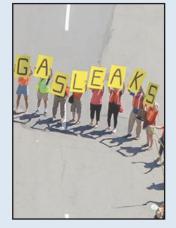


Welcome to Soberville page 3



Mothers on the march

page 5



# 'From My Heart To Yours' documentary about opioid crisis in Somerville premiere



L to R: Matthew Mitchell, Patricia Contente, Maryanne Frangules, Elizabeth Addison, JoAnn Rivvecio, and Stuart Roelke. — Photo by Melissa Rosales

#### By Melissa Rosales

*From My Heart To Yours*, a documentary education project screened for the first time for the public on July 31 at VOX POP, Somerville Media Center's summer community arts and events space. The documentary is a collaboration between the City of Somerville's Health and Human Services Department and the Somerville Media Center.

"We wanted to talk about it [the opioid crisis] because we've known that it's impacted Somerville to such an extent, over the years since the early 2000s," said Matthew Mitchell, Preventions Services Manager of the City of Somerville Dept. of Health and Human Services.

The producers of the film described *From My Heart To Yours* as not an exhaustive look at the opioid epidemic, but rather tackling it in a critical lens locally and nationally. The collaboration started a year ago when the *Continued on page 4* 

# Martha Friend's fantastic multi-colored glass menagerie

#### By Erin Nolan

Plastic babies waving multicolored wands sit atop plastic, pink horses in Martha Friend's backyard at 135 Highland Avenue in Somerville. The babies purse their bright red lips and arch their dark eyebrows.

Friend began decorating her yard four years ago when she retired from teaching Health and English as a Second Language at the Revere Public Schools, and *Babies on Horseback* is the newest addition.

"I had lots of time, which was fabulous, and I really wanted a really big project to keep me busy," she said while sitting on her front porch





'Tasty' snacks and armaidillos

page 8

and surveying the intricate glass and plastic sea which she has built surrounding her house. So, Friend got to work building *Emerald City*, a collection of green, silver, and blue glass ornaments and sculptures clustered together to form a huge hodgepodge of a city. When *Emerald City* was completed, Friend began *Continued on page 12* 

The house at 135 Highland Avenue is home to a unique display of creative splendor, lovingly rendered in glass and found objects by resident Martha Friend. — Photo by Erin Nolan

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

Come out to Aeronaut tonight, August 7, from 6:00 to 8:00 p.m. for a monthly Bike Talk Social Hour. August's talk features Silvia Ascarelli, who will be talking about her adventures biking the length of the East Coast Greenway, a 3000 mile bike route from Maine to Florida. Silvia is a prolific bike blogger and a member of the East Coast Greenway Advisory Board. Aeronaut Brewing Company, 14 Tyler St, Somerville.

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

Jack Connolly has announced that he will be running for City of Somerville Councilor At-Large in the Tuesday, November 5, election. Jack has served Somerville for a total of 16 terms for over 30 years. Go to his website to learn more about Jack and his candidacy: http://www.connolly4counciloratlarge.com/

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

Happy birthday this week to several locals: Happy birthday to local East Somerville guy, Bill MacLeod, a lifelong resident and nice guy. We wish him the best on this his birthday. Happy birthday to another local guy who is very well known since he and his lovely wife moved to Somerville, Zach Zasloff. We wish him a great day. Happy birthday to Maria Mancini, formerly of Winter Hill. We hope she has a great birthday. Wishing a very happy birthday to our own Bobby Potaris' daughter Natalia. Happy birthday to Tony Caliri. We hope he has a great birthday as well. Happy birthday to good friend of ours, Brendan Cunningham. We wish him a great day as well. Happy birthday to Stephen Shea. We hope he has a great birthday. To Kaitlin Norton, a happy birthday to her as well. And finally, happy birthday to Alicia Lafuente, a very nice lady and professional businesswomen. We wish her the very best. To all the others here in the city who are celebrating their birthdays this week and we missed you here, we wish a happy birthday to you.

