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Somerville Community Land Trust celebrates first property acquisition



Mayor Ballantyne, Ward 3 Councilor Ben Ewen Campen and members of the Somerville Community Land Trust celebrate the first property acquisition of SCLT, located at 7 Summer Street.

By The Times Staff

The Somerville Community Land Trust hosted a ribbon-cutting ceremony to celebrate the first community land trust project in Somerville on Wednesday, August 17. The project, funded by the City of Somerville, the Somerville Affordable Housing Trust Fund, and Winter Hill Bank, brings five permanently affordable homes to Somerville's Union Square Neighborhood.

The newly constructed condominium building sits atop land that will be stewarded in perpetuity by the Somerville Community Land Trust. A lottery process will launch this month, welcoming low-to-moderate income first-time homebuyers who will become the first resident-members of the Somerville Community Land Trust.

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The further adventures of Paul and Charlie Carafotes

By Jim Clark

In the years following the publication of Somerville native Paul Carafotes' delightful children's book, *The Adventures of Charlie Bubbles*, the author has followed up that initial offering with a successful string of sequels. And now, the actual inspiration for the first book – his own son Charlie – is following in his father's footsteps by penning his own forthcoming contribution to the series, *Charlie Bubbles! Zena the Great!*

Of the original book in the series, published in 2012, the elder Carafotes said, "It's a very sweet story about a boy who can blow bubbles that transport him into and out of trouble. It has to do with friendship and what friendship means. It asks 'what's the cost, what's the price of

Continued on page 20



Father and son literary power duo Paul and Charlie Carafotes.

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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.

Classes begin next week for **Somerville Public Schools**. School starts on **August 31** for students in grades 1-12. Students in pre-kindergarten and kindergarten start school on **September 6**.

Happy birthday this week to several locals: Happy Birthday to our own **Bob "Monty" Doherty** is celebrating this week. You can enjoy his historical columns in our paper every other week. Ask him anything about the history of Somerville and he will have the answer. We wish him the best. Happy birthday to **State Representative Christine Barber**, who is also celebrating. We hope she has a great day. Happy Birthday to **Ward Seven City Councilor Judy Pineda Neufeld** who is also celebrating, we hope she enjoys her day. Happy birthday to **Jonathan Bowers**. We wish him a great year ahead. We wish all of our Facebook friends, such as **Arthur Copeland**, **Bob Osborne**, **Kathleen Goss**, **Louise Cruz-Partee**, **Ellie Loder Chute**, **John McDermott**, **Bob Baxter**, **Cheryl Endicott-Ribeiro**, **Leesette Bengar** and **Michael Madden** a *Continued on page 9*

Somerville Weather Forecast

for the week of August 24 – August 30 as provided by the National Weather Service

DAY	CONDITIONS	HIGH/LOW	PRECIPITATION	HUMIDITY	WIND
 Wednesday <i>August 24</i>	Partly Cloudy	87°/67°	16%	69%	W 10 mph
 Thursday <i>August 25</i>	Sunny	87°/67°	8%	14%	SW 9 mph
 Friday <i>August 26</i>	Rain	87°/66°	59%	3%	SW 10 mph
 Saturday <i>August 27</i>	Partly Cloudy	84°/64°	14%	2%	NE 10 mph
 Sunday <i>August 28</i>	Partly Cloudy	85°/64°	11%	7%	SE 11 mph
 Monday <i>August 29</i>	Partly Cloudy	86°/67°	12%	35%	SSW 11 mph
 Tuesday <i>August 30</i>	Partly Cloudy	90°/70°	23%	44%	S 13 mph

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

TheSomervilleTimes.com Comments of the Week

Response to: Winter Hill CAC is moving the process forward

Sean Cryts says:

Respectfully as a Winter Hill Somerville resident:

1. Is the Walgreens portion of the property under eminent domain?
It is the only drugstore in the neighborhood we have access to?
2. Is the barber shop and winter hill liquors property under eminent domain?
These are small minority business owners. Please don't displace them!
3. It is a fundamental American right to own property in this countryside . Please don't steal someone's property unless it absolutely for "The Public Good".
All involved should have to prove to the Somerville tax payer that this is in the best interest of the taxpayer, not anyone else.

Response to: My 1981 memories of Assembly Square One

Neil Gillis says:

You forgot after being the Ford Assembly plant it served as the grocery warehouse for all the First National Stores in New England with hundreds of employees and next to it was the produce and Meat warehouse.

Log onto TheSomervilleTimes.com to leave your own comments

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Life in the

VILLE

by Jimmy Del Ponte

Watch your step



There’s so much construction throughout the city that safe sidewalks should be a top priority. I live near Davis Square so the photos are from Elm St. Where the sidewalks are particularly bad? Here’s what you said.



“The sidewalks on School between Medford Street and Highland Ave. are horrible. All ripped up by GLX and the city and we never know what will be open. Take a look next time you’re in the neighborhood.”

“Most of the street closures is because the gas lines are being replaced. Has to do with that gas explosion in Lawrence a few years back. Some main line from Woburn all the way to Lynn, and branch lines that are done street by street and block by block.”

“I had to stop bringing my mom to her beloved Davis Square because it was not to be navigated in a wheelchair. We could go to her hair dresser’s on Holland, the “show” and Mr. Crepe, but no farther. Cobblestone is the devil underfoot.” Terrible!

“Completely agree. Falls can be life altering. And nobody cares. “Limited liability.”

“The sidewalks on School between Medford Street and Highland Ave are horrible. All ripped up by GLX and the city and we never know what will be open. Take a look next time you’re in the neighborhood.”

I found this little morsel of information, now remember this is what was on social media:



Commissioner used contractors for sidewalk repairs and wasn’t watching the budget. There’s no more money for sidewalk repairs till next July. Bills are being paid and many vendors shut off the city. They’re in a mess. No tree crew and using contractors for that also.

So basically, the dangerous sidewalks are here for a while. Be extra careful walking.

If you take a trip to Davis Square, don’t trip.



Annual fire hydrant inspection and testing, August 22 to September 3

The Somerville Fire Department will conduct its annual inspection of all fire hydrants between Monday, August 22, and Saturday, September 3.

During inspections, water will be flushed from the hydrants and their mechanical operations will be checked. As a result, some sediment may be disturbed in the water mains, potentially causing rusty water in homes or businesses. The rusty water will appear dirty or discolored but does not pose a health hazard. It could stain fabric, however, so residents are advised not to do laundry while water is discolored. This rusty condition will be temporary and should clear in a few hours.

Inspections and testing will be conducted Monday through Saturday between 9:00 a.m. and 4:00 p.m. and, if necessary, in the evening between 6:15 and 8:15 p.m. Anyone with questions about this procedure may contact the Somerville Fire Department at 617-623-1700.



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THE WEEK IN CRIME

By Jim Clark

Break her window, she'll break yours

Somerville Police officers were dispatched to a Newton St. location last week for a check condition call.

The reporting party stated that her neighbor, Christine Harding, was attacking her, and it has been reported that there is an extensive history of disputes between the reporting party and Harding, and they have even been physical with each other in the past.

Upon arrival, the officers were met by Harding, who stated that she came home from work around 6:45 p.m. and moved her car into the street, whereupon she noticed that her back window had been shattered, and she saw shards from a glass beer bottle on the roof of her car. Due to the history between the two parties, Harding confronted the reporting party as she believed she was responsible for the damage.

The reporting party told the officers that Harding rang her doorbell and yelled for her to come outside and fight her, at which time the reporting party called 9-1-1 and requested police officers to respond.

The reporting party stated she heard what sounded like her window being smashed. The police officers observed that a window on the second floor had been broken with multiple rocks on the walkway landing.

The officers asked Harding what happened to the window on the house, and she reportedly stated, "If you're going to break my window, I'm going to break yours."

While officers were advising Harding to speak with management about this ongoing issue with her neighbor, she reportedly became agitated. She grabbed a glass bottle of liquor and threw it at the reporting party's front door, causing the glass to shatter.

Harding was subsequently placed under arrest for two counts of malicious wanton defacement of property and was transported to Somerville Police station for booking.

Crime Tip Hotline: 617-776-7210

Leave a message on our tip hotline answering machine

Help Keep Somerville Safe!

SOMERVILLE POLICE CRIME LOG

Arrests:	15, 11:44 a.m., arrested at Homer Sq. on warrant charges of larceny under \$1200, assault	with a dangerous weapon, malicious damage to a motor vehicle, and threat to commit a	crime.	ton St. on a charge of malicious wanton defacement of property.
Peter Tsardounis, August			Christina Harding, August	
			16, 7:17 p.m., arrested at New-	

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Somerville Community Land Trust celebrates first property acquisition

CONT. FROM PG 1

"We are thrilled to acquire our first property in the heart of Somerville, in a neighborhood facing immense coming change," said Elizabeth Haney, the President of the Board of Directors of the Somerville Community Land Trust. "We're grateful for the city's support and to introduce a new model for community controlled, permanently affordable housing. We hope this is the first of many acquisitions in Somerville."

The Union Square neighborhood, like many areas of Somerville, has seen rapidly rising rents and home prices, fueling displacement of long-time residents and community members, just as long-awaited public amenities like the Green Line extension arrive. The Somerville Community Land Trust's mission is to use community ownership of land to resist and reverse these displacement pressures, promoting neighborhood stability and community voice in development.

"This is the beginning of an era," said Ben Ewen-Campen, City Councilor for Somerville's Ward 3 and member of the Board of Directors of the Somerville Community Land Trust. "The Somerville Community Land Trust began as a dream five years ago, and thanks to the unbelievable hard work and support of so many Somervillians, we now have our first affordable homes, on community-controlled land. I could not be more thrilled."

"Simply put, this is a historic moment for the people of Somerville," said Mayor Katjana Ballantyne. "This acquisition will provide stable, permanently affordable housing on community-owned, community-led land for generations to come. I'm grateful to the Somerville Community Land Trust and all those who had the vision, drive, and dedication to get us here, and I look forward to building on this work together."

The Somerville Affordable Housing Trust Fund has supported the preservation and creation of affordable rental and homeownership units in Somerville since 1989. The City of Somerville also supports affordable housing through the administration of federal funds like the Community Development Block Grant program, which helped make the 7 Summer Street project possible. Winter Hill Bank is an independent, mutual, community bank headquartered in Somerville and committed to remaining responsive and responsible for the needs of its local communities.

Lottery applications will be available online at 7SummerLottery.com and in-person during business hours at Somerville City Hall, Somerville City Hall Annex, and the Somerville Library at 79 Highland Ave.

About the Somerville Community Land Trust:

The Somerville Community Land Trust is a local, member-led nonprofit organization dedicated to building permanently affordable housing and promoting neighborhood stability through community ownership of land. Incorporated in 2019, the Somerville Community Land Trust has earned strong community and financial support, including the support of a network of more than 100 members and volunteers, to help make this milestone possible. somervillecommunitylandtrust.org | [@somervilleclt](https://twitter.com/somervilleclt).



