avenue Entrance directly across from 19 Sartwell Avenue;

WARD SIX

- Precinct 1. A room in THE GEORGE DILBOY POST, 351 Summer St;
Precinct 2. A room in SOMERVILLE COMMUNITY BAPTIST CHURCH, 31 College Avenue;
Precinct 3. A room in the WEST BRANCH LIBRARY, 40 College Avenue;
Precinct 3A. A room in the WEST BRANCH LIBRARY, 40 College Avenue;
Precinct 4. A room in THE GEORGE DILBOY POST, 351 Summer St;

WARD SEVEN

- Precinct 1. A room in the SENIOR CENTER, TAB BUILDING, 167 Holland Street;
Precinct 2. A room in the WEST SOMERVILLE NEIGHBORHOOD SCHOOL, Raymond Avenue Entrance directly across from 17 Raymond Avenue;
Precinct 3. A room in the VNA ASSISTED LIVING FACILITY, 405 Alewife Brook Parkway;
Precinct 4. A room in the WEST SOMERVILLE NEIGHBORHOOD SCHOOL, Raymond Avenue Entrance directly across from 17 Raymond Avenue;

ON TUESDAY, September 6, 2022

AT SEVEN O'CLOCK IN THE MORNING, when the polls shall open and there and then between that time and the closing of the polls, which shall be at EIGHT O'CLOCK in the evening, the said qualified voters will give their ballots for:

- A Candidate for Governor of the Commonwealth,
A Candidate for Lieutenant Governor of the Commonwealth
A Candidate for Attorney General for the Commonwealth
A Candidate for Secretary of State for the Commonwealth
A Candidate for Treasurer of the Commonwealth
A Candidate for Auditor of the Commonwealth
A Candidate for Representative in Congress for the Seventh Congressional District,
A Candidate for Governor's Council for the Sixth Councillor District,
A Candidate for Senator in General Court for the Second Middlesex District,
A Candidate for Representative in General Court for the Twenty-Sixth Middlesex District, (To be voted in Ward One Precincts One Through Four and in Ward Two Precinct 1A)
A Candidate for Representative in General Court for the Twenty-Seventh Middlesex District, (To be voted for in Ward One Precinct 4A, Ward Two Precincts One through Four, Ward Three Precincts One through Four, Ward Four Precinct 2A, Ward Five Precincts One through Four and Ward Six Precincts One through Four)
A Candidate for Representative in General Court for the Thirty-Fourth Middlesex District, (Ward Four Precincts One through Four, Ward Six Precinct 3A and Ward Seven Precincts One through Four)
A Candidate for District Attorney for the Northern District
A Candidate for Sheriff for the Middlesex County

Nicholas P. Salerno, Chairman
Anthony J. Alibrandi
Douglas M. Bosley
Louise A. McCarthy
BOARD OF ELECTION COMMISSIONERS

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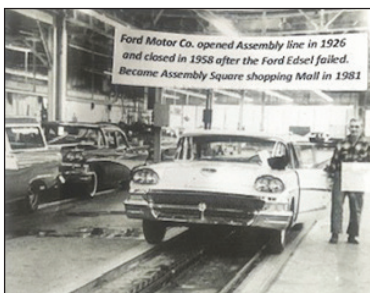
My 1981 memories of Assembly Square One



By Mayor Emeritus
Eugene C. Brune

Traveling to Assembly Square always brings back great memories of my early years as Mayor. I think that many of the new residents in Somerville might like to know some history pertaining to Assembly Square.

Many will be surprised to know that the Ford Motor Company in 1926 opened a Ford Motor assembly plant in Somerville, which had been one of the region's largest employers until 1958, when the Ford Edsel failed and was no longer successful. A developer turned the assembly plant into the Assembly Square Mall and in 1981 serving my second year as mayor, I cut the ribbon.



Ford Motor Co. assembly line.

The mall did extremely well, and it had two anchor stores, K-mart on one end and the former Jordan Marsh before it became Macy's on the other end. Jordan Marsh was so successful that the President of Allied Stores flew in from New York to meet with me to tell me how pleased he was to be in Somerville, and that the store per square foot was one of their best stores.

I had asked the developers if they would make the mall user friendly for some of our programs. They agreed, and every year the Somerville Council on Aging would hold a food contest. Seniors would make their best recipes and enter them in

the contest. They had different food groups, including deserts. I always enjoyed being a judge. The best thing was that we always had something going on at the mall.

During my 10 years as mayor, I held two of my Inaugural Balls at the Assembly Square Mall. I started having them there as we were renovating the high school and adding a new vocational wing. The mall was a great site, and so pretty with all the Christmas decorations still hanging. They would close the mall late afternoon, for us to get everything ready.

I was proud of the wonderful job our high school Culinary Arts Department was doing so I wanted them to get the attention of our citizens. I had the students supply and serve food with different food stations around the mall. Dapper Dans Restaurant also set up wine and beer stations at separate locations. We had a 21-piece orchestra playing dance music.



Big Band music entertaining at the Inaugural Ball at Assembly Square.

We always had several hundred in attendance, and everyone had a wonderful time. Governor Dukakis, Congressman Joe Kennedy, and Senator John Kerry always attended my inaugurals, along with several State Senators and State Representatives.



Governor Dukakis and State Rep. Paul Donato speaking at Gene Brune's Inaugural Ball at Assembly Square Mall.

Also, at that point in time, Paul Carafotes a Somerville native and friend, was an actor in California and landed a role in Knots Land-

ing, as well as later in The Right Moves. Both top television shows at that time. Paul had a big following in Somerville and across the Commonwealth. He and his family enjoyed the evening and Paul was remarkably busy that night signing autographs.



Knots Landing cast member and Somerville resident, Paul Carafotes with Gene Brune at the Inaugural Ball.

Paul, his family, and I are still friends today and enjoy each other on Facebook, especially when Paul is with his son Charlie. Paul wrote several children books about his son, called Charlie Bubbles, and I understand that his books are highly successful.

One of the other wonderful highlights of Assembly Square Mall was when we opened the Sack Theater. That was a night to remember. Ben Sack held the Boston premiere of Raiders of the Lost Ark. There were searchlights all over the mall flooding the sky with beams of light. Several Camels were walking around, led by their handlers, all dressed in fancy attire. It was a great evening with everyone having a fun time. It was open and free to all Somerville residents, and the mall was packed. The people loved it. The sack had several theaters, all playing Raiders of the Lost Ark again, free to the public for their opening night.



Assembly Square Sack Theater held the Boston Premiere of Raiders of the Lost Ark. Several camels and their handlers were on the site the night of the Inaugural.

I also had great plans for the rest of Assembly Square. Sev-

eral developers wanted to build apartments and additional stores wanted to lease. We were also speaking with Sears Roebuck's and Lechmere Sales.

The Home Depot team came to my office as they wanted to locate at the same spot that they are occupying today. I did not want to give up that great piece of land as it was the beginning of Assembly Square from the Sullivan Square end. I felt that Home Depot would not have made a good first impression. Home Depot was not too happy with me, but we had a developer that wanted that land to build four office buildings on each corner of that lot with a hotel in the center and all underground parking.

The drawings were all prepared for the first office building and the contractor was working on the financing. Sad to say that if many of you recall in 1988, the banks were in trouble and the economy went bad. All of which caused the downfall of Assembly Square. Also, the developers were at fault as the mall tenants were becoming upset with them because they were extremely unfair. Rents and fees for open space continuously rose this force many to leave, including Dapper Dan.

To tell the truth, my real reason was that as mayor, I felt that yes, it was my job to bring in new business, but I also felt that it was also my job to protect a business such as Somerville Lumber that started out many years ago very small, and continued over the years to be very large and successful. The two owners Melvin and Harald Cohn were two great guys and very community minded. Always ready to help youth groups, nonprofits, and the elderly.

I told those representing Home Depot that if I allow them to come into Somerville, they will put Somerville Lumber out of business within 18 months. After I left office, the new administration allowed Home Depot to come to Somerville and yes, I was right as Somerville Lumber did close.

My question to all of you, has any organization or nonprofit been

successful in receiving any help from Home Depot since they have been in Somerville? I think not.

I also applied my practice of not hurting our long-time small businesses when I brought big business into Somerville. As much as I wanted Market Basket to come to Somerville, I refused to help them in obtaining a beer and wine license as I knew that it would hurt Jerry's Liquors that was located directly across the street from the Market Basket location.

Mr. Demoulas called me several months later and thanked me for not allowing him to sell beer and wine as the store was doing a great business, and he stated that he would not have had any room. I could write a chapter on how wonderful the Demoulas family is in being a good neighbor in Somerville. Today, I am still going to Arthur Demoulas for financial help for our Somerville Museum and as usual he continues to be generous.

In 1988 Assembly Square One, as I like to say, could have been successful if we did not have a recession and the banks did not have problems. I even got a commitment from Governor Dukakis and Secretary of Transportation Fred Salvucci that once the mall did develop, I was promised that they would support me in bringing the Orange Line to Assembly Square and extending the Green Line into Somerville. With Governor Dukakis help, he and I did cut the ribbon for the Red Line into Davis Square in 1984 and I am pleased to say that eventually the Orange and Green Lines did come to Somerville.

Having said all this and referring to the 1981 Mall as Assembly Square One, I would like to give a huge shout out to the present flourishing Assembly Square Mall that's helping to bring in well needed tax dollars to help pay for the high cost of education, police, fire, DPW and the several other services that are necessary to keep Somerville as one of the best cities to live in.

— Photos courtesy of
Errico Studio

COMMENTARY

SIGNS OF THE TIMES

Illustrated by Jim Clark



Vote early or vote by mail – just vote.

Our View Of The Times



It goes without saying that not everyone gets their way when election time rolls around. There are winners and losers, the satisfied and the disgruntled. As passionately as we may feel about our pet issues of interest, the inevitable day comes when our convictions are put to the test and the results are set in stone, for better or worse, depending on which side you are standing on.

The beauty and genius of our political system is in its very existence. Unfortunately, it is too easy to take it for granted. It is no cliché to say that there are many in this world who are de-nied the right to shape their homelands’ laws and determine their own destinies. We are truly blessed in having this privilege, and we must always express our appreciation of it by getting out there and voting whenever possible.