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

Anyone Can Be A First Responder hosted by The City of Somerville. This Thursday, August 8, at Vox Pop at Assembly Row there will be a free Overdose Continued on page 11



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### TheSomervilleTimes.com Comments of the Week

#### **Response to: City passes updated Tree Preservation Ordinance**

#### LindaS says:

Funny, isn't it, how the city takes away all the green space through constant development, then forces homeowners to keep the trees they have to make up the difference.

Just one more way residents get the burden shifted onto them for what the city should be doing themselves.

#### Old Taxpayer says:

So glad I got rid of my trees and paved my yard. Next owners can deal with it. I live in the city, not the country.

#### Somerville can have Shade says:

Linda– it's the developers' desire to clear-cut trees from old lots that drove the good residents of this city to demand legislation like this. It's not the homeowners who live in their homes who are going to be hurt by this. Most owners don't want to clear-cut their yards, but developers sure do. Old Taxpayer– so glad my back yard is full of greenery and trees. I have my own little slice of country in the city, and I live in the city. Sucks to be you.

#### New Taxpayer says:

#### Old Taxpayer,

So glad your opinion is that of a dwindling group, and that Somerville is responding to the demands of a changing voting public.

#### Independently Somerville says:

People who pave their yards do so because they are lazy. They can't stand the thought of mowing a lawn or trimming hedges. Guy across the street from me has this set up and he rents parking spots where is front lawn should be. what a great neighbor!

#### Oh really? says:

Let's see: the new law still allows owner-occupants to remove trees by right. But carry on baking in your sea of asphalt. You sure stuck it to the city, didn't you?

#### Old Taxpayer says:

I have worked hard to own this house and will enjoy it my way. I am not having the city tell me everything I have to do to please them. This is a free country and I worked many long hours just so I can own this little piece of paradise. I fought to stop a tree from being planted in front of my house and won. I am not alone. My next door neighbor also did the same and the people behind me. I did the same to my last house which is still paved in Somerville. Some of us do like it this way. We use it a lot having cookouts and guests. Also comes in handy during snow emergencies so we have extra parking for our vehicles. Only because of the rise in the number of vehicles here we have less parking. If you want grass and a tree or two that's fine. As a property owner you should have the right to do whatever it is that makes you happy. I don't disapprove of whatever you do on your property.

#### **Response to:** Letter to the Editor – July 31

#### Old Taxpayer says:

The parking is not free. Those of us who own houses and cars pay for it. And you want to take away parking where the city has added 8000 more cars in the last 10 years and are adding more each day. Unless you can find a way to make motorists and bikers drive safely there will always be unnecessary loss of life. The city is not geared towards needing less vehicles. During the 50's you had everything you needed within walking distance. That option no longer exists here. And I have biked here for over 50 years so I am not anti bike.

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#### Wally Barnsworth says:

Not to sound callous, but given the small number of pedestrian fatalities in relation to number of pedestrians out there I'd say we face bigger risks, and our money is better spent elsewhere. And regarding the bike lane on powderhouse blvd, I bike that one on occasion and, given the ample width of the street, find that the seldom used "be careful when you're riding your bike" strategy works just fine.

#### Response to: Don't go near Powder House Park

#### Sandy S says:

Wow i didn't know all this. I grow up in Davis Sq. Honestly I didn't know that we had that bad of a drug problem I was a very nieve person back then. Wasn't till my kids who are now in their 30's starting losing all their friends & still are that is when I knew that there was a big drug problem in Somerville.

Log onto TheSomervilleTimes.com to leave your own comments

# Life in the **Soberville**



This inner city tale can be an "insert name here" story. Let's call him Bill. In 1986, Bill was a young, quick witted, energetic and lovable

cut up. Everyone loved him. He worked in a very popular business in a busy part of Somerville and would occasionally come out of nowhere singing and joking especially if someone he knew was in the store. A one-man show.