COMPASS

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Nestled off Cedar St in Spring Hill and just moments to the hustle and bustle of Porter Sq, 7 Carole Place welcomes its new owners to tasteful updates top to bottom. With a custom stone patio, french drain driveway and outdoor deck - you are sure to enjoy the warmer months in your private oasis. The newly updated kitchen boasts floor to ceiling cabinets, new quartz countertops, Thermador appliances and Fisher & Paykel double wall oven. Appointed with Herman Miller light fixtures, mood lighting in the evenings and stylish centerpieces during the day set the tone. Most uncommon, you will find the primary bedroom suite on the main level inclusive of a walk-in closet and newly renovated bath featuring tiled shower and double sinks. Lastly, there is a multi-purpose room beyond the 4 bedrooms that can be used for office, playroom, family room and more. Basement not finished for more potential finished space and does include a 2nd set of washer/dryer.



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Beacon Hill Roll Call



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THE HOUSE AND SENATE. There were no roll call votes in the House or Senate last week. This week, *Beacon Hill Roll Call* reports local senators’ roll call attendance records for the 2022 session.

The Senate has held 146 roll calls so far in the 2022 session. Beacon Hill Roll Call tabulates the number of roll calls on which each senator voted and then calculates that number as a percentage of the total roll call votes held. That percentage is the number referred to as the roll call attendance record.

Thirty of the 40 senators did not miss any roll calls and have 100 percent roll call attendance records. This high level of participation can likely be attributed to the fact that under emergency rules adopted because of the COVID-19 pandemic, the vast majority of the 40 senators are not in the Senate chamber during a session. Most are watching and listening to the session from their home, business or Senate office and casting their votes remotely.

Senators’ remote votes are communicated to Senate officials during the session or prior to the session if senators are informed in advance that there will be a roll call vote. If a member wants to speak on an issue under consideration, they do so on a separate “debate phone line” and their voice is then heard in the Senate chamber and by anyone watching the broadcast online.

The number of senators who had 100 percent roll call attendance records in the four years prior to the pandemic was lower than 2022 as follows: 28 in 2019; 20 in 2018; 25 in 2017; and 17 in 2016.

It is a Senate tradition that the Senate president only votes occasionally. Current Senate President Karen Spilka follows that tradition and only voted on 39 (26.7 percent) of the 146 roll calls while not voting on 107 (73.3 percent) of them.

Nine (23 percent) of the 39 senators, other than Spilka, missed one or more roll calls. Sens. Cindy Friedman (D-Arlington), Diana DiZoglio (D-Methuen) and Sen. Joan Lovely (D-Salem) each missed three roll calls for a roll call attendance record of 97.9 percent. Sens. Sonia Chang Diaz (D-Boston), Harriette Chandler (D-Worcester) and Ryan Fattman (R-Sutton) each missed two rolls and scored a roll call attendance record of 98.6 percent. Finally, Sens. Mike Rush (D-West Roxbury), Adam Gomez (D-Springfield) and Nick Collins (D-Boston) each missed only one roll call for a roll call attendance record of 99.3 percent. Beacon Hill Roll Call contacted the nine senators asking why they missed some roll calls. Only two of the nine responded.

“I was prevented from engaging in three roll call votes

while working remotely because my internet connection was interrupted,” said Sen. Lovely. “I have participated in all other roll call votes this session and submitted a letter on how I would have voted to the Senate Clerk.”

“A vote of mine was not recorded due to remote communications issue,” said Sen. Rush. “I submitted a letter [indicating how I voted] shortly after with my vote on [the roll call].”

Sens. Friedman, Chang-Diaz, Chandler, DiZoglio, Fattman, Gomez and Collins did not respond to repeated requests by *Beacon Hill Roll Call* asking them for a statement.

SENATORS’ 2022 ROLL CALL ATTENDANCE RECORDS

The percentage listed next to the senator’s name is the percentage of roll call votes on which the senator voted. The number in parentheses represents the number of roll calls that he or she missed.

Sen. Patricia Jehlen 100 percent (0)

ALSO UP ON BEACON HILL

FILL OUT ONE APPLICATION FOR MULTI-STATE BENEFITS – Gov. Baker signed into law a measure that would allow individuals to simultaneously apply online, on a state-sponsored website, for various state-funded benefits including MassHealth, the Supplemental Nutrition Assistance Program (SNAP), childcare subsidies, housing subsidies, fuel assistance and other needs-based health care, nutrition and shelter benefits.

Supporters say that people who need state assistance usually need it from several different programs. They noted this presents a problem because it is difficult for people without cars and childcare to go to all the different places to apply. They said a one-stop common application would help streamline the system and avoid a lot of bureaucratic red tape.

Baker said he strongly support the measure “as it aligns with an important initiative that is currently underway in this administration.” “The agencies and secretariats included in the proposed [measure] are currently engaged in collaborative efforts to establish a common application mechanism nearly identical to the portal envisioned by this section,” said Baker.

BOARD OF EDUCATION RAISES THE MCAS SCORE HIGH SCHOOL STUDENTS WILL NEED IN ORDER TO GRADUATE – The State Board of Education voted to raise the minimum score that future high school students must receive on some of

their MCAS tests in order to graduate including English language arts, math and science and technology/engineering. The higher score requirement will apply to students entering high school as freshmen beginning in the 2022-2023 school year.

“Raising the ... standard is critical, as is the message that we believe students are capable of meeting the higher standard and the commonwealth and its educators will support them to do that,” said Education Commissioner Jeff Riley.

“This evidence underscores the importance of raising the standard and also highlights the need to articulate clearly to students, parents, educators and other stakeholders how the different levels of achievement on the MCAS tests signal whether a student is on track for success beyond high school, whether in postsecondary education, the military, the workplace, or independent and productive community life,” Riley continued.

HOW LONG WAS LAST WEEK'S SESSION?

Beacon Hill Roll Call tracks the length of time that the House and Senate were in session each week. Many legislators say that legislative sessions are only one aspect of the Legislature’s job and that a lot of important work is done outside of the House and Senate chambers. They note that their jobs also involve committee work, research, constituent work and other matters that are important to their districts. Critics say that the Legislature does not meet regularly or long enough to debate and vote in public view on the thousands of pieces of legislation that have been filed. They note that the infrequency and brief length of sessions are misguided and lead to irresponsible late-night sessions and a mad rush to act on dozens of bills in the days immediately preceding the end of an annual session. During the week of August 15-19, the House met for a total of 30 minutes and the Senate met for a total of 35 minutes.

Mon. Aug. 15	House 11:01 a.m. to 11:13 a.m. Senate 11:03 a.m. to 11:07 a.m.
Tues. Aug. 16	No House session No Senate session
Wed. Aug. 17	No House session No Senate session
Thurs. Aug. 18	House 11:03 a.m. to 11:21 a.m. Senate 12:20 p.m. to 12:51 p.m.
Fri. Aug. 19	No House session No Senate session

Bob Katzen welcomes feedback at bob@beaconhillrollcall.com

Prepare for MBTA Orange and Green Line closures in Somerville

The MBTA is suspending service on the entire Orange Line and part of the Green Line for one month to make necessary repairs and improvements. The Orange Line closed on Friday, August 19, and the Green Line closed from Government Center to Union Square station starting on Monday, August 22.

Since the MBTA announced these closures, City of Somerville staff have been meeting daily with MBTA and State officials to support the implementation of alternative travel options and advocate for Somerville residents and MBTA riders. Here's what Somerville residents need to know:

How to Get Around

During the shutdowns, riders can travel via shuttle buses, enhanced Commuter Rail service, accessible shuttle vans (available by request), Bluebikes, and by connecting to other subway and bus routes.

• **Shuttle buses:** Free accessible shuttle buses will replace Green Line service between Government Center and Union Square stations. Shuttles will also replace Orange Line service from Oak Grove to Government Center and from Forest Hills to Copley stations. The MBTA will post signage and deploy Transit Ambassadors at all stops to direct riders.

• **Commuter Rail:** The MBTA is offering increased Commuter Rail service during the shutdown. Riders can show their CharlieCard or CharlieTicket to conductors to ride the Commuter Rail in Zones 1A, 1, and 2 at no charge.

• **Accessible vans:** Approximately 20 wheelchair-accessible vans will be available to supplement shuttle bus service. Any rider preferring to be transported via accessible van can request to do so by speaking to MBTA personnel at each station.

• **Bluebikes:** Free 30-day Bluebikes passes will be available during the closures for unlimited trips up to 45 minutes. Sign up starting Friday, August 19,

through the Bluebikes app, or go to bluebikes.com/join and select "Monthly Membership."

Local Travel Impacts

To help shuttle buses travel as efficiently as possible, the city is installing priority bus lanes along the shuttle routes around Assembly and Sullivan Square, retiming traffic signals at key intersections, and implementing other traffic management interventions. Temporary travel and parking restrictions will be required in Somerville along the shuttle routes to reduce shuttle delays and congestion during this period.

Stay Informed

An MBTA closure of this scale is unprecedented, and conditions

will likely change throughout the shutdown. Get prepared and stay informed using these resources:

• For all information related to the shutdown, visit MBTA.com/BBT2022

• Sign up to receive MBTA text or email alerts: alerts.MBTA.com

• Find your best route using the MBTA Trip Planner: MBTA.com/trip-planner

• Email questions to OLT@MBTA.com

• Follow the MBTA on Twitter [@MBTA](https://twitter.com/MBTA) and facebook.com/TheMBTA

• For information on traffic conditions throughout the region, visit mass511.com.

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When the liver becomes a bottleneck of blood



By Dr. Ian Halim

About 20 miles north of New York City, a massive stone dam, nearly 300 feet high and almost as wide, holds back as much as 19 billion gallons of water. The New Croton Reservoir, behind that dam, helps supply New York City's 8.8 million residents with water. Across the crest of the dam runs a foot path. Part of that crossing is formed by a steel arch. Under that arch, water from the reservoir pours over a spillway.

That spillway acts as a kind of release valve for the dam, letting some of the water escape. On one half, water flows over a structure that looks like a series of curved steps. On the other, water sprays over boulders, like a natural waterfall. Standing on the top of the dam, you can survey the reservoir on one side and the wide-open gorge created by the dam on the other.

A dammed-up reservoir draining over a spillway offers a rough but useful analog for thinking about the way that blood flows through the liver. Some spillways have a gate that can be set to control the outflow of water. Narrow that gate too much and the outflow slows to a trickle, and the reservoir rises. Eventually, the dam overflows. If it does, water won't just pour over the spillway like it's supposed to. It will flow anywhere it can, including over the edges of the dam that aren't designed to handle these forces and can buckle and break.

This is a little like what happens in liver disease. When the liver is functioning well, blood moves through it easily, so that the reddish-brown organ can disarm harmful things flowing

in the blood – toxins, drugs, or infectious virus or bacteria. But when the liver is diseased, blood moves through it more slowly. Like a narrowed spillway, blood gets caught behind the liver. The liver becomes a bottleneck of blood. The vessels that drain into the damaged organ overflow with blood and stretch. Some of these vessels are in the throat and the stomach. They can break under the rising pressure – like water flowing perilously over the top of a dam. When this happens, blood pours into the throat and stomach. Someone who had appeared quite healthy can suddenly find themselves doubled-over, retching, vomiting up large amounts of blood. This is a medical emergency.