There is no excuse for apathy. It is every American’s duty. So, for those of you who faithfully executed your civic duty, your fellow citizens salute you. Whether or not your candidate prevails, we can all take pride in the fact that our system still works, and the people have their say. Whether one leans to the left, or right, or gently wavers in the middle, we must all

understand that we have much more that binds us together than what tears us apart. The system prevails, and because of that we are all winners. With options such as early voting and voting by mail, we have more opportunities than ever to make sure our voices are heard, safely and securely. Let the victorious celebrate, and the defeated regroup, for we shall always return.

Newstalk CONT. FROM PG 2

Mitchell, Laureen DeBrase, Pat Lane and Pam Keith (Feltch) a very happy birthday. We hope everyone has a great day. To all the others we may have missed, we sincerely wish them the very best of birthdays.

The next **Streetwise** (formerly Bike Talk) will be held **Wednesday, August 17**, at 6:00 p.m., at **Aeronaut Brewing Company**, 14 Tyler St. Come to Aeronaut in person (or Zoom in) to August’s Streetwise Talk, featuring **Yari DeJesus**, founder of **Women on Wheels**. She’ll be talking about the empowering organization she has catalyzed. Visit bit.ly/3ORnXHn for Zoom link.

ly/3ORnXHn for Zoom link.

The **SHS Class of 1982 40th Reunion** will be held at the **Sons of Italy**, 117 Swanton St, Winchester, MA on **November 15**, 6:30-11:30pm. Cost: \$40 per person, dinner included, Cash bar. (\$50 after November 4). Payment methods: include Paypal: mbmbrennan44@gmail.com, Venmo: SHS Class of 1982 @shsclassof1982, Check: made out to SHS Class of 1982 mailed to **Marybeth Caturello**, 85 MacArthur Road Stoneham, MA 02180. For any other questions, please email **Marybeth Brennan** at mbmbrennan@comcast.net or call Marybeth Caturello at 617-851-2519.

turello at 617-851-2519.

The city is seeking feedback on the newly drafted **bicycle network vision**. This map is the foundation for the **Somerville Bicycle Network Plan**, which aims to develop a citywide network of streets where people of all ages and abilities will feel comfortable and safe biking. Take a look at the map and share your ideas at somervillema.gov/bikenetwork. For any questions, email transportation@somervillema.gov.

Our condolences go out the family and friends of **Stephen E. (Steve) Conley**, who has passed away after a very tragic bicycle accident on Friday. He will be missed by many. His full obituary can be seen www.dohertyfuneralservice.com.

who has passed away after a very tragic bicycle accident on Friday. He will be missed by many. His full obituary can be seen www.dohertyfuneralservice.com.

Family Movie Night on the lawn of the **Somerville Public Library**, **Wednesday, August 17**, at 7:30 p.m. Join in for a family movie night on the library lawn. This year they are showing the Pixar movie **Soul**. Bring a blanket or some lawn chairs, a picnic dinner or snacks, and definitely bring your family and friends. MPAA rating: PG for thematic elements and some language.

Continued on page 16

FUN & GAMES

Ms. Cam's

Olio

Olio - (noun) A miscellaneous mixture, hodgepodge

#838

1. Lyssophobia is a fear of what?

2. What is a peruke?

3. In the *Harry Potter* books, what is the symbol for Ravenclaw house?

4. Does the Eiffel Tower grow taller in the summer?

5. What is another name for a nut known as a cobnut?

6. When did the first radio broadcast of a baseball game occur in the U.S.?

7. What does the

BBC stand for?

8. What song by the Swedish group Roxette was featured in the *Pretty Woman* movie?

9. How many rows of corn does an average ear of corn have?

10. What is the standard weight for a bushel of corn?

11. How many metal tokens did the first Monopoly game have?

12. What single did Victoria Principal record with singer-songwriter Andy Gibb?

Answers on page 17

The Somerville Times Useless Facts of the Week

1. Nutmeg is extremely poisonous if injected intravenously.

2. Montpelier, VT, is the only U.S. capital without a McDonald's.

STATEPOINT CROSSWORD
FOOTBALL

- ACROSS
1. '90s Don Johnson TV character

5. India's smallest state

8. Light on one's feet

12. Arctic floater

13. Mouthful, swallowed

14. Rocks at mountain base

15. Reading helper

16. Serve soup

17. Clean & _____, in a workout

18. QB's target

20. Wholly engrossed

21. Religious ritual table

22. Scot's woolen cap

23. Relating to milk

26. Oil-producing plant

30. Shakespearean "fuss"

31. Crowd

34. Like the White Rabbit

35. Chip feature

37. Mozart's "L' _____ del Cairo"

38. Asian goat antelope

39. Turn sharply

40. Yield

42. Compass bearing

43. When QB changes play at line of scrimmage

45. _____ identity

47. Failed Molotov cocktail

48. Alicia Keys' instrument

50. Final notice

52. It results in change of possession in football

55. Off-white color

56. Actor Pitt

57. Type of ore

59. Classic TV's "lovely lady"

60. Stiff hair

61. Vegetative state

62. Distinctive elegance

63. Prior to, prefix

64. Tom Brady's 2008, 2018 or 2021 award

- DOWN
1. Professional football org.

2. Relating to armpit

3. Not all

CROSSWORD

1 2 3 4 5 6 7 8 9 10 11

12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64

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4. Jazz subculture hipster

5. Tropical juice flavor

6. Comparative form of #40 Down

7. Imitator

8. QB's run

9. SAT or ACT _____ course

10. Catch one's breath

11. "Owner of a Lonely Heart" band

13. Malfunction

14. Hair product

19. Chosen few

22. Dress like Ancient Greeks

23. Butterfly, pre-metamorphosis

24. Bye, to ...lisabeth Borne

25. Encrypted

26. a.k.a. hike

27. Dog-_____ pages

28. Do penance

29. Not as old

32. Casanova, e.g.

33. Two before Dec.

36. NFL playing field

38. Shorthand

40. Antediluvian

41. Idi Amin's country

44. Butane derivative

46. Not an expert

48. Less adulterated

49. All worked up

50. Like Joe Biden's office

51. _____ Bora

52. Chef's amt.

53. Son of Aphrodite

54. Boisterous play

55. _____ the kicker

58. "Uh-uh"
- Solution in the next edition of The Somerville Times.

Soultion to last week's crossword puzzle:

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

Sanctuary City: Love, Resilience, and Friendship

By Gina Ingrando

If you are in the area and happen to walk by the Somerville Museum, make sure you check out *Sanctuary City*, an exhibit curated by Julia Cseko, Community Curator. This exhibit will be on display from September 16 through November 19.

Julia Cseko began her practice while studying at the Federal University of Rio, in Brazil. Cseko has founded artists and organized exhibitions where she included artists fresh out of

college in her experiences. After graduating with her MFA and SMFA she continued her practice in North America. She is currently an independent curator and educator.

Sanctuary City is “a collection of artworks that address ideas of immigration and community building. This exhibit will also explore the history of Somerville and the many immigrant groups that now call the city home.”

This exhibit features 12 women, PIBOC, LGBTQIA, and

Latinx artists who speak about their own experiences as immigrants through their contemporary art. We also see how some experiences may have been similar for some of the artists. The exhibit consists of different pieces of art, such as award-winning comics and video installations.

General Admission for this exhibit is \$5 and Event Admission is \$10. Both are free to museum members. One Westwood Road, Somerville. For more information visit: www.somervillemuseum.org.



The Somerville Museum plays host to the Sanctuary City exhibit, September 16 through November 1.

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The Somerville Times Historical Fact of the Week



Eagle feathers #260

The Hammock

By Bob (Monty) Doherty

Relaxation is said to be a process that decreases the effects of stress on your body and mind. Some proven techniques have been meditation, visualization, deep breathing and yoga. An old-fashioned way of swinging, swaying, rocking and rolling gently in a hammock is said to also help.



Hammocks have been with us since at least 1492 when Columbus reported people sleeping in nets between trees. He brought the contrivance from the new world to Europe. It was called the Cradle of the Gods by the natives of Central America where it originated.



Sailors took to them readily. They offered them comfort above and away from their ships wet and dirty decks. This sleeping net became their favorite bed. They were portable enabling one to sleep in different places. Sailors brought them ashore in preference to their bunks; and when tightly wrapped, they served as flotation devices.

In 1630, the flagship Eagle, later rechristened the Arbel-la, sailed in advance of 11 ships with 700 Puritans from England to Massachusetts. Our first Governor, John Winthrop, was on board with the leaders of the new colony. Across its decks were ramshackle rooms, bedding, stores, supplies and according to Winthrop, “hammocks strung from every angle.”

Continued on page 13

GLX and Orange Line update – MBTA rider's guide to planning ahead

Over the weekend, the MBTA released the Rider's Guide to Planning Ahead as the T prepares for a 30-day full closure of the Orange Line from Oak Grove to Forest Hills stations beginning at 9:00 p.m. on Friday, August 19, and the 28-day closure of the Green Line from Union Square to Government Center stations beginning Monday, August 22.

The Rider's Guide is a tool to provide riders with alternative travel options and information to inform travel decisions, including how the MBTA is ensuring accessibility during the shutdown, during this project.

The Orange Line closure will be used to address a maintenance backlog and planned construction investments, all of which are focused on safety improvements and returning the system to a state of good repair. Thirty days of 24-hour access will replace more than five years of Orange Line delays and weekend diversions.

The closure of the Green Line's Union Square Branch will allow the T to perform final-phase construction work necessary to open the Medford Branch, which is now anticipated to open in late November 2022.

The T will post detailed diversion information throughout each of the 20 Orange Line stations that depict alternative travel options for riders that need to traverse the transit system during the closure.

Details on Alternative Service Options:

The MBTA encourages Orange Line riders to plan ahead and consider Commuter Rail service as an alternative to the Orange Line. Commuter Rail trains will make additional stops at Forest Hills, Ruggles, Back Bay, North Station, Malden Center, and Oak Grove stations to accommodate Orange Line passengers impacted by the bus diversion. Riders can simply show their CharlieCard or CharlieTicket to conductors to ride the Commuter Rail in Zones 1A, 1, and 2 on all Commuter Rail lines at no charge. The Hyde Park – Forest Hills – Ruggles – Back Bay – South Station and Oak Grove – Malden Center – North Station Commuter Rail schedules are both available on [mbta.com](https://www.mbta.com).