The vivid image of the effervescent, and entertaining Bill sticks in my mind. Unfortunately, another image is right next to that one obliterating the joy. It's the image I have of Bill the last time I saw him.

It was tough being a kid growing up in Somerville back then, especially if you lived within stumbling distance of the many bars. Davis Square was like an auto mile of booze or a decadent Disneyland. One gin mill after another.

Everybody knew your name at The Rosebud and Surrey Room, Pat Connolly's, The Cadillac, The Gaslight, Sligo's, Frascati's, BoBo's, Yee's Village, The Pine Tree, The Venice, Johnny D's, The Railside, The Coronet, and The Pine Tree, to name a few.

You could start at one bar or restaurant and in a couple of hours, visit about 10 booze joints. Neon and Knickerbocker, pickled eggs and peanuts. If you got thrown out of one place you could easily hit the next. Other sections of the city had similar scenarios. Davis Square is where most of my memories originate.

There were no man buns back then and tattoos were still a personal choice and not a fashion statement. Booze was a big part of growing up in Somerville. We learned at an early age how to find a buyer to get us our Boone's Farm or Ripple wine and Schlitz, Bud or Heffenreffer Private Stock.

Drinking was everywhere we went. Most of us drank during high school and college, but many couldn't put it down or learn how to control it. The party turned into a daily battle with booze trying to destroy our lives and our families.

A lot of us grew up in alcoholic homes. Dad let us sip the foam off his Ballantine Ale can. Drinking was sort of a rite of adulthood. Our families had liquor cabinets and cocktail parties. The kids at these parties snuck around finishing drinks that were left unattended. We found ways to steal our parents booze. For something that was glamorized on TV and movies, it really caused a lot of serious problems for many families. Going to the bar for lunch and after work was a ritual that could become lethal.

Back to my friend Bill. When he approached me at least 20 years after the



The Railside and The Gaslight Pub in the early 1980's, where Au Bon Pain is now. — Photo courtesy of Ron Bargoot

last time I saw him so happy and healthy I didn't recognize him. He was using a cane, he was stooped over, and could barely get the words out.

He muttered "Hi Jimmy!" I said, "Hello, I'm sorry I can't place you." When he told me who he was I almost started crying. How could someone change so drastically in just a few years? I was blown away. It was the booze that ravaged my friend. Sadly, he was gone six months later. He was still a young man. He went painfully with cirrhosis of the liver and what they call a wet brain. Booze destroyed him piece by piece.

I've lost family members because of alcoholism. I've seen many of my friends and family members succumb to brain, heart, liver and nervous system diseases and all because of alcohol. Families suffer horribly. It's a slow and painful death that often involves trouble with the law. I've also seen a lot of my friends enjoy recovery too.

Alcoholics Anonymous is a program that can help a problem drinker get off and stay away from a drink. All you have to do is give it a chance. *Continued on page 9* 

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# Argument leads to break-in, assault

Somerville Police officers were dispatched to a Broadway location on reports that a man had broken into the residence and had fled. The reporting party knew the male as Jamari Ellcock-Davis.

An officer located a man on McGrath Highway matching the description given and was able to identify him as Ellcock-Davis.

Upon questioning, the reporting party told police that Ellcock-Davis and he had been friends for about a year, and that evening they had been arguing over personal matters.

The reporting party said Ellcock-Davis began yelling at him while outside of the Broadway residence, and then broke in through a bedroom window trying to get to him, pushing a bed out of the way.

According to the reporting party, Ellcock-Davis then began rummaging through drawers and went into the kitchen going through things. He reportedly told Ellcock-Davis that he was going to call the police, and went to call from his cell phone.

Ellcock-Davis next allegedly grabbed the reporting party's hands and attempted to take the cell phone from him, but he was able to gain control of the phone and said again that he was calling the police, at which time Ell-

cock-Davis reportedly fled the residence.