One pathway to this kind of liver disease is drinking a lot of alcohol for a long time. When we drink, the liquid sloshes down the narrow esophagus, into the stomach, and then down into the small and large intestine. Some alcohol gets absorbed into the stomach, but most crosses into our blood through the wall of the narrow small intestine. From there, it travels to the liver through a special set of blood vessels called the portal venous system.

"Portal" is a good name, since this system of vessels acts as a kind of gateway between what we eat and drink, and the rest of our circulating blood. The veins of the portal system drain blood from the gut, stomach, and the lower food pipe (also known as the lower esophagus). And their purpose is to bring blood enriched by orally-absorbed nutrients, toxins, and drugs to the liver. Like a sentry stationed upon the gate of a castle, the liver surveys these absorbed substances from our food and drink for signs of danger before allowing them to intermingle freely with the rest of our blood.

This sentry, our liver, does its best to "disarm" anything extracted from what we eat or drink before allowing it within the "castle" of our body. The liver uses enzymes, for instance, to break the alcohol molecule into smaller pieces. The first fragment

we get when alcohol is broken down contributes to hangover (this fragment is called acetyl aldehyde). Next, the liver converts this hangover culprit into the harmless acetic acid that gives vinegar and kombucha their distinctive tang. But too much alcohol for too long overwhelms the liver and damages it. Alcohol is not the only pathway to this kind of liver damage, however. Viral infections of the liver, or accumulation of fat in the liver, can trigger the same cascade of damage. Regardless of the cause, end stage liver disease is known as cirrhosis.

Once cirrhosis develops, the scarred, nodular liver tissue can stop blood from flowing through the organ easily. The portal system gets jammed up and acts like the narrowed spillway I described at the beginning of this essay – a bottleneck, but of blood rather than water. The veins of the stomach and lower esophagus within this portal system can no longer drain into the liver easily. They grow plump. They can get so big that they would be visible to the naked eye, if you could look that far down someone's throat.

When swollen, these vessels are known as "varices" (pronounced like, "vara-seas"). This is the same word root as "varicose veins" which are also swollen, but which are often found in the legs rather than the throat. Varicose veins are typically more of a concern because of how they look, but gastric and esophageal varices pose a different kind of problem. When their walls get too stretched and swollen, they can burst open and bleed, like a balloon that pops after someone has forced too much air into it. And, when gastric or esophageal varices bleed, they tend to bleed fast. So fast, that it's a medical emergency, requiring a swift and effective response.

A classic medical school exam question asks the test-taker to identify the first step in responding. The most immediate problem caused by this kind of massive blood loss is the loss of blood pressure. Imagine allowing water

escape slowly from the opening lips of a taut balloon filled with water, and watching it sag as it's drained – drooping as the volume within diminishes.

We often think of high blood pressure as a problem, which it is, but blood pressure serves an important function too, pushing oxygenated blood out to the tissues so that it can bathe them with its life-sustaining power. When blood pressure drops too far, this prevents blood from delivering oxygen effectively.

So, the right answer to the test question is to insert two large IV lines, to deliver salt water (known as saline) to restore blood pressure. The IV lines channel fluids or medicines into the venous blood (hence IV for "intravenous").

This can be a life-saving step. So, its status as a classic exam question is well-earned. Because variceal bleeding is rapid, a lot of fluid must be given quickly in order to compensate for all that blood loss. So, the clinician should place two IV lines and they should be wide, or large bore, meaning that the needle should be thick, with a wide inner space or lumen, so that fluid may pass through the two IVs as quickly as possible to restore blood pressure.

Once adequate blood pressure has been achieved, clinicians must then check to see if there are enough red blood cells per volume of blood. When a large volume of blood loss is replaced by salt water, the resulting blood is diluted, with fewer oxygen-carrying red blood cells per unit of volume. If the blood becomes too dilute, however, the effect is similar to low blood pressure: poor oxygen delivery, threatening the body's oxygen-dependent tissues. Patients with cirrhosis often already have a low red blood cell count to begin with (a condition called anemia). So, the loss of blood from a variceal bleed is especially dangerous, and often it's necessary to transfuse donor red blood cells to make up for this.

Once a patient is stabilized with IV fluids and with blood

transfusion, if needed, it's important to verify the cause of the bleeding. A camera mounted on a flexible tube can be inserted into the throat (the procedure is called an endoscopy, meaning an "inside" endo- "look" -scopy). Looking through this camera, the gastroenterologist (a doctor who specializes in the esophagus, stomach, gut, and related organs) can check for plump or bleeding variceal veins, which confirms the diagnosis. This is a crucial step, since other things can cause someone to vomit blood, and the treatment will differ, depending on whether it's a variceal bleed or another kind of bleed.

People who are sick often are in danger on multiple fronts, and this is true of variceal bleeding in liver disease too. The liver not only detoxifies portal blood; it also produces critical small molecules suspended in the blood that help the blood to clot. A damaged liver isn't as good at making these clotting factors, and the blood's ability to clot can be compromised. This impaired ability to clot and close up a burst, bleeding vessel can make variceal bleeding even more dangerous.

Vomiting blood – hematemesis, in medical terms – can be caused by other things too. The surface of the stomach or the small intestine can become irritated and bleed – a condition known as peptic ulcer disease. Or forceful vomiting can tear the esophagus and cause it to bleed. But for those with severe liver disease, one of the greatest perils is variceal bleeding. Take a deep breath and begin by placing two large bore IV lines."

Somerville Bagel Bards member and physician-humanist, Ian Halim, writes about how medicine relates to everything from ethics to botany—aiming to make science accessible to the widest possible audience. Ian earned his PhD in Greek & Latin literature and his MD at Columbia University in New York City and is now training at a hospital in Boston.

COMMENTARY

SIGNS OF THE TIMES

Illustrated by Jim Clark



Kids are headed back to school, so let's be careful out there.

Our View Of The Times



Once again it is time to shift gears and power down a bit as we roll out of the high-octane frenzy of summer time and into the laid-back breezy days of autumn and on into the winter months ahead.

It hardly seems possible that we have zipped through the summer months already and it's now time to send the kids back to school.

We all need to become a bit more aware

of what lies ahead of us on the road, and to be especially alert to activities near our schools and playgrounds as the kids are now back to their normal schedules.

Naturally, we hope that everyone drives responsibly at all times, but we also like to put out a reminder at this time of year, just to try to help everyone to become a little more conscious of the fact that the kids are out there and that we should be looking

out for them, rather than being a hazard for them to look out for.

And now, with the temporary Orange and Green Lines closures, there will undoubtedly be heavier than usual commute traffic throughout our city streets. This can only emphasize the need for extra caution.

Please observe and obey all traffic signals, stop signs, and especially the crossing guards who are out there providing

an essential service in helping to protect our little ones.

Many of you have kids of your own and would wish for this, too, no doubt. Let us all take a little time to spread the word whenever we can. Just a bit of friendly persuasion can make a large impact and help to make the streets a bit safer for everyone.

The kids, most of all, will appreciate the extra care taken in caring for them.

Newstalk CONT. FROM PG 2

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 **30-day full closure** of the **Orange Line** from Oak Grove to Forest Hills stations and the **28-day closure** of the **Green Line** from Union Square to Government Center stations began. The MBTA released the **Rider's Guideweb** to help commuters. Read the full release on our website, www.thesomervilletimes.com.

Don't miss the **Somerville Recreation**

middle school softball program at **Trum Field** on **Wednesday and Thursday, August 24 and 25**. Please visit their website to register and find more information. <https://somervillema.myrec.com>.

The **Gallery @ SPL** presents: *Sketching as Meditation* with **Megumi Kibi**, **Saturday September 3, 2:00 – 4:00 p.m.** The **Somerville Public Library** is pleased to display the artwork of local artist Megumi Kibi in the gallery with her exhibition. Please join us for a reception celebrating the exhibit. Register here: <https://somervillepubliclibrary.assabetinteractive.com/>. According to Kibi, "Etegamis is a style of

painting with a message that comes from Japan. It captures everyday images with your thoughts in short sentences. After I moved from Japan to Massachusetts, there were so many feelings about me, my family, and neighborhood that I struggled to express in English. So I turned to the Etegamis style, using Sumi ink, to draw and record how I felt and what I saw. This exhibit was made using disposable wood chopsticks and Sumi ink. Etegamis can be made with any tools, and this exhibit may inspire others to try and have fun with this classic style of art."

The **Gilman Square Neighborhood**

Association would like to invite you all to join us on **Saturday September 10**, from 12:00 to 6:00 p.m. for their annual **G'22 - Gilman Square Arts and Music Festival** (formerly known as the Gilman Square Block Party) at **Mad Oyster Studios** and on **Pearl St. between Marshall and Bradley**. Based on vendor data from last year, they had between 600-800 attendees. This year, with the addition of 4x the local vendors and artists, they are expecting to see an even larger turnout. They have several local artists, many from the Gilman Square neighborhood, selling their work as well as arts and crafts activities for kids. There will be

Continued on page 16

FUN & GAMES

Ms. Cam's

Olio

Olio - (noun) A miscellaneous mixture, hodgepodge

#839

1. What city is called the Watch City?

2. When is World Letter Writing Day?

3. Cartier is what?

4. What is the "lost city" called in Italy?

5. What was boucan that gave Buccaneers team their name?

6. What band is featured on Beavis' shirt?

7. Blood circulates through the body how many times
- every minute?

8. What is the polar opposite of port in nautical terms?

9. In what year was Broadway established?

10. How old was Notorious B.I.G. when he was murdered?

11. What is a plié in ballet?

12. What's the name of the group responsible for Macarena?

Answers on page 19

The Somerville Times Useless Facts of the Week

1. Americans, on average, eat 18 acres of pizza every day.
2. Pound cake originally included a pound of all of its ingredients.