During the Orange Line closure, the T will offer free shuttle buses between Oak Grove and Haymarket/Government Center and between Forest Hills and Back Bay/Copley.

During the Green Line shutdown, riders traveling between Government Center and Union Square will board free and accessible shuttle buses, which will make stops at Lechmere station and the Lechmere station bus loop.

While all shuttle buses are fully ADA-accessible, accessible vans will also be available for any rider who prefers van service upon request. MBTA personnel will also be available at every station to assist riders in requesting this accessible van service. Due to the free shuttle bus service, RIDE trips that begin and end within $\frac{3}{4}$ mile of the Orange Line will be free for RIDE users during the 30-day shutdown.

Riders can use other existing MBTA bus and subway services to complete their trips, like the Route 39 bus, Silver Lines 4 and 5, the Green Line, and others. Riders are also encouraged to check out the MBTA's Trip Planner.

The MBTA encourages those who can work from home to do so and for the public that needs to travel, to consider alternative travel options. The Orange Line closure will have regional impacts on the transportation network well beyond transit users.

Riders are also encouraged to monitor MBTA social media for the latest updates on Twitter, Facebook, Instagram, YouTube, and TikTok, to subscribe to T-Alerts at [mbta.com](https://www.mbta.com), and visit more information at [mbta.com/BBT2022](https://www.mbta.com/BBT2022).

Other Travel Impacts:

As of Monday, August 15, MassDOT's Highway Division has advised that travelers of all modes throughout the Orange Line corridor will experience increased traffic congestion as a result of roadway modifications necessary to support the MBTA's replacement bus shuttles. The modifications will occur at numerous points along the shuttle routes and range from reconfiguring travel and turning lanes, curb work, installation of designated bus lanes at various locations, and changes to traffic signal timing at multiple intersections.

Following the full Orange Line shutdown, regional traffic congestion is expected to increase substantially. At that time, all travelers across all modes are strongly encouraged to avoid driving through the area altogether, work from home if possible, consider rescheduling trips through the area that are not absolutely necessary, or for necessary travel, expect significant traffic congestion and travel delays.

More Information about the Work:

The major revitalization and safety work to take place on the Orange Line during this 30-day shutdown will deliver a number of projects, including track replacement, upgraded signal systems, and more, over five years faster than originally planned. The MBTA will also accomplish required track maintenance associated with Federal Transit Association (FTA) directives as quickly as possible.

This shutdown will maximize the amount of work able to be accomplished and will progress a number of projects and maintenance along the entire Orange Line, which will improve service, safety, and reliability for riders, including:

For more information, visit [mbta.com/BBT2022](https://www.mbta.com/BBT2022), www.mbta.com/RiderGuide, or connect with the T on Twitter @MBTA, Facebook /TheMBTA, or Instagram @theMBTA.

– Massachusetts Bay Transportation Authority



Somerville startup Rendeever brings virtual reality to elder care

By Michael McHugh

Virtual reality, while many may dismiss it as a fad, is an ever-expanding field in the tech world. With this technology being almost forced into such a broad range of applications, from education to social interaction, it can often feel that VR is not all it's chalked up to be.

However, one Somerville tech startup has made great strides in showing the tangible benefits of virtual reality in an area that may at first seem peculiar: elder care.

Rendeever is a company creating virtual shared experiences to help combat feelings of depression and social isolation amongst the aging population, especially those in nursing homes or hospice care. Within the VR headset, users are able to revisit locations from their past, reconnect with family members, check off bucket list items such as climbing Mt. Everest, and much more.

Having provided this service to over 400 senior living communities in the six years they've been active, Rendeever continues to expand their library of experiences

and integrate new immersive content. "It's just it's truly magical," explained Stephanie Randall, the Director of Programs for Rendeever. "By triggering something and getting them to share and connect with those around them, those shared positive experiences really build the community, connect people, make them feel not as alone."

An early pilot of Rendeever states that 50% of seniors have reported experiencing loneliness and isolation during their stay in a community, and these feelings can manifest physically through increased risk of stroke, heart attacks, and earlier cognitive decline.

According to The National Institute on Aging, prolonged isolation can even heighten health risks as much as smoking 15 cigarettes a day. "I think we've all seen [isolation] during Covid, something we've all experienced and felt the detriment from. I think that it created a lot more empathy and a lot more attention on the problem, and more studies coming out of how it's affecting people of all ages," said Randall.

NIA research also showed



Somerville tech startup Rendeever is providing quality of life enhancement to area seniors with its virtual reality systems.

— Photos courtesy of Rendeever

that Rendeever increases resident happiness by 40% by delivering positive, shared experiences that promote social and cognitive stimulation. Mobility limitations can be devastating to the aging population's physical and mental health, but Rendeever seeks to forego those limits and provide users with experiences they may have never thought possible.

It's easy to dismiss the concept of mixing today's technology with the elderly as infeasible, but Rendeever has managed to simplify the process enough for any person, regardless of age, to put on the headset and explore. To start with, they have removed all technology hurdles from the person actually wearing the headset,

making it accessible enough to simply put it on and begin the experience.

All headsets are controlled by one tablet typically used by staff, who also have access to Rendeever's 24/7 engagement team who are ready to support and assist in case of any tech issues. Rendeever also continues to implement new features such as RendeeverLive and RendeeverFit.

RendeeverFit is a program to help seniors specifically with physical fitness, while still utilizing their focus on social engagement and cognitive fitness to make the experience fun and engaging. RendeeverLive provides daily live programming in which users can interact in real-time

and enjoy live events including trivia, book clubs, musical performances, meditation, and a myriad of other activities.

The mental health discussions of today's society are slowly becoming more inclusive and comprehensive, but seniors are often left out of this discussion even though they could be considered the ones most at risk.

"My grandmother had Parkinson's and dementia and I just felt like this audience was not given the attention they needed, even while there were so many things that we could do," said Randall. "As someone who never would have thought to apply VR to seniors before this company, it just makes so much sense."



Historical Fact

CONT. FROM PG 11

Another ship familiar to hammocks is the 225-year-old USS Constitution, the oldest floating commissioned warship in the world. She draws over a half million visitors each year to explore beneath her rigging and berth deck. The berth deck is the deck on which the hammocks on warships were formally swung. One of her heroic officers who gave his life during the Tripolitan War

was Commodore Richard Somers, Somerville's namesake. He planned his last mission on September 4, 1804, while on board the Constitution.

On December 7, 1941, the Empire of Japan attacked the American fleet at Pearl Harbor, Hawaii, which launched America into World War II. Somerville's wartime industry exploded with large companies'

workloads intensifying to three shifts, 24 hours a day, seven days a week.

Thousands of working men and woman from all over New England and northern New York came to aid in the war effort and to work in greater Boston's shipyards and factories. They only wanted a roof over their head, a warm meal and a place to sleep between work shifts.

Somerville housed her share. Brass hammock hooks can still be seen adorning hallways, large closets and tight spaces in some of her homes. They are reminders of the patriotic wartime population and where many of them slept.


From Columbus and his hammock-tree-bark swing, to astronauts swaying in moon hammocks and college-campus hammock gardens, the sought-after

concept hasn't changed much. It's relaxation.



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SOMERVILLE HOUSING AUTHORITY
30 Memorial Road, Somerville, Massachusetts 02145
Telephone (617) 625-1152 Fax (617) 628-7057 TDD (617) 628-8889


REQUEST FOR QUALIFICATIONS

Awarding Agency	
Agency Name and Address:	Somerville Housing Authority, 30 Memorial Road, Somerville MA 02145 ***SUB-BID PREQUAL ONLY***
Project Number:	SHA Job # 2039
Estimated Cost:	\$9,500,000 (estimated construction cost for Final Bid Package)
Contractor Qualification:	DCAMM Certificate
Contact Information	
Name:	Tim Arnold (Anser Advisory)
Phone:	617-445-3555
Fax:	
Email Address:	timothy.arnold@anseradvisory.com
Contract Information	
Project:	Request for Qualifications (RFQ) for Filed Sub-Bid Misc. & Ornamental Iron, Waterproofing, Damp-proofing & Caulking, Roofing & Flashing, Glass & Glazing, Tile, Acoustical Tile, Resilient Floors, Painting, Fire Protection Sprinkler Systems, Plumbing, HVAC, and Electrical contractors for the Final Bid Package. Full project is new construction of 21 units of wood frame modular housing for the elderly.
Plans/Specifications Available:	RFQ is available on 6/29/22 through BidDocsONLINE. Go to www.biddocsonline.com and click on the "Bidding" tab then click on the "Solicitations" tab and click on "Current Listings" and on the RFQ name. Once on the RFQ page, click on the RFQ Form icon at the left to view the RFQ.
General Bid Deadline*:	Time:
Sub Bid Deadline:	08/24/2022 Time: 4:00 PM
Sub Bid Categories:	Misc. & Ornamental Iron, Waterproofing, Damp-proofing & Caulking, Roofing & Flashing, Glass & Glazing, Tile, Acoustical Tile, Resilient Floors, Painting, Fire Protection Sprinkler Systems, Plumbing, HVAC, and Electrical
Additional Information:	This RFQ is to prequalify Misc. & Ornamental Iron, Waterproofing, Damp-proofing & Caulking, Roofing & Flashing, Glass & Glazing, Tile, Acoustical Tile, Resilient Floors, Painting, Fire Protection Sprinkler Systems, Plumbing, HVAC, and Electrical Trade Contractors in accordance with M.G.L. c. 149A, § 8 and 810 AMR 10.00 for the Final Bid Package ONLY. Responses received from eligible subcontractors will be used to pre-qualify firms for participation in response to a Request for Bids.