The reporting party's ten-yearold son was present during this incident and was able to call 911 for his father.

Ellcock-Davis was subsequently placed under arrest on charges of witness intimidation and unarmed burglary and assault.

#### Crime Tip Hotline: 617-776-7210 Help Keep Somerville Safe!

# SOMERVILLE POLICE GRIME LOG

#### Arrests:

**Richard Powers**, of 251 Newbury St. Peabody, July 29, 10:48 a.m., arrested at McGrath Hwy. on charges of license revoked as HTO and reckless operation of a motor vehicle, and on warrant charges of larceny under \$1200 by false pretenses, failure to wear a seatbelt, operation of a motor vehicle with a suspended license, and receiving stolen property over \$1200.

Jamari Ellcock-Davis, of 2521 Massachusetts Ave.,

Cambridge, July 31, 10:37 a.m., arrested at Broadway on charges of witness intimidation and unarmed burglary and assault.

Sean O'Connor, of 27 Meadow St., Dedham, July 31, 4:17 p.m., arrested at home on charges of receiving stolen property under \$1200, possession of a class A drug, and nighttime breaking and entering of a vehicle or boat, and on warrant charges of larceny over \$1200 and unarmed burglary. **Steven Ruiz**, of 31 Boston St., Lawrence, August 3, 12:59 p.m., arrested at McGrath Hwy. on warrant charges of miscellaneous equipment violation, operation of a motor vehicle with a suspended license, and failure to wear a seatbelt.

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# 'From My Heart To Yours' documentary about opioid crisis in Somerville premiere CONT. FROM PG 1

Health and Human Services staff reached out to the Somerville Media Center about the project. The documentary took five months to film with constant creative direction and advisories from the Health and Human Services Department.

"The goal is just to let a diversity of perspectives and experiences resonate with people, especially with this topic of opioid epidemic that I think it touches a lot of people's lives personally and professionally," said Erika Jones director of Institutional Advancement at Somerville Media Center and producer of the film."We're just trying to provide one unified perspective from this documentary about what people have gone through and how people are trying to raise awareness." The film talks about the medical effects of opioids, drug companies' liabilities, racial bias within the issue, and more. Elizabeth Addison, Boston artist and composer and person in recovery is also featured in the film.

"Addiction does not discriminate, right? No matter your walk of life, no matter your socioeconomic background, no matter your race, no matter your gender. No matter your sexuality, your religion, it does not discriminate," she said in the film. "I think that what I'm finding problematic with the way addiction is being represented right now is that it looks primarily like a white affluent problem, right? This is true, but it needs to be afforded to all the people struggling with addiction, not just a certain view." Mary Cassesso from Cambridge Health Alliance said she liked the film."It was short. It's a start of a conversation." After the screening, a discussion panel was set up. The panel included Addison, Stuart Roelke, filmmaker of From My Heart To Yours, Maryanne Frangules from Massachusetts Organization for Addiction Recovery (MOAR), JoAnn Rivvecio from Somerville Overcoming Addiction,



and Patricia Contente director of the community, outreach, health and recovery (CORE) program at the Somerville Police Department. Mitchell moderated the panel.

"What steps can our community take now to keep people safe and stop preventable deaths?" Mitchell asked to the panel. "I would just say that to keep talking to keep sharing our stories," Addison said. "People are becoming more open, especially us in recovery, to share our stories. I think through sharing our stories we connect and we heal. That's what connection is a big part of this disease, when you want to feel connected. So just to keep keep talking, keep talking about it."

To learn more about future film screenings, contact Matthew Mitchell at (617) 625-6600, ext. 2570 or mmitchell@ somervillema.gov.

# Somerville mothers speak out against gas leaks

**By Jennifer Grimes** 

On July 25, mothers of the Somerville community came together to protest National Grid's inaction and demand that the gas leaks in East Somerville be repaired.

Methane, a greenhouse gas, is highly potent and is known to have a higher global warming effect than carbon dioxide after it has been seeping into the air for a sufficient number of years.