STATEPOINT CROSSWORD
SCIENCE

- ACROSS
1. Out of harm's way

5. Street, in Paris

8. Citric or sulfuric one

12. Female gamete

13. Comedian Carvey

14. Excessively fat

15. Trunk extension

16. Wading bird

17. Savory jelly

18. Distance per unit of time

20. Prep a salad

21. Omit or suppress

22. Hair goo

23. Preterm infant, colloquially

26. Free from slavery

30. Rapid escape

31. Lady slipper, e.g.

34. Ruptured

35. Goodbye, in Puerto Vallarta

37. Long, long time

38. Greek Bs

39. "Cheers" regular

40. Sheep's coat

42. Over the top, in text messages

43. Tangle up

45. a.k.a. sea hawk

47. U.N. workers' grp.

48. Xbox user, e.g.

50. Zero, on a court

52. Vertical distance

55. Pavarotti, e.g.

56. Radical, in math

57. Smidgen

59. Chemically inactive

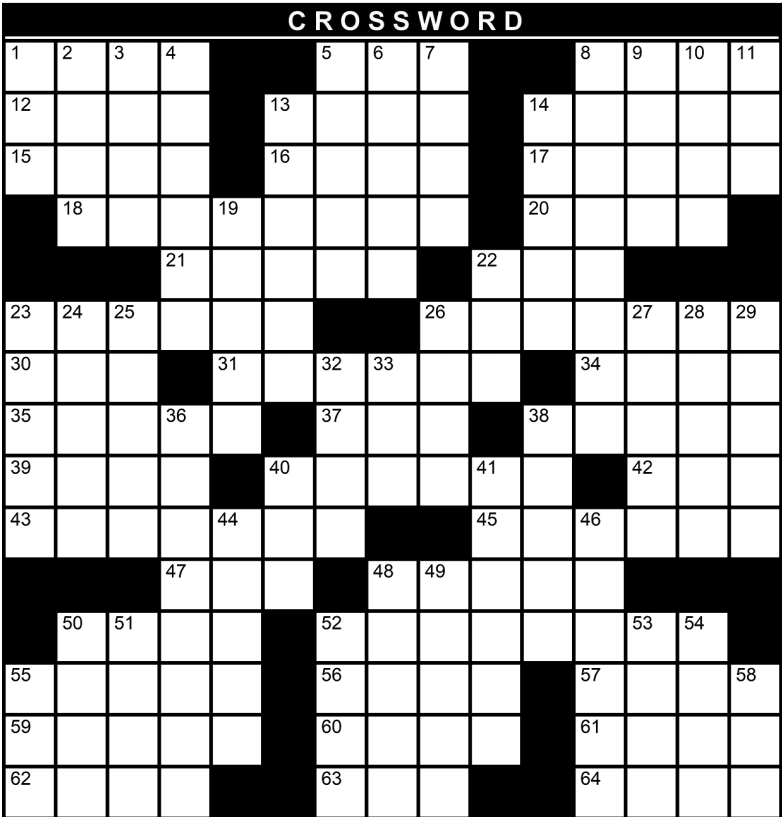
60. With competence

61. Countess' husband

62. Ammonia or baking soda, e.g.

63. ____ canto

64. Proofreader's mark



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Soulution to last week's crossword puzzle:

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

- DOWN
1. Source of light, in Spanish

2. Tel ____, Israel

3. Cloud of particles

4. Bald Eagle to Americans, e.g.

5. Fanatical

6. Rallying cry to the workers of the world

7. ____-peasy

8. ____ zero, lowest possible temperature

9. Large edible mushrooms

10. Osiris' wife

11. Yuletide mo.

13. Chancier

14. Like Cheerios

19. Mixtures

22. Cowboy's shoe prod

23. Two-dimensional shape

24. Radioactive noble gas

25. Middle Eastern V.I.P.s

26. Collier's office

27. Energy-converting device

28. Very angry

29. Easily irritated
32. Basic unit of life

33. Tiller's tool

36. Plant- and animal-eater

38. Continually annoy

40. Back, to a pendulum

41. State of harmony

44. Heads-up

46. Prigs

48. Shakespeare's theater

49. Model of Earth

50. Diva Horne

51. Change for a five

52. Saudi, e.g.

53. "Doggone it!"

54. Hibernia

55. Tebabyte abbreviation

58. Deli order
- Solution in the next edition of The Somerville Times.

Upcoming Somergloom Festival brings local bands and vendors to Boynton Yards

By Maeve Lawler

Somergloom Festival returns on Saturday, August 27, for a day filled with music, art, games, food, and more.

The festival’s lineup features “Junius, Glacier, SEA, Dreamwell, Consumer, Queen Elephantine, Ashen Veil, Crone Visions, Lesotho, Dys-thymia, Heavy Hands, and visuals by The Dregs Liquid Light Show,” as stated on Somergloom’s Facebook page: <https://www.facebook.com/events/301663368752310>.

From 12:00 to 10:00 p.m., people of all ages are welcome to listen to local musicians and visit local vendors selling many goods, such as art, records, and clothes. In addition, there is a bar serving alcoholic and non-alcoholic beverages.

Tickets for Somergloom are on sale at <https://dice.fm/event/9d8en-somergloom-27th-aug-once-at-boynton-yards-somerville-tickets> for \$18.03 each. Free admission is offered to children under 13 accompanied by a guardian.

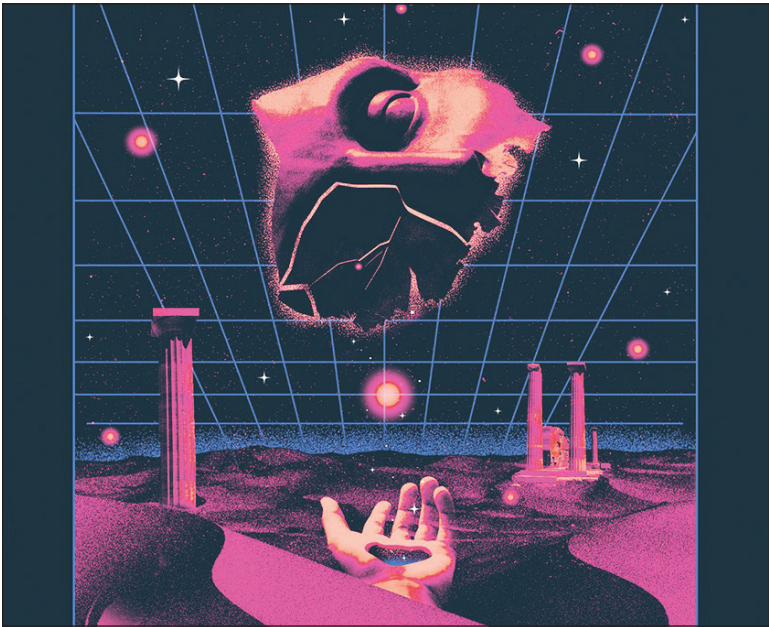
ONCE Somerville, a music

venue and producer of live and virtual events, is hosting Somergloom at Boynton Yards, an outdoor space that will house Somergloom’s festivities.

Families are encouraged to attend in the afternoon, as this is the most child-friendly portion of the event.

As detailed on Somergloom’s Facebook page, folding chairs are permitted and dogs are not encouraged. It is also asked that unvaccinated patrons wear a mask when near others.

The rain date for this event is Sunday, August 28.



Somerville resident wins Berklee City Music Scholarship

Britney Flores of Somerville is one of eight recipients of four-year, full-tuition Berklee City Music Scholarships this year. She has participated in Berklee City Music programming for three years, focusing on vocal performance.

Berklee City Music is a nonprofit program that delivers high-quality contemporary music education to youth from underserved communities at no or low cost. The Berklee City Music Network is an association of 47 community organizations that serve more than 55,000 students in the United States, Canada, and Latin America each year.

Since its inception, Berklee City Music has awarded more than 250 four-year, full-tuition scholarships, totaling over \$30 million.



Dorothy's Corner

BY DOROTHY DIMARZO



Garden Fresh Tomato Sauce

My garden is continually producing a decent amount of tomatoes this summer. I’ve been making peach and tomato salad with mozzarella, Greek salad with feta, and of course, the popular tomato sandwich. Since I had a bunch that were ripe at the same time and was really craving some pasta, I came up with this light sauce packed with flavor to enjoy one night this week. I used a popular red lentil pasta that delivered a good amount of protein for a very satisfying meal.

- 3 medium tomatoes, chopped
- 1-1/2 cups cherry tomatoes
- 3 tablespoons Extra Virgin olive oil
- 3 cloves garlic, thinly sliced

- 3 Calabrian chilis in olive oil, reserve 1 teaspoon oil or 1/2 teaspoon red pepper flakes
- 1/2 cup artichoke hearts in brine, chopped
- 2 tablespoons capers
- 1/2 cup basil, torn
- Salt to taste, start with 1/2 teaspoon
- 8 oz. pasta of your choice

Bring a large pot of water up to a boil, enough to cook 8 oz. of pasta. In a 12” sauté pan, add the olive oil including the additional teaspoon that the chilis came in, if using, red pepper flakes, if using, and the garlic. Sauté for about one minute, over medium heat. Add all the tomatoes and salt, cook down for about 15 minutes, until the sauce thickens. With the back of the spoon, press down lightly on the cherry tomatoes to crush them to



release their juices. Now add the artichoke hearts and capers. Cook for an additional 3 minutes. Taste and adjust seasoning. Take off the heat and stir in the basil. Add freshly grated

Parmesan cheese.
Serves 3-4.

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

'SALLY' interdisciplinary project at The Brickbottom Gallery

The Brickbottom Gallery and Brickbottom Artists Association are pleased to announce *SALLY*, an interdisciplinary project conceived by artist/collaborators JoAnne McFarland and Sasha Chavchavadze. The project will be on view at The Brickbottom Gallery, 1 Fitchburg St., Somerville, September 8 – October 15, with a reception for the artists to be held in the gallery on Sunday, September 11, from 3:00 to 5:00 p.m.

DNA evidence confirms that Sarah "Sally" Hemings and Thomas Jefferson had several children together. While a teenager in France with Jefferson's family, Hemings had a chance at full freedom, but returned to America with Jefferson in 1791 when he was 47 years old. Many historians believe Hemings was already pregnant with her first child by Jefferson when she returned.

She lived out most of her life as a slave on Jefferson's Monticello plantation, in quarters adjacent to his that have recently been restored. *SALLY*, a collaborative project, brings together artists, writers, historians, and the local community intrigued by the narratives of women, like Sally Hemings, whose destinies are inextricably interwoven with those they knew, and whose lives have often been erased or forgotten.

At this critical juncture, with women's autonomy once again under siege, another meaning of sally seems particularly relevant: a sudden charge out of a besieged place. A primary theme in *SALLY* is how artists, through their methodologies, confront myriad issues of agency, and use collaboration to undercut the status quo, and construct lives of integrity and purpose.

SALLY began in the fall of 2019 at three Brooklyn, NY locations. Due to its popularity and relevance to contemporary challenges, Sasha and JoAnne have traveled the project to other community venues. *SALLY* adapts to each new location, drawing on the community for participants and historical women to highlight.

For *SALLY* at Brickbottom, in the main gallery, sixteen artists from diverse backgrounds with varied aesthetic concerns respond to this complex contemporary moment. In the smaller gallery, Sasha Chavchavadze, one of *SALLY*'s curators, presents *Disrupting the Fabric*, a multimedia installation centered on the life and work of Margaret Fuller (1810 – 1850), journalist, editor, critic, and translator, who wrote the first American book on women's rights. Presented for the first

time near the place of her birth and early life, the installation re-activates the pathos and power of Fuller's erased voice, silenced by a shipwreck off Fire Island in 1850, and by her male colleagues.

About The Brickbottom Artists Association and The Brickbottom Gallery:

The Brickbottom Artists Association is one of the oldest living and working artists communities in the United States. Founded in 1987 by residents of the Brickbottom Artists Building, the BAA today welcomes both resident and non-resident artists and supporting members. The Brickbottom Gallery, established in 1989, presents exhibitions as Somerville's premiere not-for-profit contemporary art gallery, showcasing both established and emerging artists.