Translation and interpretation services are available upon request by appointment only
Sevis tradiksyon ak interpretasyon disponib si w bezen
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Serviço de tradução e interpretação estão disponíveis somente após agendamento



8/10/22, 8/17/22 The Somerville Times




SOMERVILLE HOUSING AUTHORITY
30 Memorial Road, Somerville, Massachusetts 02145
Telephone (617) 625-1152 Fax (617) 628-7057 TDD (617) 628-8889

Request for Qualifications
Mystic Waterworks II
SHA #2039

Awarding Agency	
Agency Name and Address:	Somerville Housing Authority, 30 Memorial Road, Somerville MA 02145 ***SUB-BIDS PREQUAL ONLY***
Project Number:	SHA Job # 2039
Estimated Cost:	\$9,500,000
Contractor Qualification:	DCAM Certificate
Contact Information	
Name:	Tim Arnold (Anser Advisory)
Phone:	617-445-3555
Fax:	
Email Address:	timothy.arnold@anseradvisory.com
Contract Information	
Project:	This is a second Request for Qualifications (RFQ) for Filed Sub-Bid Elevator, Tile, and Resilient Floor contractors only, for the Somerville Housing Authority project. If you are an Elevator, Tile, or Resilient Floor contractor and have already submitted a RFQ package for this prequalification phase, you are not required to resubmit your submission. Full project is a new construction of 21 units of wood frame modular housing for the elderly.
Plans/Specifications Available:	RFQ is available on 8/3/22 through BidDocsONLINE. Go to www.biddocsonline.com and click on the "Bidding" tab then click on the "Solicitations" tab and click on "Current Listings" and on the RFQ name. Once on the RFQ page, click on the RFQ Form icon at the left to view the RFQ.
General Bid Deadline*:	Time:
Sub Bid Deadline:	08/24/2022 Time: 4:00 PM
Sub Bid Categories:	Elevator, Tile, Resilient Floor
Additional Information:	This is a second RFQ to prequalify Elevator, Tile, and Resilient Floor Trade Contractors in accordance with M.G.L. c. 149A, § 8 and 810 AMR 10.00 for Somerville Housing Project. Responses received from eligible subcontractors will be used to pre-qualify firms for participation in response to a Request for Bids.

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CITY OF SOMERVILLE
PROCUREMENT & CONTRACTING SERVICES DEPARTMENT
REQUEST FOR PROPOSALS
RFP# 23-04

The City of Somerville, through the Procurement & Contract Services Department invites proposals for:

Real Estate and Personal Property Tax Bill Service

The RFP package may be obtained online at <https://www.somervillema.gov/procurement> or from the City of Somerville's BidExpress page at <http://www.somervillema.gov/BidExpress> on or after: **Wednesday, August 17, 2022**. Sealed responses will be received at the PCS Department, Somerville City Hall, 93 Highland Ave., Somerville, MA, 02143 or via Bid Express until: **2:00 pm, Wednesday, August 31, 2022**.

The City of Somerville reserves the right to reject any or all proposals, waive any minor informality in the RFP process, and accept the proposal(s) deemed to be in the best interests of the City of Somerville.

Please email tchukhatsang@somervillema.gov for more information.

Thupten Chukhatsang
Senior Procurement Manager
617-625-6600 x3400

8/17/22 The Somerville Times



CITY OF SOMERVILLE
PROCUREMENT & CONTRACTING SERVICES DEPARTMENT
REQUEST FOR PROPOSALS
RFP# 23-11

The City of Somerville, through the Procurement & Contract Services Department invites proposals for:

Crash Recovery Services

The RFP package may be obtained online at <https://www.somervillema.gov/procurement> or from the City of Somerville's BidExpress page at <http://www.somervillema.gov/BidExpress> on or after: **Wednesday, August 17, 2022**. Sealed responses will be received at the PCS Department, Somerville City Hall, 93 Highland Ave., Somerville, MA, 02143 or via Bid Express until: **2:30 pm, Wednesday, August 31, 2022**.

The City of Somerville reserves the right to reject any or all proposals, waive any minor informality in the RFP process, and accept the proposal(s) deemed to be in the best interests of the City of Somerville.

Please email tchukhatsang@somervillema.gov for more information.

Thupten Chukhatsang
Senior Procurement Manager
617-625-6600 x3400

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NOTICE OF TIER CLASSIFICATION
24-30 Joy Street
Somerville, MA
RTN 3-36974

A release of oil and/or hazardous materials has occurred at this location, which is a disposal site as defined by M.G.L. c. 21E, § 2 and the Massachusetts Contingency Plan, 310 CMR 40.0000. To evaluate the release, a Phase I Initial Site Investigation was performed pursuant to 310 CMR 40.0480. The site has been classified as or **TIER II** pursuant to 310 CMR 40.0500. On **August 8, 2022, 40 Joy Street, LLC** filed a **TIER II** Classification Submittal with the Department of Environmental Protection (MassDEP). To obtain more information on this disposal site, please contact **[40 Joy Street, LLC, c/o Mr. Ken McClure, 305 Cambridge Street, Suite 3, Cambridge, MA 02141 (774) 293-0143]** The Tier Classification Submittal and the disposal site file can be viewed at MassDEPwebsite using Release Tracking Number (RTN) **[RTN]** at <http://public.dep.state.ma.us/SearchableSites2/Search.aspx> or at **MassDEP, Northeast Regional Office 205 Lowell Street, Wilmington, MA 978-694-3200**. Additional public involvement opportunities are available under 310 CMR 40.1403(9) and 310 CMR 40.1404.

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Winter Hill CAC is moving the process forward

By Luda Tang

The regular meeting of the Winter Hill Civic Advisory Committee (CAC) took place on August 11. It was mainly composed of the discussion of the Winter Hill Renewal Plan and the presentation from Mark Development and Beacon Communities on project's updates.

The Winter Hill Renewal Plan is a portion of the general Winter Hill Neighborhood Plan, which has been an on-going project since November of 2016. The Urban Renewal Plan was launched to redevelop the underutilized properties at the heart of the Winter Hill neighborhood, including a vacant Star Market, two dilapidated, vacant parking lots, and three other buildings and a private right of way.

These properties have been deserted since 2007. To better serve the community, the Somerville Redevelopment Authority (SRA) was empowered to take charge of the renovation process.

The goals of the Urban Renewal Plan are drawn from the objectives of Winter Hill Neighborhood Plan, including things such as, "improving Winter Hill's identity as a neighborhood-oriented

main street commercial district," "creating green and open gathering spaces to support community life and the environment," "ensuring a pedestrian- and bike-friendly experience," and "redeveloping vacant and underutilized properties into uses that better meet community needs."

In addition to reviewing the objectives of the plan, Rachel Nadkarni, the Urban Revitalization specialist at the City of Somerville, also the host of the meeting, explained other sections of the plan as well. For example, maps that show the project area boundaries or the existing property lines and buildings.

Will Colan, a member of the Civic Advisory Committee, felt that showing strong support for the development team to pursue all kinds of environmental design, including green roof, solar opportunities, and passive house standards, might be good to add to the document. He also brought up a possible partnership with other city offices, like the Urban Forestry team, to create the best outcome for residents.

The second half of the meeting was centered around the updates presented by Mark Development team. Robert Korff, the founding principal of Mark Development,

LLC, a real estate development company, introduced two major updates for the plan: the sustainability strategies for buildings and the findings from the parking lot study.

Jeff Geisinger, a director of sustainable design at Utile, a Boston-based design team, indicated that the team will target Passive House through the Phius 2021 core standard for the site. The Phius 2021 standard is the industry standard baseline for net-zero building design and emphasizes quality, durability, health, safety, and cost-optimized conservation as described by Phius website.

The Passive House is the cornerstone to achieve the Phius standard, meaning a performance-based building certification that focuses on the dramatic reduction of energy use for space heating and cooling, according to the Passive House Massachusetts website. The benefits include enhancing thermal comfort, exceptional indoor air quality, reducing carbon emissions, having better sound isolation, etc.

"We are proposing a comprehensive sustainability strategy on how we can create a health and sustainability environment both outwardly towards the com-



The redevelopment of various Winter Hill properties, such as the long-vacant Star Market site, was discussed at a recent meeting of the Winter Hill Civic Advisory Committee.

— Photo by Luda Tang

munities and inwardly towards the residents and visitors to the buildings," said Geisinger.

To better understand the parking occupancy data on the street, Damien Chaviano, the principal of Mark Development, LLC, described four in-field studies that the team have conducted in various time periods. They chose the area within two radii from the site, one is within 5-min walkshed and the other is 10-min walkshed. The study time was the middle of the weekday from 1:00 to 4:00 p.m., two were weeknights from 10:00 p.m. to 1:00 a.m., and the last one was the middle of Saturday.

Chaviano specifically demonstrated the data within 5-min

walkshed from the site. The vacancy percentage out of 1,776 capacity in the middle of weekdays is 53 percent. The number narrows down to the nearly 25 percent vacancy rate during two weeknights, and then goes up again to 39 percent for the middle of Saturday. The average of vacancy rate for these four studies achieves 35 percent, and that means 623 spaces available.

Chaviano also used different colors to identify areas with different occupancy rates in the map. "We want the community to have benefits of these specific areas and really understand where that parking is relative to the site within the streets that you all live on," Chaviano said.

Summer tips to protect your home from invading insects

The summer season can be an especially challenging time of year to keep your home free of bugs. Taking the following steps however can help you guard your home from invading insects:

- **Seal cracks:** It's a simple DIY project you can complete in just a few hours, but it can make a world of difference. Caulking cracks in doors and windows is not only an effective way to improve your home's energy efficiency and reduce your utility bills during the hotter months, it can also seal off a common entry point for bugs.
- **Fix screens:** There's nothing more pleasant than a good cross breeze on a mild day. But before throwing your windows and doors open, be sure that screens fit securely and are free of holes. Even a minor tear can lead to a major bug problem. You can choose to patch tears or replace the screen entirely if needed. Easy-to-install mesh screen curtains that close with magnets are another good option, especially for renters and those unable to make major upgrades to their residence.
- **Use traps strategically:** "Tapping into what is known about bug biology can help put a stop to pest problems," says Bryan Smith, Market Leader at Zevo, a manufacturer of bug traps and sprays.

Smith recommends taking advantage of flying insects' notorious love of lights by plugging Zevo Flying Insect Traps into outlets around your home where bugs enter and tend to gather. Using a special blue and UV light system (instead of odors and chemical insecticides), the trap safely attracts gnats, house flies, and fruit flies to an adhesive pad. Built to eliminate the ick-factor, its sleek, compact design keeps ugly insects out of view, and is effective at both defending your home's entry points, like garages and entryways, as well as banishing bugs that have made their way to areas such as the kitchen, around trash cans and near drain pipes. For whole home protection, pair the traps with Zevo bug sprays.