The gas leaks in Somerville have been a problem in the area for almost 20 years and are currently leaking methane gas into the air. Highly aware of this problem, a community of mother's decided to step in.

Mothers Out Front is an open community run by and for mothers and grandmothers in the Somerville area who are dedicated to ensuring that the lives of their children are habitable in the age of climate change.

As stated on their Facebook page, their goal is to "pressure political, business, and economic institutions to align their priorities and actions with the reality of climate change and its impacts" and that is exactly what they came together to protest last Thursday. Mothers, grandmothers and children who are a part of the Mothers Out Front movement were seen holding signs that read "Fix the Leaks!" and "Keep your promise National Grid and fix the big leaks!"

"... gas leaks in Somerville have been a problem in the area for almost 20 years"

The gas leaks have been unattended to in Somerville for years and those who live in National Grid territory are paying the price for it. Big volume gas leaks, like the ones seen in Somerville, can be extremely detrimental to the environment and even dangerous to those living near the pipelines.

The gas that has been leaking into the air in Somerville has been deadly to multiple plants and trees in neighboring areas. Mothers who are raising their families in these gas leak zones quickly realized how bad the leaks were when plants and trees on their street started dying.



Mothers Out Front have been highly visible and vocal as they try to draw attention to the issues involving gas leaks in the area and force responsible parties to do something to fix them. — Photo courtesy of Mothers Out Front

For years, National Grid has been promising to repair the gas leaks but they have been a service that has neglected to fix its leaking infrastructure so the Mother's Out Front community called them out on it.

They rallied at two places, East Somerville Community School at corner of Pearl and Glen St. from 4:00 to 5:00 p.m. and the site of the Sullivan Square leak, at the corner of Caldwell St. and Broadway from 5:00 to 6:00 p.m. with hopes that their protests would call National Grid to action.

The city is continuing to lose money while replacing dead trees from the gas leaks with new ones, unaware that the new trees will only live temporarily because of the real issue, big gas leaks.

The mothers in Somerville have been resilient in their protests, raising awareness about the environmental risks that gas leaks cause as well as the residential ones.

After their protest on July 25, they continued to hold another protest to repair big gas leaks, this time in Boston where gas leaks have also been an issue.

Mother's Out Front are steadily continuing to protest against National Grid's inaction and hoping that their efforts will bring about vital change.

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# Beacon Hill Roll Call

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**THE HOUSE AND SENATE:** *Beacon Hill Roll Call* records the votes of local representatives from the week of July 29-August 2. There were no important roll calls in the Senate last week.

NO VETOES OF FUNDING IN \$43.3 BILLION STATE BUDGET – In an unusual move, Gov. Charlie Baker signed the fiscal 2020 state budget into law without vetoing any of the \$43.3 billion in spending approved by the House and Senate. Beacon Hill Roll Call talked to several Statehouse veterans and not one could remember any other time in the last four decades that the governor did not veto funding in the budget. Just last year, Baker vetoed \$48.9 million from a \$41.7 billion budget.

"The lieutenant governor and I and the secretary [of Administration and Finance] and a lot of our team spent a lot of time talking about the line item stuff, and basically came to the conclusion that this budget is balanced," said Baker at the signing ceremony last week. "We're obviously going to pay a lot of attention to what happens to revenues in the first two quarters of the year, because we did have a lot of volatility in the revenue base for 2019. So we're going to work pretty hard to pay attention not just to the revenue side but also the spending side going forward."

"Only a besieged governor embroiled in so many distractions, could not find a single cent of wasteful spending that needed his veto in a bloated \$43.3 billion budget, an increase of almost \$2 billion over last year's spending," said Chip Ford, executive director of Citizens for Limited Taxation. "With a fiscal year 2019 'revenue surplus' (over-taxation) bonanza of \$2 billion to squander, Charlie Baker, who needs to be loved at any cost, had to keep all his friends in the Legislature happy with him — fat, happy, and satiated."