SALLY Brickbottom Participants:

Desmond Beach, Sasha Chavchavadze, Phyllis Ewen, Kathryn Geismar, Jee Hwang, Elise Kaufman, Kelly Knight, Carole Kunstadt, JoAnne McFarland, Susie Nielsen, Debra Olin, James Patterson, Ellen Shattuck Pierce, Janice Redman, Sarah Riley, Susan Schmidt, Amani Willett.

About the *SALLY* Curators:

Sasha Chavchavadze is the founder of Footnote, a project



Canary, by Desmond Beach, part of the *SALLY* exhibition at The Brickbottom Gallery, September 8 – October 15.

space in Brooklyn, NY that uses art to focus on forgotten history, and Proteus Gowanus, an interdisciplinary exhibition/event space that was a cultural hub in Brooklyn for ten years. Her other public projects, including *SALLY*, *Museum of Matches*, and *Carnival of Connectivity*, reconnect art to other disciplines and to the community. Her mixed media paintings, drawings and installations have been exhibited internationally, including: Katonah Museum of Art; Luise Ross Gallery, Cooper Union Gallery; Rotunda Gallery; Kentler International Drawing Space; Arkansas Art Center; Museum of Literature, Tbilisi, Georgia. Her work has been presented in MoMA workshops, Tedx-Gowanus and on BRIC TV. She has published in *Cabinet*, *Bomb* and *NYFA Current* magazines, and as a book (*Museum of Matches*, *Proteotypes*, 2011). Her Margaret Fuller Project was initiated as a Visiting Artist at the American Academy in Rome.

JoAnne McFarland is an art-

ist, poet, and curator, and is the Artistic Director of Artpoetica Project Space in Brooklyn which exhibits work that focuses on the intersection of language and visual representation. McFarland has artwork in the permanent collections of The Library of Congress, The Columbus Museum of Art, and The Department of State, among many others. Recent shows include: *Best & Brightest* and *The Indivisible Spectrum*, both at The Painting Center in NYC. A graduate of Princeton University, McFarland's poetry collections include: *Acid Rain*, *13 Ways of Looking at a Black Girl*, and *Identifying the Body*. Her latest multimedia collection, *Pullman*, will be published by Grid Books in 2023. McFarland has had fellowships at The BARD Graduate Center Library, KALA Art Institute, and The National Arts Club.

For more information contact:

The Brickbottom Gallery: gallery@brickbottom.org
Sasha Chavchavadze: sashachav@gmail.com



SALLY curators JoAnne McFarland and Sasha Chavchavadze.

The Somerville Flea is now open to visitors

By Fernando Cervantes Jr.

Local Somerville resident Greg Ghazil is the founder and operations director for The Somerville Flea, a local flea market. Open for the last 10 years, the market has grown and become a large part of the Davis Square community every August.

This August, the Flea was back for its 10th year. Opening on August 7, the Somerville Flea has now been open for the last three weeks. Happening every Sunday in Davis Square, a plethora of vendors and live music acts dot the market.

According to Ghazil, the flea began out of a school project and the lack of markets like these in the local area. “One of the things we had to do is find antique and vintage tools in order to do some of the work projects or school projects we had to do. In order to do that I had to go to different flea markets, but I always found that I was traveling pretty far away to go do that to either Bromfield or up in New Hampshire,” Ghazil said.

One of the sellers that has been a part of the flea since day one has been Wiley from High

Energy Vintage, a local store. For them the flea is a great opportunity to be in the community. “It’s a great flea market in the center of Somerville,” Wiley said. “I do it as a way to both advertise for my store and to sell things while I’m there. I think a lot of people when they see my setup there they think about going to my store.

At first the Somerville Flea mainly consisted of vintage sellers, now with the success of the flea, various small businesses and sellers come to Ghazil to be a part of the flea market. For him, the flea is a low-risk investment for the sellers.

“Especially around here in Somerville where rents are so high for storefronts and insurance and all of those other things are so high. The flea offers a great opportunity for minimal investment and minimal risk,” Ghazil said.

When asked, Wiley agreed with Ghazil’s statements. “Greg has kept the fee for doing the market very, very reasonable. I mean the other markets that I do are over \$100 dollars to set up at and this one’s less,” Wiley said.

Looking ahead towards the next 10 years, Ghazil has an



The Somerville Flea is now open every Sunday in Davis Square now through mid-October. — Photo courtesy of Somerville Flea



optimistic outlook regarding the future of the flea. For him, bouncing back from the effects of COVID is important for the future of the flea. “We’re pretty confined to what we have as far

as space is concerned so expanding is something we are not interested in,” Ghazil said. “We wanna keep going with helping the small business person and the person who is taking a risk and investing

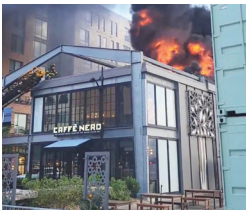
on themselves.” The Somerville Flea is open Sundays, through mid-October. For more information and list of sellers visit: <https://www.the-somervilleflea.com>.



Fire breaks out at Assembly Row business

Somerville firefighters responded to a reported fire at Caffè Nero in Assembly Row on Saturday afternoon. The firefighters battled large flames rising from the roof of the café, eventually extinguishing the blaze and preventing it from spreading to other nearby businesses.

The cause of the fire is currently under investigation.



LEGAL NOTICES

Legal Notices can also be viewed on our website at www.thesomervilletimes.com
**City of Somerville
ZONING BOARD OF APPEALS**

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

PUBLIC HEARING NOTICE

The **Somerville Zoning Board of Appeals (ZBA)** will hold a virtual public hearing on **Wednesday, September 7, 2022**, at 6:00pm through GoToWebinar.

Pursuant to Chapter 107 of the Acts of 2022, this meeting of the Zoning Board of Appeals will be conducted via remote participation. An audio recording of these proceedings will be available upon request to planning@somervillema.gov.

TO USE A COMPUTER

Link: <https://attendee.gotowebinar.com/register/8927824836080309773>
Webinar ID: 504-557-091

TO CALL IN

Phone number: 1 (415) 655-0060
Access code: 846-932-440

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

- 10 Washington Street** Paradigm Direct Roland, LLC proposes to develop a four (4)-story LEED Platinum commercial building in the Commercial Industry (CI) zoning district, which requires Site Plan Approval and one (1) Special Permit.
- 10 Oak Street** Fidelis Bridge Loan Venture V REO LLC seeks an extension to a previously issued Special Permit (ZBA 2018-10) in the Urban Residential (UR) District.
- 141 Central Street** Tobin Wells proposes to construct a conforming building component to a non-conforming building type in the Neighborhood Residential (NR) zoning district, which requires a Special Permit.

Development review application submittal materials and other documentation may be viewed online at <https://www.somervillema.gov/departments/ospcd/planning-and-zoning/reports-and-decisions>.

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

8/24/22 The Somerville Times


**City of Somerville
PLANNING BOARD**

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

PUBLIC HEARING NOTICE

The **Somerville Planning Board (PB)** will hold a virtual public hearing on **Thursday, September 8, 2022**, at 6:00pm through GoToWebinar.

Pursuant to Chapter 107 of the Acts of 2022, this meeting of the Planning Board will be conducted via remote participation. An audio recording of these proceedings will be available by using the registration link once the meeting has concluded.

TO USE A COMPUTER

Link: <https://attendee.gotowebinar.com/register/1175725801027024398>
Webinar ID: 443-834-947

TO CALL IN

Phone number: 1 (631) 992-3221
Access code: 300-031-094

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

- 16 and 20 Medford Street** Somerville Living, LLC proposes to establish a Household Living principle use in the Mid-Rise 4 (MR4) zoning district, which requires a Special Permit.

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

<https://www.somervillema.gov/departments/ospcd/planning-and-zoning/reports-and-decisions>. Interested persons may provide comments to the Planning Board at the hearing or by submitting written comments by mail to Planning & Zoning Division, 3rd Floor City Hall, 93 Highland Avenue, Somerville, MA 02143; or by email to planning@somervillema.gov.

8/24/22 The Somerville Times

Notice of Self Storage Sale

Please take notice Prime Storage - Somerville located at 39R Medford St., Somerville, MA 02143 intends to hold an auction to sell the goods stored by the following tenants at the storage facility. The sale will occur as an online auction via www.storagetreasures.com on 9/14/2022 at 12:00 PM. Unless stated otherwise the description of the contents are household goods and furnishings. Kim Collins unit #1302. All property is being stored at the above self-storage facility. This sale may be withdrawn at any time without notice. Certain terms and conditions apply. See manager for details.

8/24/22 The Somerville Times

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court**

MIDDLESEX Division

Docket No. MI21P6211EA

INFORMAL PROBATE PUBLICATION NOTICE

Estate of:

Jane	Walker	Richmond
First Name	Middle Name	Last Name
Also Known As: <u>Jane W Richmond, Jane Richmond</u>		

Date of Death: September 21, 2021

To all persons interested in the above captioned estate, by Petition of

Petitioner **Christopher H. Richmond of North Bennington VT**
First Name M.I. Last Name (City/Town) (State)

[x] a Will has been admitted to informal probate.

[x] **Christopher H. Richmond of North Bennington VT**
First Name M.I. Last Name (City/Town) (State)

has been informally appointed as the Personal Representative of the estate to serve [] with [x] without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

8/24/22 The Somerville Times


**CITY OF SOMERVILLE
PROCUREMENT & CONTRACTING SERVICES DEPARTMENT
REQUEST FOR PROPOSALS
IFB# 23-12**

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

Rodent Capturing Services, Data Collection, and Reporting

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 24th, 2022**. Sealed responses will be received at the PCS Department, Somerville City Hall, 93 Highland Ave., Somerville, MA, 02143 or via Bid Express until: **1:00 pm, Wednesday, September 7th, 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 jremy@somervillema.gov for more information.

Jordan Remy
Procurement Analyst
617-625-6600 x3400

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Kiwanis Club provides backpacks, supplies to local schools

For the third year, members of the Kiwanis Club of Somerville delivered over 200 backpacks filled with school supplies to middle and high school students who are most in need of assistance. The students who will receive these backpacks will be identified by the Somerville Parent Information Center and the administrators at Prospect Hill Academy.

Over the past month, Kiwanis members have collected school supplies donated by local businesses, residents, supporters and members, including many supplies donated at two weekend donation events in front of Staples at Assembly Row. We would like to give special thanks to Staples at Assembly Row, Middlesex Federal Bank, Winter Hill

Bank, Naveo Credit Union and East Cambridge Savings bank for their partnership and allowing collection boxes at their sites.

Our biggest thanks for the largest donation of 200 high-quality backpacks, was made by PUMA North America and their Joint Venture Partner United Legwear. PUMA recently relocated their North American headquarters to Assembly Row and we were incredibly privileged this year to have them as partners in this effort. In addition to the backpacks, eleven PUMA North America employees assisted Somerville Kiwanis members in packing 204 backpacks with the donated school supplies.

Last week, Kiwanis President Mernaysa Rivera-Bujosa, Treas-



Members of the Kiwanis Club of Somerville and many of the PUMA volunteers.