- **Keep things tidy:** It's nearly impossible to keep all bugs out of your house all the time. That's why it's so important to ensure you're not inadvertently creating a haven for insects to thrive. Be sure to wipe down surfaces where food is prepared and eaten, clean spills quickly, and regularly sweep and vacuum crumbs.

By sealing your home's entry points and relying on safe and effective bug elimination strategies, you can help prevent insect invasions and have a more comfortable summer season. (StatePoint)

Newstalk CONT. FROM PG 9

The **8th Annual Evolution of Hip Hop Festival** takes place on **Saturday, August 20**, from 4:30 to 8:00 p.m. (rain date August 21) at Union Square Plaza in Somerville. This family friendly event will feature rappers, singers, spoken word poets, dancers, and visual artists from the Somerville community and surrounding cities. This showcase of hip hop music, dance and culture displays the immense creativity throughout the region. There will also be live art, interactive activities, craft vendors and local community groups. Show up and support your local hip hop artists. This ArtsUnion event is produced in partnership with Wat's Da Wurd & Mass Movements.

Save the date, **Saturday, September 10**, 10:00 a.m. for the **Ryan Harrington Foundation Cornhole Tournament**, taking place at **Trum Field**. Registration will be available online shortly. Registration fee is \$50 per team, two players per team. There are men's and women's divisions. A cash prize goes to the winners of each division. They will be selling t-shirts, hats, food and drinks at the field as well as having raffle items and a 50/50. There will also be kids activities. All monies raised will go to youth organizations in local communities.

The **Somerville Flea** is now open **Sundays** from 10:00 a.m. to 4:00 p.m., **52 Holland St.**, Somerville. Three dozen local vintage and artisan vendors, farm stand and live music all in the heart of Davis Square. Find that special thing you never knew you even existed. Every **Sunday through October 23**.

Join a **career fair** and learn about **Somerville Public Schools** amazing **Special Education team**. They are looking for educators, paraprofessionals, administrators. **Thursday, August 18** from 8:30 a.m. to 12:00 p.m. Register at: <https://trst.in/pVYetr>. Apply at: <https://trst.in/2w1ihD>.

Celebrate the 35th anniversary of **RoboCop** with the 4K restoration of **Paul Verhoeven's** 1987 sci-fi classic. Playing at the **Somerville Theatre** on **August 19** and **20**. Details and tickets at <https://bit.ly/3zTSFZV>.

At-home **COVID-19 tests** are a quick, convenient way to reduce transmission of the virus and protect friends and loved

ones. Stock up now if you're running low. Free test kits are available at the following Somerville locations (one kit per family member): **City Hall**, 93 Highland Ave.; **City Hall Annex**, 50 Evergreen Ave.; **Central Library**, 79 Highland Ave.; **East Branch Library**, 115 Broadway; and **West Branch Library**, 40 College Ave. Each household is also eligible for three free shipments of tests from the federal government, and if you have health insurance, your provider may also cover the costs of at-home tests. Learn more at somervillema.gov/covidtesting.

Somerville Museum's little gift shop carries **Somerville-themed postcards** and a replica of **the first map of Somerville** drawn in 1852 and more. Visit the online shop at: <https://www.somerville-museum.org/shop>.

With the new development coming to Davis Sq., **Lbc Boutique's** Davis Square shop has moved to a new location at **1107 Commonwealth Ave., Allston**, 02215. Parking and train nearby. Take some profits, gold is at an all-time high right now. Stop by the new location or visit cashfor-fashionboston.com.

Visit **South Street Farm** on **Sunday, September 18** from 2:00 to 7:00 p.m. to celebrate **Groundwork's 22nd annual Harvest Gala**. There will be food, drinks, live music, raffles, auctions, and many old and new friends. Buy tickets today via this link: <https://tinyurl.com/harvestgala>.

Looking for a **part-time job**? The city is hiring **Crossing Guards** to help protect student safety at intersections along school routes. Uniforms and on-the-job training provided, ability to work both morning and afternoon shifts is required, must pass a pre-employment CORI and drug screen. For more information, visit <https://bit.ly/3v8dLSH>.

As of July 13, a new **Housing Stability Notification Act amendment** requires landlords to provide tenants with **information about their rights and resources** at the start of all new housing rentals, rather than only when pursuing eviction. Anyone facing displacement or needing housing assistance is urged to contact the **Office of Housing Stability** at 617-625-6600 ext. 2581. For more information, visit somervillema.gov/ohs.

The **988 Suicide and Crisis Lifeline** is now available 24/7, 365 days a year in Massachusetts and across the country. 988 is a direct three-digit phone line to trained **National Suicide Prevention Lifeline** call takers. If you need suicide, substance use, or mental health crisis support, or if you are worried about someone else, you can call or text 988 or use the chatline at 988lifeline.org to access compassionate care and support.

Are you a **history buff** or just looking for a fun summer activity? Take a **free docent tour of Prospect Hill Tower, the Old Powder House, or Milk Row Cemetery**. Tours are held weekly **through October**, hosted by the **Somerville Historic Preservation Commission**. For tour dates and times, visit somervillema.gov/events.

The **Somerville High School Class of 1964, 75th Birthday Celebration** takes place **Saturday, September 17**, 1:00 p.m. at the **George Dilboy VFW Post**, Davis Square. Donation: \$50 payable to **Kevin Estee**, 4 Charles Circle, Andover, MA 01810. Rooms available at the Holiday Inn, Washington St., Somerville. RSVP by August 17 to **Sandra Regan**: sanjonr21@gmail.com.

Free summer meals for kids under 19 years have begun. Visit the website for breakfast and lunch times and locations. <https://somerville.k12.ma.us/summermeals>.

The **City of Somerville's annual Somer-Movie Fest** returns this year with a series of seven family-friendly films being shown in parks around Somerville. Screenings begin at dusk and the final film for the festival is **Star Wars: The Force Awakens**, **August 18, Seven Hills Park**.

The **Somerville Homeless Coalition** needs **snacks for their clients**, and as the weather warms up, bottled water, sunscreen, and bug spray become essentials. All donations can be dropped off weekdays at the **1 Davis Square office** from 9:00 a.m. to 5:00 p.m. Closed 1:00 to 2:00 p.m. for lunch. Visit their Facebook page to see a list of their client necessities: www.facebook.com/SomervilleHomelessCoalition.

The city's **Adopt-A-Tree program** has officially launched. Newly planted trees can be found around Somerville, and now

they need your help. Look for the colorful "Adopt Me!" tags and scan the QR code or visit tinyurl.com/somervilletree to find a tree in your neighborhood and go through the steps to adopt it. Name it, water it and even receive an adoption certificate. For more information, visit somervillema.gov/adoptatree.

Help **protect local trees** against the extreme heat by filling green water bags in your neighborhood. Young trees need 15-20 gallons of water (3-4 large buckets) per week. To see a map of newly planted trees and for more information, visit: <https://bit.ly/3OruA1S>

Don't forget to visit **Somerville's farmers markets**. Every **Wednesday through November 23**, 12:00 – 6:00 p.m. visit the **Davis Square Farmers Market**, across from American Flatbread at **44 Day St**. Visit: <https://www.massfarmersmarkets.org/davis>. Every **Saturday through October 29**, 9:00 a.m. – 1:00 p.m., the **Union Square Farmers Market** takes place at **66-70 Union Sq**. visit: <https://www.unionsquaremain.org/2022-fmseason>. Every **Sunday through November 20**, the **East Somerville Farmers Market** takes place at **115 Broadway**, 9:00 a.m. – 1:00 p.m. Visit <https://www.east-somervillemainstreets.org/market>. There is a \$15 SNAP match at all Farmers Markets across Somerville.

The **Somerville Mobile Farmers Market** is open for the season, selling fresh, local produce **through October 15**. The market schedule is as follows: **Fridays**: 10:30 a.m. to 12:30 p.m. at the **Council on Aging/SCALE** (167 Holland St.); 2:30 to 4:30 p.m.: **East Somerville Community School** (50 Cross St.) **Saturdays**: 10:00 to 11:30 a.m.: **North Street Housing** (24 North St.); 1:30 to 3:00 p.m.: **Mystic Housing** (Playground between 15B and 25B Memorial Rd.). The market accepts cash, debit, credit, SNAP, WIC Farmers Market Coupons, and Senior Farmers Market Coupons, and it offers an unlimited 50% discount for anyone who needs it. All are welcome. To learn more, visit: somervillema.gov/farmersmarket.

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Ms. Cam's

Olio

Answers

From page 10

1. A pathological fear of going insane

2. A wig

3. An eagle

4. Yes, expansion of the metal due to heat causes the tower to be taller

5. Hazelnut

6. August 5 1921, a game between the Pittsburgh Pirates and the Philadelphia Phillies

7. The British Broadcasting Corporation

8. It Must Have Been Love

9. 16 rows

10. 56 pounds

11. 10 – iron, purse, lantern, race car, thimble, shoe, top hat, battleship, cannon and a rocking horse

12. All I Have to Do Is Dream

SENIOR CENTER HAPPENINGS:

UPCOMING EVENTS

Friendly Caller Program – Looking for a way to practice social distancing but still remain connected to other people? Look no further than the Somerville Council on Aging's Friendly Phone Caller program. We have many wonderful volunteers who are waiting to give you a call. Whether you are looking to make a new friend or would just like a friendly chat to look forward to every week, this program has you covered. Call Natasha Naim at 617-625-6600, ext. 2317 to learn more about the program and to sign up.

General Nutrition Classes – In-person, Mondays at 12:30 p.m. at our Ralph & Jenny Center located at 9 New Washington Street. Virtual classes are offered Mondays at 11am via Zoom.

Coffee & Conversation – Mondays from 10:00 a.m. to 11:00 a.m. – At the Ralph & Jenny Center located at 9 New Washington Street (behind the Holiday Inn.). Meet people from all over the world as we discuss a range of topics. No books – no test – just friendly conversation. Please contact Maureen Bastardi at MBastardi@Somervillema.gov or 617-625-6600, ext. 2335 to RSVP.