Baker did veto six items in the budget, including a section that included the state's meals tax among the items exempt from the state's 6.25 sales tax during the sales tax holiday weekend set for Aug. 17 and 18. On those two days, consumers can buy most products that cost under \$2,500 without paying the state's 6.25 percent sales tax.

The Revenue Department ruled a few weeks ago that for the first time, meals would be exempt from the sales tax that weekend. The department also ruled that alcohol would not be exempt. This created a problem for restaurants because restaurants don't separate food and alcohol when diners are given their tab. The establishment taxes both and does not have a system to separate the two. ees and the general public. The burden far outweighed any potential benefits."

#### ALLOW UNIONS TO CHARGE NON-UNION MEMBERS FOR SOME COSTS (H 3854)

House 156-1 approved (Senate approved on a voice vote without a roll call) and sent to Gov. Baker a bill that would allow unions to charge non-members for the cost of some services and representation. The measure would also give unions several new rights including access to state workers' personal contact information including their home address, home and cell phone number and personal e-mail address.

The governor vetoed the bill. It will now take a twothirds vote in each branch to override the veto and put the bill on the lawbooks. It's certain the Legislature will override the veto because the measure was approved with veto-proof margins including last week's 156-1 vote in the House and a 38-1 vote in the Senate in June.

The bill was filed as a response to a 2018 U.S. Supreme Court ruling in the Janus v. American Federation of State, County and Municipal Employees case that public employees cannot be forced to pay fees or dues to a union to which he or she does not belong. Freedom of speech advocates hailed the decision while labor advocates said it was an unjust attack on union.

"While I have supported changing Massachusetts law to address recent changes in how public sector unions work with non-union members, including allowing public sector unions to charge non-members for costs associated with representation in grievances and updating some of the rules of engagement between state employees and public employee union, I refuse to sign legislation that compels state and municipal government to turn over the cellphone numbers of private citizens, who happen to be government employees, without their permission, to private organizations," Baker said in a very long sentence in his veto message to the Legislature.

"The legislation passed by both the House and Senate to ensure that public sector unions remain a strong force for economic fairness in the wake of the Janus Supreme Court ruling received overwhelming bipartisan support after a thorough debate," AFL-CIO President Steve Tolman said in a statement. "We urge both branches to override Gov. Baker's veto."

"The governor responded in the only appropriate way, veto a bill that would violate the personal privacy of countless state workers," said Paul Craney, spokesman for the Massachusetts Fiscal Alliance. "State workers can enjoy the weekend knowing the governor has their back. Legislative leaders should get the message, the Janus 'fix' needs to be fixed. It went too far and only benefited union bosses at the expense of workers."

tors and other medical resources are available to them. Patients complain that many physicians are listed as local and taking new patients despite having retired, moved or stopped accepting new patients.

The measure ensures that foster children are able to remain covered by MassHealth until they turn 26, the same option that children covered by their parents' private insurance currently have. It also creates a Health Policy Commission analysis of children under age 21 with medical complexities, their insurance and availability of care.

"I am proud of the House's leadership and steadfast commitment to caring for our most vulnerable children," said Judiciary Committee Chair Rep. Claire Cronin (D-Easton). "This bill will assess the healthcare and wellness needs of children in the commonwealth and expand access to services for these children and their families. This is a step forward to ensuring that all of our children have equal access to quality healthcare."

"Nothing is more heartbreaking than talking to a constituent whose child is in crisis, but they're having difficulty finding healthcare services in the complex system of providers, insurers and resources," said Health Care Financing Chair, Rep. Jennifer Benson (D-Lunenburg). "By identifying and addressing these difficulties in this legislation, we are working to ensure that every child in the commonwealth will be able to access high-quality services quickly and efficiently."