204 backpacks ready for distribution.

urer Catia Aruda and Program chair President-elect Haley Adams, led the members and volunteers in packing and preparing the backpacks for distribution. Other members participating included Secretary Paul Upton, Immediate Past President Darcie DeLuca, Distinguished Past Presidents Bob Nissenbaum, Susan Callahan, Past Presidents, Toni Shelzi, Frank Wright, Bill Lemos, Isaac Machado, Jack Connolly, Mem-

bers Eugene Brune, Jim Bowdring, Jillian Bowdring, and Adam Portney, who brought his two children to help pack bags. PUMA volunteers were led by Chelsea Longin, Manager of Workplace Experience, and employees Heather Bentall, Amy Biladeau, Harvey Dalzon, Lea Kluger, Tiffany Kwong, Pulkit Manchanda, Mark Mulvaney, Amy Reese, Erica Simons and Samantha Williams.

President Mernaysa Rive-

ra-Bujosa expressed the club's thanks to everyone who donated supplies, especially PUMA North America and their Joint Venture Partner United Legwear. Without the generous support of so many in our community, this program would not be possible.

To learn more about the Kiwanis Club of Somerville, visit our web site, www.somervillekiwanis.org or like us on Facebook, Kiwanis Club of Somerville.

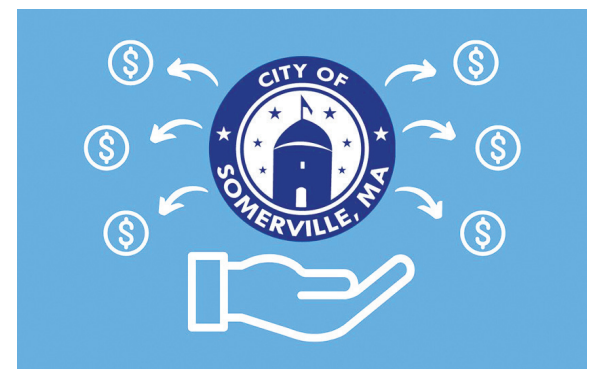
Join Somerville's Participatory Budgeting Working Group

The City of Somerville is convening a Participatory Budgeting Working Group to help plan what participatory budgeting will look like in Somerville, and all residents are invited to apply. "Participatory budgeting" means members of the public decide how to spend money in a public budget.

Earlier this year, for the first time in Somerville, Mayor Ballantyne earmarked \$1 million in the city's Fiscal Year 2023 budget for participatory budgeting. Residents and community-based organizations will be able to propose and vote on priorities for those funds.

The Participatory Budgeting Working Group will establish guidelines and develop a process to roll out participatory budgeting in Somerville in an inclusive, equitable manner. Members will write policies, organize events, build outreach and engagement strategies, and create and disseminate informational materials. The working group will consist of 11 residents and one City Councilor. Members should expect to meet for approximately 90 minutes weekly for eight weeks. These are volunteer positions.

Applications are due Friday, September 16. To apply, please send a statement of interest to Megan Huckenpahler at pb@somervillema.gov or by mail to Participatory Budgeting, Somerville City Hall, 93 Highland Ave., Somerville MA 02143. Please email Megan or call her at 617-625-6600 ext. 2107 with any questions.



Newstalk CONT. FROM PG 9

four fantastic musician groups, including **Alastair Moock** playing at noon, who will be playing music geared towards the kids. They will also have several local organizations (the Y, OSPCD, PTA groups, and others) sharing information and soliciting neighborhood input, as well as several local food, beverage, and produce vendors keeping everyone fed and hydrated. It will be a fun filled day of celebrating Gilman Square and Somerville. Visit G'22 Facebook Event for more information.

Somerville students in grades 8-12 interested in getting on the water for **some rowing** this fall should check out the free **Gentle Giant Moving Company Youth Rowing Program**. The program starts **August 29**. No rowing experience needed. Meets at **Blessing of the Bay Boathouse**. Details and Registration: <https://www.gentlegiantrowing.org/youth-rowing>.

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.

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 somer villema.gov/bikenetwork. For any questions, email transportation@somer villema.gov.

Join the **Somerville Chamber of Commerce** on **September 20** at the **Donald Ross** designed **Sandy Burr Country Club Golf Course** with lunch and dinner on site. There are many ways to par-

ticipate – golf, sponsor, contribute swag (80 count), contribute raffle items, volunteer for registration desk or for hole in one witness: <https://business.somervillechamber.org/events/details/chamber-golf-classic-1652>.

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**.

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 somer villema.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.somer villemuseum.org/shop>.

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>.

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 somer villema.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**: sanjor21@gmail.com.

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/Somer villeHomelessCoalition.

The **Union Improv Festival** is back. Non-stop improv (and bits) from 12:00 p.m. to 12:00 a.m. on **Saturday, August 28** at **Crystal Ballroom**, 55 Davis Square, Somerville. Your **All Weekend Pass** also gets you into the **Friday Kickoff Show**

on **August 26** from 7:00 to 10:00 p.m. at **Union Comedy**, 593 Somerville Ave., Somerville. Tickets at: www.unioncomedy.com/festival.

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-somer villemainstreets.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: somer villema.gov/farmersmarket.

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

Somerville receives \$897,000 CPPI grant award

Over the last eight years, Somerville has been on a mission to re-envision early education and care in the city, working collaboratively to develop a system that supports a high quality, mixed-delivery model. The mixed delivery model is a collaboration between public, non-profit, and private entities that maximizes equitable access to diverse early education and care programs.

This model benefits early childhood classrooms across the city and continues to offer parents a choice in the best early childhood setting for their family. Earlier this month, Somerville received notification of an \$897,000 Commonwealth Preschool Partnership Initiative (CPPI) grant award from the Department of Early Education and Care (EEC) that will help Somerville continue to advance this strategic work.

Somerville Public Schools serves as the lead agency, with the SPS Early Education Department working in partnership with the City of Somerville's Health and Human Services

SomerPromise Department, the Somerville Family Learning Collaborative (SFLC), and local partner centers through the Somerville Partnership for Young Children (SPYC).

The goal of the CPPI-supported early childhood work aligns with four primary needs and recommendations identified in a 2018 Ready to Learn, Ready for K report commissioned by Somerville as it launched its efforts to expand access to high-quality early education and care across the city. The CPPI funding supports the following four goals:

- Establish a mixed-delivery system and leadership structure to unify partners and expand quality.
- Develop a single point of entry system to increase access to programming.
- Offer comprehensive services to provide wraparound supports.
- Develop enhanced data systems to support learning and development.

Thanks in part to prior CPPI,

Commonwealth Children's Fund, and Eastern Bank Foundation support, as well as other programmatic and funding assistance, Somerville has made significant progress on their early education and care systems-building work.

Among its early successes are the creation of the Somerville Partnership for Young Children, the Child Care Financial Assistance Program to expand access to high-quality early childhood programs particularly for historically underserved and marginalized communities, the beginnings of a Single Point of Entry system that includes the Somerville Hub Connect, the development of a Somerville Early Education (SEE) Every Child Curriculum website, joint professional development and coaching for SPS and center-based early childhood educators, and systems to provide wraparound support services to students in center-based programs.

The FY23 CPPI funding will be used to continue advancing



this work, with a focus on three program priority areas:

- Expanding access to quality affordable preschool by supporting enrollment and staffing efforts;
- Building locally aligned program quality through professional development and coaching as well as instructional materials; and
- Equitable access to special education and inclusion through targeted staffing and consulting support.

"In Somerville, we are steadfast in our commitment to creating a city where all youth and families can thrive," said Mayor Katjana Ballantyne. "To do that, we need to invest in early education and care systems, not only to prepare our children for school but

to set a foundation for their futures. This award from the EEC is instrumental in supporting our work to deliver high-quality, accessible options that meet the diverse needs of Somerville families."

"Somerville has been on the cutting-edge over the last several years, of building an early education and care system that works for every family in our community," added Acting Superintendent of Schools, Dr. Jeff Curley. "This generous funding and programmatic support allows us to continue this important work to ensure that every child in our city has a positive and high-quality early learning experience so that they're ready and excited for kindergarten and beyond."

Scottish fiddle champion returns to Somerville

Jamie Laval, with star soprano Amber Rose, will be presenting Evening of Celtic Music and Mythic Tales at The Burren, 247 Elm St, Somerville, on Sunday, September 11, at 3:30 p.m.

U.S. National Scottish Fiddle Champion Jamie Laval takes his audience on an exciting musical journey through Scotland, Ireland, and Brittany, evocatively reimagining Gaelic love songs, rustic peasant dances, and recounting mythic tales from the Celtic world.

Joining Jamie is vocalist Amber Rose, whose soaring, angelic voice evokes a fairytale-like quality in ancient airs and ballads. Celtic harpist Liv Castor

rounds out the trio, complementing the ensemble with exciting rhythmic vitality and subtle harmonic nuance.

"One of the hottest fiddlers out there" (Asheville Citizen-Times) and "The next Alasdair Fraser" (Scotland Press & Post), Jamie performed for Her Majesty the Queen, appeared on Dave Matthews' platinum Some Devil album, and presented a TEDx Talk on the value of arts and music in our communities.

Murmurs and Drones, Laval's third album, won the popular vote for "Best World Traditional Album" in the 2012 Independent Music Awards. In 2019 Jamie released his latest album, Celtic

Christmas: Music for the Deep Midwinter to critical acclaim. Jamie is also a prolific composer, arranger, and recording engineer.

Amber Rose is a rising star on the vocal horizon. Amber was a recent finalist in the Metropolitan Opera's Emerging Artist Competition. She received rave reviews for her performances with the 2022 Utah Festival Opera, including the famous Queen of the Night role. Since receiving her master's degree in vocal performance at the University of North Carolina Greensboro, Amber has performed for the New Hampshire Piccola, Miami, and Greensboro opera companies.



Jamie Laval and Amber Rose will be performing Evening of "Celtic Music and Mythic Tales" at The Burren on Sunday, September 11.

Be sure to visit us online at www.TheSomervilleTimes.com and on Facebook at www.facebook.com/somerville.times.1

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 ndeama-to@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.

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.) August 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. August 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—August 29 in person at 9:00 a.m. August 29 Virtual at 1:00 p.m. Wednesdays, August 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 29 in person at 11:00 a.m. and Wednesdays, August 24 and 31 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.

Coffee & Conversation – 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 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. August 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 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.

Brown Bag Supplemental Food Program – PICK UP Thursday, August 25 from 9:00 a.m. to 12:00 p.m. at the Ralph & Jenny Center located at 9 New Washington Street (behind the Holiday Inn). For an application contact Natasha Naim at 617-625-6600, ext. 2317.

Intergenerational Bingo with the Mystic Learning Center – Friday, August 26 at 10:00 a.m. at the Holland Street Senior Center. Come and play bingo for fun prizes with the kids from the Mystic Learning Center. We will have pizza for lunch. Please RSVP to Debby Higgins at 617-625-6600, ext. 2321 or email Debby at dhiggins@Somervillema.gov.

Mindful Eating "Getting Back to Basics" – A 4-week workshop, with the final class meeting on Wednesday, August 31 from 10:00 a.m. to 11:00 a.m. This workshop will help us enjoy foods and reach satiety or the sensation of feeling full, while making healthy choices. Ditch the rules, use sound nutrition as a guideline and truly listen to what our

bodies need. Class size is limited. Please RSVP by contacting Mary Marshall at 617-625-6600, ext. 2316 or email Mary at Headtofitness10@yahoo.com.