Men's Group – Meets the second Tuesday of each month from 10:30 a.m. to 11:30 p.m. at the Holland Street Center. New and returning members are welcome. Please RSVP to Norbert at ndemail@hotmail.com.

Bowling – Wednesdays from 9:00 a.m. to 11:00 a.m. at Flatbreads Company / Sacco Bowl Haven in Davis Square. For more information or to sign up please contact Debby Higgins at 617-625-6600, ext. 2321 or email Debby at Dhiggins@Somervillema.gov. Face coverings are required.

Game Hour – Mondays from 11:00 a.m. until 12:00 p.m. at our Ralph & Jenny Center located at 9 New Washington Street (behind the Holiday Inn). July 25. Please join us as we play a wide variety of board and card games. Please RSVP to Maureen Bastardi at 617-625-6600, ext. 2335 or email Maureen at mbastardi@somervillema.gov.

Project Outlook, Low Vision Group – Third Thursday of each month (August 18) from 5:30 to 7:30 p.m. at the Holland Street Center. Project Outlook is a group of residents with low or no vision who enjoy getting together for camaraderie and socialization. Project Outlook has been active for over 30 years. Come join in the conversation, we look forward to meeting you. For more information, please contact Claudia Ferro at 857-237-1801.

Game Hour – Mondays from 11:00 a.m. to 12:00 p.m. at our Ralph & Jenny Center located at 9 New Washington Street (behind the Holiday Inn.) This month the dates are August 8, 15, 22 and 29. Please join us as we play a wide variety of board and card games. Please RSVP to Maureen Bastardi at 617-625-6600, ext. 2335 or email Maureen at mbastardi@somervillema.gov.

General Nutrition Classes – In-person, Mondays at 12:30 p.m. at our Ralph & Jenny Center located

at 9 New Washington Street. August 29. Zoom meeting Mondays from 11:00 to 12:00 p.m. New and returning members are welcome! To RSVP, please call Mary Marshall at 617-625-6600, ext. 2316 or email her at headtofitness10@yahoo.com.

Walking Group – Fridays at 9:00 a.m. This month's dates are August 19 and 26. The walking group meets in front of the Holland Street Center and will enjoy walks through area neighborhoods. All classes and groups will be limited in participation and are weather permitting. Pre-registration is required. For additional info or to register for this program, contact Debby Higgins at dhiggins@Somervillema.gov or by phone at 617-625-6600 ext. 2321.

Fit-4-Life Exercise Classes – Mondays, August 22 and 29 in person at 9:00 a.m. Mondays, August 15, 22 and 29 Virtual at 1:00 p.m. Wednesdays, August 10, 17, 24 and 31 in person at 9:00 a.m. and Thursdays, LBT Class, in person at 5:30 p.m. In-person, indoor at the Holland Street Center. Each class will focus on strength, balance and flexibility. Pre-registration is required as classes are limited. Please contact Connie Lorenti at 617-625-6600 ext. 2319 with any questions or for additional information.

Strength and Balance General Exercise Class – Mondays, August 22 and 29 in person at 11:00 a.m. and Wednesdays, August 10, 17, 24 and 31st in person at 11:00 a.m. Join us for our new exercise class focused on increasing our strength and balance, the course incorporates weights and light cardio. Please contact Connie Lorenti at 617-625-6600 ext. 2319 with any questions or for more info.

Chi Kung – Friday, August 19 from 10:00 a.m. to 11:00 a.m. at our Holland Street Center. Easy to follow program performed seated or standing. Helps strengthen balance and reduce stress. Increases blood flow and energy. Please contact Debby Higgins at 617-625-6600 ext. 2321 or email Debby at dhiggins@Somervillema.gov with any questions or for additional information.

Coffee & Conversation – Mondays from 10:00 a.m. to 11:00 a.m. – At the Ralph & Jenny Center located at 9 New Washington Street (behind the Holiday Inn.) August 22 and 29. Meet people from all over the world as we discuss a range of topics. No books – no test – just friendly conversation. Contact Maureen Bastardi at MBastardi@Somervillema.gov or 617-625-6600, ext. 2335 to RSVP.

Bowling – Wednesdays from 9:00 a.m. to 11:00 a.m. at Flatbreads Company / Sacco Bowl Haven in Davis Square. This month's dates are August 17th, 24 and 31. For more info or to sign up please contact Debby Higgins at 617-625-6600, ext. 2321 or email Debby at Dhiggins@Somervillema.gov.

Yoga – In Person, Tuesday, August 23 and 30 from 10:00 a.m. to 11:00 a.m. at our Holland Street Center. Easy-to-follow program lets you stretch and relax. Yoga provides modified,

low-impact moves and easy-to-follow pacing for a healthy, active lifestyle. Please RSVP to Connie Lorenti at 617-625-6600, ext. 2319.

EXERCISE**Virtual FIT-4-LIFE SCHEDULE**

Mondays 1:00 p.m. = Fit-4-Life Zoom Exercise

Wednesdays 1:00 p.m. = Fit-4-Life Zoom Exercise

Thursdays 6:30 p.m. = LBT Fit-4-Life Zoom Exercise

Somerville City Cable

RCN = 13/Comcast = 22

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

SOCIAL MEDIA

Stay connected via our Facebook page - often updated by Debby Higgins or Maureen Bastardi. Informative, entertaining, lots of photos and updates. Visit our page at <https://www.facebook.com/SomervilleCOA/>

Follow the Somerville Council on Aging on

Instagram – You can find us under the Instagram handle: somervillecouncilonaging If you have any questions or need help following us, contact Debby Higgins at 617-625-6600 ext. 2321 or email her at dhiggins@somervillema.gov.

JOIN OUR MAILING LIST

If you would like to receive a virtual copy of our monthly newsletter, please contact Maureen Bastardi at 617-625-6600, ext. 2335 or email Maureen Bastardi at MBastardi@Somervillema.gov

If you would like to become part of our Google Group, please contact Debby Higgins at 617-625-6600, ext. 2321 or email Debby at Dhiggins@Somervillema.gov.

The Council on Aging's Senior Transportation Program Returns

The Council on Aging is excited to announce the return of our Senior Transportation Program. The COA will be offering free taxi rides to Somerville residents over the age of 60. Rides are available to go to the grocery store, farmer's market, pharmacy in Somerville and routine medical appointments in the surrounding communities. To best accommodate the needs of everyone in the City and to maximize the use of our funding, we will be capping the number of rides per week. To ensure the health and welfare of every resident of Somerville, exemptions will be made for chemotherapy and radiation appointments. To find out more information or to schedule your ride, please call Connie Lorenti at 617-625-6600 ext. 2319. All rides must be booked two business days in advance. This program is funded through ARPA (American Rescue Plan Act) Funding.

GovTV – Xfinity 22/Astound 13/613

WEDNESDAY, AUGUST 17		FRIDAY, AUGUST 19			
6:30am	Yoga with Jenn Falk - Practice I	12:30am	Celebrate Immigrants in Somerville	3:30pm	Commemoration of Unknown British Soldier
7:05am	Porchfest 2022	1:30am	Envisioning 90 Washington St.	4:30pm	Talk with MA History Teacher of the Year 2018
8:00am	Entrepreneur Spotlight	5:00am	WSNS Juneteenth Flag Raising	6:00pm	Mabel And Jerry - Senior Story
	S1E2 Himalayan Kitchen	5:30am	Yoga with Jenn Falk - Practice I	7:00pm	Equity, Gender, Seniors, Family, and Vulnerable Populations 3-15-22
8:45am	Mental Health Resources	6:30am	Entrepreneur Spotlight at the Neighborhood Restaurant		Celling Your Soul- Raising Kids in a Digital Age
9:00am	Art Beat 2022	7:00am	Conway Park Ribbon Cutting	9:30pm	Independence Day Celebration & Fireworks 2022
10:00am	City Council Meeting 7-14-22	7:30am	City Council Spotlight		
1:30pm	Three Paths to Italy		Judy Pineda Neufield	11:30pm	
2:30pm	Women in World Jazz at SPL	8:00am	Senior Circuit:		
4:00pm	Fit 4 Life 2020 #3		Older Adults & Mental Health		
5:00pm	Envisioning 90 Washington St.	8:30am	Our Schools Our City	SUNDAY, AUGUST 21	
6:05pm	Somerville Pride Flag Raising 2022		The Maker Mindset 3-21-19	12:30am	Climate Forward
6:30pm	City Council Spotlight:	9:30am	West Branch Library Ribbon Cutting		Transportation Solutions
	Willie Burnley, Jr	10:30am	History of Your House & Family	5:00am	Chair Yoga w Chris
7:00pm	Arbor Day Celebration	11:30am	Central Hill Playground	5:30am	Fit-4-Life Exercise Video #6
7:15pm	SPD Ride Along		Ribbon Cutting	6:00am	History of Your House & Family
7:30pm	Raising of the Flag of India	12:00pm	GLX Opening/Re-Opening Day: Union Sq & Lechmere Stations	7:00am	Bittersweet Curator Tour
8:00pm	Independence Day Celebration & Fireworks 2022		Jane's Walk	8:00am	Raising of the Flag of India
8:30pm	Assembly to E. Somerville	2:00pm	WSNS Juneteenth Flag Raising	8:30am	Somerville Community Land Trust
	Walking Tour	3:30pm	Yoga with Jenn Falk - Practice I	9:30am	Entrepreneur Spotlight
9:40pm	Mental Health Resources	4:00pm	Entrepreneur Spotlight at the Neighborhood Restaurant		1E2 Himalayan Kitchen
10:00pm	Jane's Walk	5:00pm	Conway Park Ribbon Cutting	10:30am	City Council Spotlight:
11:30pm	Entrepreneur Spotlight at the Neighborhood Restaurant	6:00pm	City Council Spotlight		Ewen-Campen
			Judy Pineda Neufield	11:30am	90 Washington Public Meeting
THURSDAY, AUGUST 18		6:30pm	Senior Circuit:	1:00pm	Assembly to E. Somerville
5:00am	Chair Yoga w/ Janine Duffy		Older Adults & Mental Health		Walking Tour
6:00am	Mabel And Jerry - Senior Story	7:00pm	Our Schools Our City	2:30pm	Senior Circuit:
7:00am	Entrepreneur Spotlight		The Maker Mindset 3-21-19		Benefits of Music & Movement
	S1E2 Himalayan Kitchen	8:00pm	West Branch Library Ribbon Cutting	3:00pm	Chair Yoga w Chris
8:00am	City Council Spotlight:	9:00pm	History of Your House & Family	3:30pm	Fit-4-Life Exercise Video #6
	Willie Burnley, Jr	10:00pm	Central Hill Playground	4:00pm	History of Your House & Family
8:30am	Somerville Pride Flag Raising 2022		Ribbon Cutting	5:00pm	Bittersweet Curator Tour
9:00am	Bittersweet Curator Tour	10:30pm	GLX Opening/Re-Opening Day: Union Sq & Lechmere Stations	6:00pm	Raising of the Flag of India
10:00am	Senior Circuit: Veterans' Services			6:30pm	Somerville Community Land Trust
10:30am	History of Your House & Family	SATURDAY, AUGUST 20			Ribbon Cutting
11:30am	Art Beat 2022	12:30am	Jane's Walk	7:30pm	Entrepreneur Spotlight
12:30pm	Porchfest 2022	12:30am	Commemoration of Unknown British Soldier		S1E2 Himalayan Kitchen
1:30pm	Celebrate Immigrants in Somerville	5:00am	Talk with MA History Teacher of the Year 2018	8:30pm	City Council Spotlight:
2:30pm	Envisioning 90 Washington St.	6:00am	Mabel And Jerry - Senior Story		Ewen-Campen
4:00pm	Chair Yoga w/ Janine Duffy	7:30am	Equity, Gender, Seniors, Family, and Vulnerable Populations 3-15-22	9:30pm	90 Washington Public Meeting
5:00pm	Mabel And Jerry - Senior Story	8:30am	Celling Your Soul - Raising Kids in a Digital Age	11:00pm	Assembly to E. Somerville
6:00pm	Entrepreneur Spotlight		Independence Day Celebration & Fireworks 2022		Walking Tour
	S1E2 Himalayan Kitchen	11:00am	Climate Forward	MONDAY, AUGUST 22	
7:00pm	City Council Spotlight:	2:00pm	Transportation Solutions	12:30am	Senior Circuit:
	Willie Burnley, Jr				Benefits of Music & Movement
7:30pm	Somerville Pride Flag Raising 2022			5:00am	Independence Day Celebration
8:00pm	Bittersweet Curator Tour				SCALE Graduation 2022
9:00pm	Senior Circuit: Veterans' Services				SHS Class Day 2022
9:30pm	History of Your House & Family				ESCS 5-8 Spring Concert
10:30pm	Art Beat 2022				Vocational Awards Banquet 2022
11:30pm	Porchfest 2022				SHS Baseball vs Revere