"This bill makes important reforms to increase access to healthcare, supports further study of issues critical to children's behavioral health and takes an important look at improving the state's foster care system," said Rep. Marjorie Decker (D-Cambridge). "It will strengthen and expand access to care for children both by collecting data, as well as assessing current methods in the pursuit of providing the kind of behavioral health care children need."

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

Rep. Christine Barber	Yes
Rep. Mike Connolly	Yes
Rep. Denise Provost	Yes

#### MEET BEYOND 9 P.M.

House 125-31, approved a motion to allow the House session to continue beyond 9 p.m. Under House rules, the House cannot meet after 9 p.m. unless the rule is suspended.

There was agreement among the governor, the legislative leadership and the Massachusetts Restaurant Association that the best solution was to follow what was done at all other sales tax holidays and not exempt meals from the sales tax.

"Something needed to be done," said Bob Luz, the CEO of the Massachusetts Restaurant Association. "We thank Gov. Baker and the Legislature for coming to a resolution.

"Many restaurant systems are not equipped to handle both taxable and non-taxable items on the same transaction and there was much confusion in the function business," continued Luz. "Restaurant owners would have had to produce two separate checks to customers, one with non-taxed food items and the other will taxable alcohol purchases, creating confusion for owners, employ(A "Yes" vote is for the bill. A "No" vote is against it.)

Rep. Christine BarberYesRep. Mike ConnollyYesRep. Denise ProvostYes

#### IMPROVE CHILDREN'S HEALTH (H 4012)

House 152-0, approved and sent to the Senate a bill designed to make it easier for children and their families to navigate the state's complicated and often difficult to understand health-care system. A key provision requires health insurance companies to perform monthly updates of their provider databases that tell patients which docSupporters of rule suspension said that the House has business to finish and should stay in session to work on it.

Opponents of rule suspension said it is irresponsible for the House to debate and vote late at night when taxpayers are asleep.

(A "Yes" vote is for meeting beyond 9 p.m. A "No" vote is against it.)

Rep. Christine BarberYesRep. Mike ConnollyYesRep. Denise ProvostYes

#### ALSO UP ON BEACON HILL

APPRAISAL MANAGEMENT (H 3904) - Gov.

# **Beacon Hill Roll Call**

Charlie Baker signed into law a bill that would establish a system for the state to license and regulate appraisal management companies (AMCs). It is estimated that 80 percent of appraisal orders in the Bay State are processed by AMCs. The other 49 states already have AMC registration in place.

"AMC registration is a nationwide licensing requirement with an August 2019 deadline," writes Allan Cohen in the New England Real Estate Journal. "AMC registration comes right out of the federal Dodd-Frank law enacted by the U.S. Congress in 2010."

"Specific in its language about firewalls, Dodd-Frank gave impetus to the use of AMCs acting as an intermediary between lenders and appraisers," continued Cohen. "The goal is to protect consumers and avoid having financial institutions fall back into poor lending practices. Using an AMC as a firewall reduces the frequency of relational lending and influencing appraisers to meet valuation targets or certain values."

"Appraiser independence is vital to both safety and soundness of financial institutions, and to consumers who regularly rely on the appraisal obtained by the lender to determine if the price they are paying for a house is reasonable," said Rep. Tom Stanley (D-Waltham), the sponsor of the bill, when the House first approved it in June 150-0. "Missing the ... deadline impacts everyone either looking to buy a home or refinancing a mortgage as AMCs will not be able to operate in the state. There's no opposition to this legislation. It's time to sign this bill into law and comply with the Dodd-Frank Act requirements."

HOMES FOR FIRST RESPONDERS (S 793)

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continued from page 6

- The Housing Committee held a hearing on legislation that would allow MassHousing to create a special home loan program for first responders who are required to live within a minimum distance from the city or town they serve. The measure only offers the loan to responders who meet program income limits and live in the eligible home as the primary resident for the term of the loan.