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.

CLASSIFIEDS

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Ms. Cam's

Olío

Answers

From page 10

1. Waltham, MA	7. Three times
2. September 1	8. Starboard
3. A jewelry brand	9. 1750
4. Pompeii	10. 24 years old
5. Dried meat	11. Bending at the knees
6. Metallica	12. Los del Río

The further adventures of Paul and Charlie Carafotes

CONT. FROM PG 1

friendship? That's really what it's all about."

The inspiration for the book came from real life. "When my son was a baby the first things he reacted to were bubbles. His eyes would light up and he'd grab at the bubbles." This motivated Carafotes to develop the story and his imagination took over from there.

Since then, an entire line of *Charlie Bubbles* books has been produced and is beloved by many fans of the series.

In spite of this literary success, Paul Carafotes is best known as a professional actor. He broke into the business in 1980 with a critically acclaimed performance in the 20th Century Fox film

Headin' for Broadway, and has worked steadily in the industry ever since. He has appeared in many classic television programs throughout the ensuing years, including *Diff'rent Strokes*, *The Greatest American Hero*, *Trapper John, M.D.*, *Murder, She Wrote*, *St. Elsewhere*, *Knight Rider*, *Hotel*, *NYPD Blue*, *Fantasy Island*, *The District*, *Without a Trace*, *CSI*, *ER*, and many others. The role of Harold Dyer on *Knots Landing* was particularly well regarded by fans and critics.

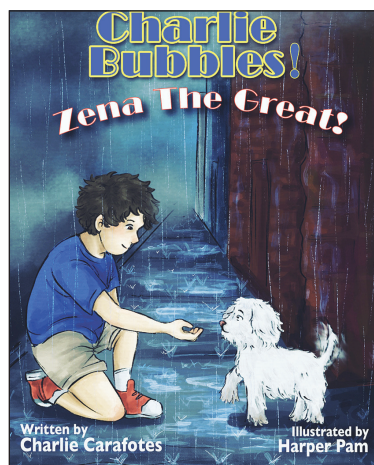
Carafotes has recently taken part in a new TV pilot – a show titled *Firecracker* – hopefully to be picked up for broadcast in the near future.

Following the success of the *Charlie Bubbles* book series, Carafotes established the non-profit organization Charlie Bubbles Care for Kids, providing the books to disadvantaged children with the intent of serving as a positive influence in their lives. Patrons have enabled the organization to donate hundreds of books to children's hospitals in Boston, Los Angeles and San Diego, as well as Boston and Los Angeles schools and the annual Christmas in the City events.

Tax deductible contributions help in providing more books



Paul Carafotes with group of ardent *Charlie Bubbles* fans.



The upcoming latest installment in the "Charlie Bubbles" saga, *Zena the Great!* penned by Charlie himself.

for children to enjoy the experience of reading. Donations can be made via PayPal: CharlieBubblesBooks@yahoo.com; with Venmo: @Charlie-Bubbles; or by check to Charlie Bubbles Cares for Kids, 2914 Franklin Street, La Crescenta, CA 91214. Charity EIN# 86-2470498.

Paul's son, the real-life Charlie, has joined in alongside his father in writing his own *Charlie Bubbles* story, *Zena the Great!*

"Coming for the holidays a

brand-new release from the *Charlie Bubbles Storybook* collection," says Paul. "The writer of this new story is the inspiration for the series, my son Charlie. The Illustrator is a discovery of mine fortuitously at my son's freshman baseball game. Her name is Harper Pam. She is going to be an exceptional graphic artist. This is her first storybook and it will not be her last!"

"The story was written during the pandemic," Paul continues.

"My son put pen to paper, deciding to write a rhyme book using our newest addition, Zena, as the focus of the story. Charlie, though frustrated and bored blows his bubble takes off during inclement weather."

With this latest chapter in the *Charlie Bubbles* saga, it is clear that imagination and talent runs strong in the Carafotes family.

To learn more about the World of *Charlie Bubbles*, go to <https://charliebubblesbook.com>.

BOBBY'S DAD JOKES CORNER

By Bobbygeorge Potaris



What does garlic do when it gets hot?
It takes its cloves off.

On This Day in History

August 24

0079 – Mount Vesuvius erupts destroying Pompeii, Stabiae, Herculaneum and other smaller settlements.

1780 – King Louis XVI abolishes torture as a means to get suspects to confess.

1869 – Cornelius Swarthout of Troy, New York, patents the waffle iron.

1891 – Thomas Edison files a patent for the motion picture camera.

1894 – Congress passes the first graduated income tax law, which is declared unconstitutional the next year.

1948 – Edith Mae Irby becomes the first African-American student to attend the University of Arkansas.

1954 – Congress outlaws the Communist Party in the United States.

1981 – Mark David Chapman sentenced to 20 years to life for murdering former Beatles band member John Lennon.

1991 – Mikhail Gorbachev resigns as head of the Communist Party of the Soviet Union; Ukraine declares its independence from USSR.

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Wednesday, August 24			Ribbon Cutting	6:00pm	Commemoration of Unknown	8:00am	Art Beat 2022	
6:30am	Yoga with Jenn Falk - Practice IV	1:00am	Assembly to E. Somerville		British Soldier	9:00am	Envisioning 90 Washington St.	
7:30am	Entrepreneur Spotlight at the Neighborhood Restaurant	2:10am	Walking Tour	6:35pm	Arbor Day Celebration	10:05am	Chair Yoga w Chris	
		2:10am	Raising of the Flag of India	7:00pm	101 South St. Ribbon Cutting	11:00am	Fit-4-Life Video #4	
8:00am	City Council Spotlight: Willie Burnley, Jr	6:30am	City Council Spotlight: Willie Burnley, Jr	7:32pm	Envisioning 90 Washington St.	11:30am	City Council Spotlight: Willie Burnley, Jr	
8:30am	Raising Families- Vaping	7:00am	Art Beat 2022	8:40pm	History of Your House & Family			
9:00am	Evolution of Hip Hop Festival 2022	8:00am	Entrepreneur Spotlight S1E2	9:30pm	City Council Spotlight: Willie Burnley, Jr	12:00pm	City Council Meeting 8-25-22	
10:00am	Chair Yoga w/Janine Duffy		Himalayan Kitchen		Evolution of Hip Hop Festival 2022	5:00pm	Evolution of Hip Hop Festival 2022	
11:00am	Fit 4 Life Home Workout #7	8:40am	Arbor Day Celebration	10:00pm		6:00pm	School Committee Update: Sara Dion	
11:30am	Raising of the Flag of India	9:00am	Entrepreneur Spotlight at the Neighborhood Restaurant	11:00pm	Art Beat 2022	7:00pm	School Committee Meeting - LIVE	
12:01pm	City Council Meeting 7-14-22			Sunday, August 28			Art Beat 2022	
4:00pm	Fit 4 Life 2020 #2	10:00am	History of Your House & Family	12:00am	City Council Meeting 8-25-22	Tuesday, August 30		
5:00pm	Envisioning 90 Washington St.	10:45am	SPD Ride Along	6:30am	Chair Yoga w/Janine Duffy	12:00am	Somerville Community Land Trust	
6:30pm	Somerville Community Land Trust	11:00am	Fit-4-Life Video #4	7:00am	Senior Circuit:		Ribbon Cutting	
	Ribbon Cutting	11:30am	Art Beat 2022		Older Adults & Mental Health	12:30am	Evolution of Hip Hop Festival 2022	
7:00pm	Old Powder House Docent Tour	12:30pm	Finance Committee of the Whole	7:30am	Entrepreneur Spotlight at the Neighborhood Restaurant	1:30am	Jane's Walk	
7:30pm	Raising of the Flag of India	7:00pm	History of Your House & Family		Art Beat 2022	6:30am	Yoga with Jenn Falk - Practice II	
8:01pm	Entrepreneur Spotlight S1E2	7:45pm	Mental Health Resources	8:00am	Entrepreneur Spotlight S1E2	7:30am	Conway Park Ribbon Cutting	
	Himalayan Kitchen	8:00pm	Evolution of Hip Hop Festival 2022	9:00am	Himalayan Kitchen	8:00am	Porchfest 2022	
9:00pm	Entrepreneur Spotlight at the Neighborhood Restaurant	9:00pm	Assembly to E. Somerville		Raising of the Flag of India	9:00am	Entrepreneur Spotlight S1E2	
			Walking Tour	10:00am	Fit 4 Life 2020 #2		Himalayan Kitchen	
9:30pm	The Bilingual Brain Benefits of Bilingualism	10:10pm	Art Beat 2022	11:00am	Somerville Community Land Trust	10:00am	Three Paths to Italy	
11:00pm	Porchfest 2022	11:01pm	Commemoration of Unknown	11:30am	Ribbon Cutting	11:00am	Chair Yoga w Chris	
			British Soldier		Senior Circuit:	11:30am	Envisioning 90 Washington St.	
Thursday, August 25			Arbor Day Celebration	12:00pm	Older Adults & Mental Health	12:35pm	Somerville Pride Flag Raising 2022	
12:00am	Evolution of Hip Hop Festival 2022	11:35pm			History of Your House & Family	1:00pm	Evolution of Hip Hop Festival 2022	
1:00am	Jane's Walk	Saturday, August 27			City Council Spotlight:	2:00pm	Old Powder House Docent Tour	
6:30am	Chair Yoga w/Janine Duffy	12:00am	Raising of the Flag of India	1:30pm	Willie Burnley, Jr	2:30pm	Art Beat 2022	
7:00am	Envisioning 90 Washington St.	12:31am	Art Beat 2022		Jane's Walk	4:00pm	Entrepreneur Spotlight at the Neighborhood Restaurant	
8:05am	Arbor Day Celebration	1:30am	Porchfest 2022	2:00pm	Fit 4 Life Home Workout #7	4:30pm	Women in World Jazz at SPL	
8:30am	Senior Circuit:	6:30am	Yoga with Jenn Falk - Practice II	4:00pm	Raising Families- Vaping	6:00pm	Raising of the Flag of India	
	Older Adults & Mental Health	7:30am	Raising of the Flag of India	4:30pm	101 South St. Ribbon Cutting	6:31pm	Somerville Community Land Trust	
9:00am	Art Beat 2022	8:01am	Art Beat 2022	5:00pm	Commemoration of Unknown		Ribbon Cutting	
10:00am	Evolution of Hip Hop Festival 2022	9:00am	Somerville Community Land Trust	6:00pm	British Soldier	7:00pm	Senior Circuit:	
11:00am	Fit 4 Life 2020 #3		Ribbon Cutting	6:40pm	SPD Ride Along		Older Adults & Mental Health	
11:30am	Raising of the Flag of India	9:15am	SPD Ride Along	7:00pm	Senior Circuit:	7:30pm	Evolution of Hip Hop Festival 2022	
12:01pm	Senior Circuit: Older Adults & Mental Health	9:30am	Evolution of Hip Hop Festival 2022		Older Adults & Mental Health	8:30pm	School Committee Meeting 8-29-22	
		10:00am	Entrepreneur Spotlight S1E2	7:30pm	City Council Meeting 8-25-22	Wednesday, August 31		
12:30pm	City Council Meeting 7-14-22		Himalayan Kitchen	Monday, August 29			12:00am	Entrepreneur Spotlight at the Neighborhood Restaurant
4:00pm	Chair Yoga w Chris	11:00am	Fit-4-Life Exercise Video #6	12:00am	Senior Circuit:		Arbor Day Celebration	
7:00pm	City Council Meeting - LIVE	11:30am	Independence Day Celebration & Fireworks 2022		Older Adults & Mental Health	12:30am	Art Beat 2022	
Friday, August 26			City Council Meeting 8-25-22	12:30am	Finance Committee 6-16-22	1:00am		
12:30am	Somerville Community Land Trust	4:30pm	Fit 4 Life 2020 #1	6:30am	Yoga with Jenn Falk - Practice III	2:00am	Assembly to E. Somerville	
		5:00pm	Three Paths to Italy	7:30am	Conway Park Ribbon Cutting		Walking Tour	