EdTV - Xfinity 15/Astound 15/ 614

WEDNESDAY, AUGUST 17					
8:00am	el Sistema Spring Concert	4:05pm	Brown School Spring Concert	1:00pm	Boys Intramural Basketball
9:00am	Next Wave Graduation 2022	5:00pm	Next Wave Graduation 2022		Championship 2022
10:00am	Full Circle Graduation 2022	6:00pm	SHS Volleyball vs Masco 11-3-21	2:00pm	Girls Intramural Basketball
11:30am	WHCIS 4-8 Spring Concert	7:02pm	SHS Boys Soccer vs Everett		Championship 2022
12:05pm	Spring String Fling	9:00pm	ESCS Moving On Ceremony 2022	3:00pm	SHS Graduation 2022
1:00pm	SHS Evening of Song	10:30pm	SHS Boys Soccer vs Chelsea 9-14-21	4:30pm	SHS Baseball vs Revere
2:30pm	SHS Girls Soccer vs Lynn Eng	FRIDAY, AUGUST 19		6:30pm	Healey School 4-8 Spring Concert
4:00pm	SHS Boys Soccer vs Medford	12:00am	SHS Graduation 2022	7:00pm	SCALE Graduation 2022
6:00pm	el Sistema Spring Concert	1:30am	ESCS K-5 Spring Concert	8:00pm	WSNS Moving On Ceremony
7:00pm	Next Wave Graduation 2022	2:00am	Argenziano pre K-4th Grade Concert	9:00pm	ESCS Moving On Ceremony 2022
8:00pm	Full Circle Graduation 2022	8:00am	Spring String Fling	10:30pm	WSNS Juneteenth Flag Raising
9:30pm	WHCIS 4-8 Spring Concert	8:30am	SHS Softball vs Everett	11:00pm	Next Wave Graduation 2022
10:05pm	Spring String Fling	10:00am	SHS Volleyball Playoff vs GLT	SUNDAY, AUGUST 21	
10:30pm	SHS Evening of Song	11:30am	SHS Volleyball vs Medford	12:00am	SHS Girls Basketball vs Arlington
		1:00pm	Full Circle Graduation 2022	1:36am	Highlander Football 2019
THURSDAY, AUGUST 18		2:30pm	Kennedy School Spring Concert	2:07am	SHS Football vs N Reading 11-9-18
12:00am	SHS Girls Soccer vs LC 10-29-21	3:00pm	SHS Graduation 2022	8:00am	Brown School Spring Concert
1:30am	SHS Girls Soccer vs Medford 5-3-21	4:30pm	WSNS Spring Sing Concert		SHS Class Day 2022
3:00am	Highlander Football 2011	6:00pm	Spring String Fling	10:30am	ESCS 5-8 Spring Concert
3:30am	Highlander Football 2013	6:30pm	SHS Baseball vs Plymouth South	11:00am	Vocational Awards Banquet 2022
4:00am	Highlander Football 2014	8:00pm	SHS Volleyball Playoff vs GLT	12:00pm	SHS Baseball vs Revere
8:00am	ESCS Moving On Ceremony 2022	9:30pm	SHS Volleyball vs Medford	2:00pm	SHS Football vs N Reading 11-9-18
9:30am	SHS Boys Soccer vs Chelsea 9-14-21	11:00pm	SHS Girls Basketball vs Cambridge	4:30pm	SHS Boys Hoop vs Billerica 1-27-98
11:00am	Boys Intramural Basketball	SATURDAY, AUGUST 20		6:00pm	Brown School Spring Concert
	Championship 2022	12:35am	SHS Girls Basketball vs AB 3-8-01	7:00pm	SHS Football vs Malden 10-1-21
12:00pm	Girls Intramural Basketball	2:10am	SHS Boys Hoop vs Medford 1-5-00	9:00pm	el Sistema Spring Concert
	Championship 2022	8:00am	SCALE Graduation 2022	10:00pm	SHS Boys Hoop vs Medford 1-5-00
1:00pm	SHS Graduation 2022	9:00am	WSNS Moving On Ceremony	MONDAY, AUGUST 22	
2:30pm	Healey School 4-8 Spring Concert	10:00am	ESCS Moving On Ceremony 2022	12:00am	SHS Football vs Malden 9-20-19
3:00pm	Healey School K-2 Spring Concert	11:30am	WSNS Juneteenth Flag Raising	2:30am	SHS Football vs Medford 10-24-14
3:30pm	Argenziano pre K-4th Grade Concert	12:00pm	Next Wave Graduation 2022	8:00am	SHS Boys Soccer vs Chelsea 9-14-21

Beacon Hill Roll Call

CONT. FROM PG 6

system and addresses the specific needs of children, adolescents and their families. We are pleased that residents will receive the essential care needed to help them thrive at home, in their workplace and in the community.”

MARIJUANA LAWS (S 3096) – Gov. Baker signed into law a bill that makes changes in the cannabis industry including a section that would require the state to put some of its tax and licensing revenue from the sales of marijuana revenue into a newly created Social Equity Trust Fund to provide grants and loans, including forgivable and no-interest loans, designed to assist entrepreneurs and businesses from communities disproportionately harmed by the decades of marijuana prohibition.

Supporters explained that opening an average cannabis retail shop can require up to \$1.5 million. They noted that since federal cannabis laws prevent these businesses from accessing traditional bank loans, lack of capital can pose an insurmountable barrier. They noted that less than 20 (6 percent) of the 346 marijuana businesses are connected to participants in the Cannabis Control Commission’s current social equity program or economic empowerment entrepreneurs.

“I am thrilled to see this legislation become law as we continue to build a budding and more equitable cannabis industry,” said Sen. Julian Cyr (D-Truro). “Under the new law, the Cannabis Control Commission can establish guardrails on host community agreements to make sure municipalities don’t extort cannabis enterprises. The technical adjustments in the law allow for communities to pursue social consumption sites if they wish. With the signing of [this bill], we better reflect the intentions behind the voter referenda and assure an equitable and vibrant homegrown cannabis industry.”

The vision of the drafters of the legalization initiative to

address the harms of the war on cannabis is now more fully realized,” said Will Luzier, former campaign manager for the 2016 marijuana legalization campaign. “The pathways to participate in the cannabis industry for those harmed by the war on drugs are clearer and the prospect of social consumption is now reachable. Cities and towns that have skirted the law by overreaching host community agreements will now be properly policed.”

QUOTABLE QUOTES

“I will try to explain this without slipping and falling.” — *Senate Ways and Means chair Sen. Mike Rodrigues (D-Westport) on the Senate floor while debating a measure requiring MDC skating rinks to remain open for the full rink season.*

“We are committed to supporting childcare providers across the commonwealth who have worked tirelessly to care for children and support Massachusetts’ families. We know that investments in early education and care settings are vital for children and families through providing high-quality early childhood education and out-of-school time programs in enriching and engaging settings.” — *Lt. Gov. Karyn Polito on The Baker administration awarding \$3.9 million in Early Education and Out-of-School Time capital improvement grants to organizations to renovate childcare facilities that serve primarily low-income families.*

“The best ideas for clean energy often start at the local level. If we want to have cleaner air, healthier communities and a safer future for us and our children, we must transition to 100 percent renewable energy. These cities and towns are showing how to get it done.” — *Ben Hellerstein, state director for the Environment Massachusetts Research and Policy Center on the center’s report that Massachusetts’ cities and towns are taking action to reduce their reliance on fossil fuels and transition to clean energy.*

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 period of August 8-12, the House met for a total of 23 minutes and the Senate met for a total of 51 minutes.

Mon. Aug. 8	House 11:03 a.m. to 11:18 a.m. Senate 11:11 a.m. to 11:44 a.m.
Tues. Aug. 9	No House session No Senate session
Wed. Aug. 10	No House session No Senate session
Thurs. Aug. 11	House 11:02 a.m. to 11:10 a.m. Senate 11:07 a.m. to 11:25 a.m.
Fri. Aug. 12	No House session No Senate session

Bob Katzen welcomes feedback at bob@beaconhillrollcall.com

BOBBY'S DAD JOKES CORNER

By Bobbygeorge Potaris



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On This Day in History

August 17

1812 – Napoleon Bonaparte's army defeats the Russians at the Battle of Smolensk during the Russian retreat to Moscow.

1863 – Union gunboats attack Fort Sumter in Charleston, South Carolina, for the first time.

1942 – Marine Raiders attack Makin Island in the Gilbert Islands from two submarines.

1960 – American Francis Gary Powers pleads guilty at his Moscow trial for spying over the Soviet Union in a U-2 plane.

1978 – Three Americans complete the first crossing of the Atlantic in a balloon.

1998 – President Bill Clinton admits to the American public that he had affair with White House intern Monica Lewinsky.

2012 – Moscow’s top court upholds ban of gay pride events in Russia’s capital city for 100 years.

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OFF THE SHELF

by Doug Holder

Somerville's Sebastian Rizzon: A Zen Master with a Yen for Poetry

A while back I visited the studio of Sebastian Rizzon during the Open Studios event in Somerville, organized by the great folks at the Somerville Arts Council. Rizzon fits the profile of many folks I have interviewed: eclectic, multi-talented, and innovative. Here is an interview I conducted with him.

Doug Holder: First of all, how has Somerville been for you as an artist and a poet?

Sebastian Rizzon: Somerville has been great! It has a large artist population and I've felt welcomed by the community since I moved here a year ago. There have also been multiple opportunities to show my work. Participating in Somerville Open Studios was a fun opportunity to meet the community and network with other artists. I do have some longer-term concerns as Joy Street Studios is set to be redeveloped into biotech offices and there is no formal plan to keep our thriving artist community together. I'm concerned many of the artists here will be dispersed into other communities in the area unless Somerville and the developer are committed to keeping us here.

DH: You are a Zen Master among other things. How did you come to Zen? Did it change the direction of your life?

SR: I had a career as a structural engineer prior to studying Zen. While I experienced a high-level success in that field, something seemed to be missing. I had read about Taoism and Buddhism and found myself attracted to the idea of enlightenment, but it still seemed unattainable. I also had a history of martial arts training, so an old housemate directed me to the Shim Gum Do (Mind Sword Way) school nearby. It was an art that combined the practice of Zen with sword and other martial arts. After a few classes it seemed to be filling in the blanks of what



was missing in my life, so I ended up moving into the temple after a few months of training.

DH: At one point you were living at Shim Gwang Sa Temple (Mind Light Temple) for over 16 years. Tell me about your experience there?

SR: At the Shim Gwang Sa (Mind Light Temple), I had the unparalleled experience of living with and learning directly from the enlightened founding master of the school, Great Zen Master Chang Sik Kim (who passed away last year). Through our daily routines, I learned the traditional Buddhist practices of bowing, chanting, and sitting *Continued on page 23*

Lyrical SOMERVILLE

edited by Doug Holder

Susan Lilly is a writer, photographer, and jewelry maker from the New York area. She was active in the open mic poetry scene while living in the Boston area, and has continued to create new work and network with other artists through social media. During her years in the Boston poetry scene, Susan printed copies of her first book titled *May December*, which contained poetry, and a short story. She has been published in Boston area papers, and in online publications. The main focus of Susan's work is time, distance, and nature, topics that strongly affect how she views and interacts with the world. Susan's new collection of poetry with one short fiction piece is now available digitally starting at just \$2. The title is *Galaxies, Oceans, and Us*. Please contact her at susanlilly@zoho.com to purchase.



Grey Nights In Daylight

(Inspired by William Carlos Williams'
A Widows Lament In Springtime)

Twice today
my hand brushed against
your urn.

Each day since
you've been gone
from my bed,
sorrow duels with happiness
in the tiny crevices
of this house,
not home,
where my hurting hand
can not sweep away
the remaining strands
of dusty grey hair.

I stared at catalogs
with new loveseats circled,

thick lines of permanent ink
fading away to grey.
Then I slumped down
in a duct taped bean bag chair,
and watched a candle burn
to its end.
The warm comfort cold,
hard as the room darkened
by daylight.

12 years I lived with my cat.

2 weeks I've lived
with mediocre condolences.
10 lilies,
an angelic bouquet of

poisonous petals.
A meaty casserole
that I would have
scooped into your dish,
fools didn't even remember
I'm vegetarian.

A neighbor stopped by
and painted my
bitten nails ballerina pink.
Tonight I would like to
stand on my tip toes,
twirl and twirl,
and jump high
into the pillowy clouds.

— Su Lilly

Tried-and-true tips to relocate plants like a pro

Whether your plants could stand a little more sun, a tad more space to grow, or you just want to redesign your backyard, transplanting plants offers them a fresh start.

“Tried-and-true methods will help you safely move your plants; all it takes is some know-how, elbow grease and a shovel,” says Jamie Briggs, director of marketing, Exmark, a leading manufacturer of commercial mowers and equipment for landscape professionals and homeowners.

This is the driving idea behind “Backyard Smart,” free online explainer videos full of facts to answer your most common lawn and garden questions. The following strategies, which come directly from a recent “Backyard Smart” episode, will have you transplanting plants like a pro:

- When to do it: Time of year matters. Perennials should be moved in spring when other flowers are in bloom and the days are cooler. Conversely, shrubs should be relocated in the fall – the cooler air and warmer soil make for

perfect transplanting conditions. Never move plants in summer or winter. Hot weather, when plants need the most water, can kill sensitive roots. Likewise, the cold, hard ground in winter makes it virtually impossible for plants to take root. Always transplant on cloudy, cool days to protect roots from the harsh sun and retain moisture in their soil.

- Rules of thumb: To begin, picture a circle around your plant. You’re imagining its root ball – the mass of roots and packed-in dirt that help provide plants the necessary nutrients and stability to grow.

For perennials, dig a circle at least three inches out from the plant’s edge. Shrubs are a different story. Instead of digging out from the farthest part of the shrub, first measure the circumference of its stem. For every inch in stem thickness, draw the length from the circle to the stem a foot longer. If your shrub has a 2-inch-thick stem, measure a circle that’s at least 4 feet in diameter (or, a radius of 2 feet from stem to circle).



Now it’s time to dig. Always dig straight down, as digging too shallowly and at an angle can lead to damaged roots, which can stunt growth and ultimately kill your plants.

Once you’ve dug up your plants, knock a little dirt loose from the compacted root ball. This enables roots to hang free, and encourages plants to take root in their new home.

- Relocation: Always dig the

new holes at the same depth as the existing ones. Planting too deeply can encourage water pooling around the root system, effectively drowning your plants. Planting too shallowly has an opposite, but equally deadly, impact: it exposes the root system to warmer weather and can dry it up. For an even easier reference when transplanting shrubs, the root flare -- the area where the stem ex-

pands at the base – should be partially visible at the soil’s surface. Now fill the remainder of the hole with soil, water generously, rinse and repeat.

For more easy-to-understand approaches to making the most of your outdoor spaces, check out the Exmark Backyard Life site at exmark.com/backyard.

Now get outside and get moving – your plants will thank you for it! (StatePoint)

Off The Shelf

CONT. FROM PG 22

meditation. What made this experience unique from other Buddhist practices was the use of the martial arts choreography as a moving meditation. My teacher challenged us to turn all of our actions, from the martial arts to every other part of our life, into a form of meditation. In this way, everything that we had to do became a koan, or question, asking how do you see your mind? or what does your mind look like? In Buddhism it is said that to attain enlightenment you must see your own mind.

In the process of becoming a martial arts master, my time at the temple became part of a larger quest to understand myself, the essence of who I am, and my purpose in life. Ultimately, this led me to writing poetry, making art, and starting the Zen Art Center as a way to convey these lessons, ideas, and the practice to others.

DH: You have a new book coming out, *Into the Mind*, in which you use poetry to explore Zen practice. Why do you find poetry a good tool for this exploration?

SR: Many of the concepts in Zen transcend words and must be learned through experience. I find poetry

is a great tool for teaching these lessons. Poetry gives me the freedom to use imagery and metaphors to lead the reader to deeper level of understanding about our existence. By using poetry to explore the realm of the mind I hope to illuminate the magnitude of the power that resides within all of us.

DH: Your art is full of vivid colors and revels in nature. Too often we divorce ourselves from nature. How would you reconnect the world to this seminal source?

SR: The teachings of Zen Buddhism are founded in dharma, which is the truth of nature or natural truth. The truth is always evolving each moment and therefore it is essential to keep your mind focused on what nature is telling you so that you can respond appropriately. As you learn to observe nature with greater discernment you gain a better understanding of how everything works together. My goal is to use colorful imagery and metaphors from nature to make the reader more aware of our interconnectedness. If you can see the various deep connections we share with each other and the universe, compassion becomes the most logical, rational response.

My hope is to make a compelling appeal for more compassion in the world.

DH: One might say he or she could find ‘joy’ at your Zen Art Center at the Joy Street studios in Somerville. What do you offer there for us seekers?

SR: I use the word art to mean anything that you put your heart into. I’m currently working with painters, writers, musicians, potters, scientists, and even a software developer. The type of art form can be anything, my own art was initially martial arts and sword. The idea is to use meditation and dharma teachings to understand the mind, then use the various art techniques to bring what is in the mind out into reality through creativity. I hope to inspire others to develop an art form that appeals to them and learn how to apply Zen techniques to the practice. By using this process we can understand how the power of the mind can affect reality through the energy of creation, which is love. The purest expression of love is compassion (or helping others). When we act with compassion, we can bring joy to others and the smiles on their faces are reflected in our mind.

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