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Wednesday, August 24			9:30pm	ESCS K-5 Spring Concert	11:00am	SHS Football vs Chelsea 5-7-21	7:00am	SHS Boys Soccer vs LE 9-21-21
8:00am	GBL Track Championship 2021		10:00pm	SHS Football vs Malden 9-20-19	1:00pm	SHS Girls Soccer vs Medford 9-23-21	8:30am	SHS Football vs Malden 10-18-97
10:00am	SHS Boys Soccer vs Medford 10-19-21	Friday, August 26			2:30pm	WHCS K-3 Spring Concert	11:00am	SHS Football vs LC 9-24-21
11:30am	WSNS Juneteenth Flag Raising	12:30am	SHS Football vs Cambridge 11-22-17		3:00pm	WHCIS 4-8 Spring Concert	1:30pm	GBL Semi: SHS Girls Soccer vs LC
12:00pm	SHS Football vs Malden 10-1-21	3:00am	Chris Herren Speaks to SHS		4:00pm	SHS Volleyball vs Everett 9-22-21	4:00pm	SHS Boys Soccer vs Chelsea 9-14-21
2:00pm	SHS Class Day 2022	7:00am	SHS Volleyball vs Medford 10-12-21		5:00pm	SHS Boys Soccer vs Chelsea 9-14-21	6:00pm	SHS Boys Soccer vs LE 9-21-21
3:30pm	SHS Graduation 2022	8:30am	WSNS Juneteenth Flag Raising		6:30pm	Central Hill Playground Ribbon Cutting	7:30pm	School Committee Update Andre Green
5:00pm	Vocational Awards Banquet 2022	9:00am	SHS Football vs Medford 10-15-21		7:00pm	SHS Boys Soccer vs Chelsea 9-14-21	8:00pm	SHS Football vs LC 9-24-21
6:00pm	Healey School Moving On 2022	11:00am	SHS Girls Soccer vs Lynn Eng 10-14-21		8:30pm	SHS Boys Soccer vs LE 9-21-21	10:00pm	SHS Football vs Malden 10-18-97
7:00pm	GBL Track Championship 2021	12:30pm	Smithers Sanders Pool Dedication	Sunday, August 28			Tuesday, August 30	
9:00pm	SHS Boys Soccer vs Medford	1:00pm	SHS Boys Soccer vs Malden 10-12-21	1:00am	SHS Girls Soccer vs Medford 9-23-21		12:04am	SHS Football vs Medford 10-15-04
10:30pm	WSNS Juneteenth Flag Raising	2:30pm	ESCS 5-8 Spring Concert	7:00am	SHS Football vs Medford 10-15-04	8:00am	el Sistema Spring Concert	
11:00pm	SHS Football vs Malden 10-1-21	3:00pm	SPL Gardening - Summer's Bounty pt. 1	9:02am	el Sistema Spring Concert	9:00am	Full Circle Graduation 2022	
Thursday, August 25			3:30pm	SPL Gardening - Garden Tour	10:00am	WSNS Spring Sing Concert	10:30am	SHS Volleyball Playoff vs GLT
1:00am	SHS Girls Basketball vs AB 3-8-01	4:00pm	SHS Girls Soccer vs Chelsea 10-8-21		11:30am	Kennedy School Spring Concert	12:00pm	Argenziano 5-8 Spring Concert
2:30am	SHS Girls Basketball 1999-2000	5:30pm	WSNS Juneteenth Flag Raising		12:00pm	SHS Football @ N Quincy 9-10-21	12:30pm	ESCS 5-8 Spring Concert
7:00am	Spring String Fling	6:00pm	SHS Football vs Medford 10-15-21		2:00pm	SHS Football vs Malden 10-1-21	1:00pm	SHS Softball vs Everett
7:30am	SHS Softball vs Everett	8:00pm	SHS Girls Soccer vs Lynn Eng 10-14-21		4:00pm	SHS Boys Soccer vs LC 9-30-21	2:30pm	Spring String Fling
9:00am	SHS Volleyball Playoff vs GLT	9:30pm	Smithers Sanders Pool Dedication		5:30pm	Argenziano 5-8 Spring Concert	3:00pm	SHS Football vs Malden 10-1-21
10:30am	SHS Volleyball vs Medford	10:00pm	SHS Boys Soccer vs Malden 10-12-21		6:00pm	SHS Football vs Medford 10-15-04	5:00pm	Healey School Moving On 2022
12:00pm	Full Circle Graduation 2022	11:30pm	Kennedy School Spring Concert		8:02pm	el Sistema Spring Concert	6:00pm	el Sistema Spring Concert
1:30pm	Kennedy School Spring Concert	Saturday, August 27			9:00pm	WSNS Spring Sing Concert	7:00pm	Full Circle Graduation 2022
2:00pm	SHS Graduation 2022	12:00am	SHS Football vs Medford 10-15-21		10:10pm	SHS Football @ N Quincy 9-10-21	8:30pm	SHS Volleyball Playoff vs GLT
3:30pm	WSNS Spring Sing Concert	1:35am	SHS Football vs LC 9-24-21	Monday, August 29			10:00pm	Argenziano 5-8 Spring Concert
5:00pm	Spring String Fling	7:00am	SHS Boys Soccer vs Chelsea 9-14-21	12:00am	SHS Football vs Malden 10-18-97		10:30pm	ESCS 5-8 Spring Concert
5:30pm	SHS Baseball vs Plymouth South	8:30am	SHS Boys Soccer vs LE 9-21-21				11:00pm	SHS Softball vs Everett
7:00pm	SHS Football vs N Reading 11-9-18	10:00am	WSNS Moving On Ceremony				12:07am	SHS Football vs Medford 10-15-04



OFF THE SHELF

by Doug Holder

Boston street icon 'Mr. Butch' dies at age 56

Every so often I look in my archives and reprint an article. This was about the local, legendary street musician known as "Mr. Butch."

It is poetic justice that Mr. Butch died on the streets of Boston in a motor scooter accident. He was a true creature of those streets for so many years.

When I first moved back to Boston in the late 70's I was living in a rooming house on Newbury Street (yes there were rooming houses there!) and working at a grocery store at the corner of Newbury and Mass Ave. I worked the 3 to 11 shift, and I had a wonderful but unsavory cast of characters who frequented the store.

There was a buck-toothed African-American prostitute who proudly told me, "I only give head to my man." There was a middle-aged security guard Maynard, who reminded me of a uniformed Noel Coward, his hat tilted at a rakish angle, an ever-present sardonic smile, and a cigarette dangling elegantly and effeminately between his fingers. He would tell me of his sexual encounters during his shift. It seems he was always approached by a handsome young man who insisted on doing "favors" for him. "I mean what's a girl, I mean ... a guy to do!" The famed rock group The Car recorded a few buildings down and they all had sophisticated tastes, requesting a variety of Drake's Cakes.

But one of the most memorable characters was a tall, lanky, Black man with dreadlocks and an infectious laugh, who always tried to cop a cup of free coffee and a snack. Sometimes he would have a bright red guitar strapped to his back. He often smelled of booze, or the sweet smell of marijuana would waft my way when he approached the counter. One very cold winter night I let him stay in the store, forgetting to let him out when I locked up. He spent the night there, and I am sure he had a nice meal, and an undisturbed, peaceful sleep, much to the manager's chagrin. Suffice to say I wasn't long for that gig.



Over the years, Mr. Butch was like a welcomed Beacon to me. I used to run into him in Kenmore Square outside the now defunct punk rock club "The Rat" during my pub-crawling days. He was such an enigma. He survived the streets by choice for so many years, and 56 is a ripe old age for a street person. At times he was a living statue, standing squarely and straight, strumming his red guitar amidst the maelstrom of all the Brooks Brother suits that detoured around him. He gave his long, callused finger to conventional society, the cell-phoned hordes rushing to make the almighty buck, or a killing.

In some ways it was a comfort to see him. He was a memory of my seminal days in Boston, a simpler place, more accepting of "eccentrics," a place where you could rent a cheap room in the Back Bay and start your life in the city. You could actually afford to live the life of an artist for a while. I used to sit out on the steps of my Brownstone in the summer and slap the hands of all the beautiful and not so beautiful street people who flowed by in the humid breeze.

Butch was known by many generations of students, rock bands, hucksters, ne'er-do-wells, and poseurs – the whole maddening crowd that made this city so attractive to me when I cut my teeth here. I will miss passing this man on the street, how we nodded to each other in our world-weary fashion, saying, "Hey, man, what's happening?" He has passed and so has another phase of my life.

Lyrical SOMERVILLE

edited by Doug Holder

Rinat Harel holds bachelor's and master's degrees in fine art and studied creative writing at Emerson College, where she received the 2015 Nonfiction Award. Currently a Ph.D. candidate in Creative Writing at the University of Exeter England, she is working on a collection of interlinked stories that revolve around life in Israel.



To and Fro

1.
On a snowy day, I cross
the bridge over
the train tracks. They
chant: *When
you were a child, you died,
when you were a child
you died.*

2.
I was a child when
I died in an airless
cattle car.
A girl on the edge of womanhood.
There was shoving, tumbling,
weeping silenced by
shouts and barks.
The mossy
smell of soggy garb. My burning
thirst.

Schnell, schnell!

Did I know
what all that meant? Did I
sense what lies ahead?

3.
Across the bridge
kids scamper in the schoolyard. Nearby,
a row of budding magnolias, anxious
to burst in velvety pink.
The train tracks screech
through the snowy plane,
but I listen
to the joyful squeals of the children.

— Rinat Harel

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

'Somerville as Muse' poetry reading

Bring your favorite poem about Somerville to a poetry reading with an open mic for Somerville poets on Friday September 9, 4:30 p.m., at the Somerville Community Growing Center, 22 Vinal Ave (between Summer St. and Highland Ave.).

Featuring: Denise Provost, author of *City of Stories*; Doug Holder, editor of *Lyrical Somerville* and co-founder, Ibbetson Street Press; and Lloyd Schwartz, Somerville Poet Laureate.

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