Sen. Diane DiZoglio (D-Methuen), the bill's sponsor, said that the men and women who dedicate their lives to the public safety of Massachusetts residents deserve this assistance. "First responders, including law enforcement officers and firefighters, often cannot find affordable housing in the city or town in which they work," said DiZoglio. "A particular challenge for first responders is that many municipalities across Massachusetts have residency requirements for these employees. Several non-profit groups have been established to assist first responders in achieving housing goals. With this in mind, I have filed this legislation so that the commonwealth can adopt a similar program statewide. Those who dedicate their lives to the public safety of Massachusetts residents deserve this assistance."

#### POST ABUSE HOTLINE NUMBERS (590) - A

bill before the Education Committee would require that all public schools post a toll-free telephone number operated by the Department of Children and Families to receive reports of child abuse, neglect or child-at-risk. The number would have to be posted in a clearly visible location in a public area of the school and be written in both English and Spanish.

"I was inspired by other states that have done this, namely Texas, to ensure that everyone working with children — especially students who often know more about what's going on with their classmates — knows there is a state resource to help a child in peril," said Rep. Anthony Vega (D-Holyoke) the bill's sponsor.

DRUNK DRIVING (H 1580) – The Bay State now stands alone as the only state in which a person convicted of drunk driving for the first time is not given the option to install an ignition interlock device which requires the driver to blow into a mouthpiece before starting the vehicle. The device determines whether the driver's blood alcohol concentration is above or below a preset legal limit. If the result is above the limit, the car will not start. Under current law, ignition interlocks are required for operators driving under a hardship license after two or more drunken driving convictions.

Rep. Tim Whelan (R-Brewster), a former police officer, is sponsoring a bill that he says would allow drivers who are convicted for the first time of drunk driving reduce the length of their license suspensions by applying to have an ignition interlock system installed in their vehicle to ensure operator sobriety. "Massachusetts is the only state in the nation that does not allow for interlocks {for first offenders] in lieu of license suspension," said Whelan.

Mothers Against Drunk Driving (MADD) says Breathalyzers have stopped a driver who is drunk from starting his or her vehicle over 3 million times since MADD began advocating for the devices in 2006.

LOANS TO REPAIR SEPTIC SYSTEMS (H 869) – The House gave initial approval to a bill that would allow cities and towns to provide low interest loans to homeowners to aid in the repair, Continued on page 17

#### **Home Buyers**

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Recent Single Family Homes Sold in Somerville Over the Past Month:					
MLS#	Address	Description	DOM	List Price	Sale Price
72465558	67 Gilman St	8 room, 3 bed, 2f 1h bath	6	\$499,999	\$572,000
72475965	66 Marshall Street U:A	4 room, 2 bed, 1f 1h bath	6	\$595,000	\$641,000
72463960	2 Snow Terrace	7 room, 3 bed, 2f 1h bath	7	\$685,000	\$715,000
72361444	23 Glendale Ave	8 room, 5 bed, 2f bath	276	\$800,000	\$750,000
72455592	33 Avon Street	8 room, 3 bed, 2f 1hbath	61	\$1,399,000	\$1,380,000
Recent Condominiums Sold in Somerville Over the Past Month:					
		- · · ·	5.014		

MLS#	Address	Description	DOM	List Price	Sale Price
72464755	56 Line Street U:1	8 room, 3 bed, 3f bath	3	\$1,085,000	\$1,200,000
72448116	40 Harvard St U:2	7 room, 4 bed, 3f bath	27	\$1,099,900	\$1,085,000
72403300	12 Columbus Ave U:12	7 room, 4 bed, 2f bath	199	\$1,145,000	\$1,100,000
72485889	35 Woodbine Street U:35	6 room, 3 bed, 2f 1h bath	7	\$1,148,000	\$1,155,000
72476091	5 Elmwood Street U:1	6 room, 2 bed, 3f bath	7	\$1,175,000	\$1,195,000
72458234	33 Bay State Ave U:2	7 room, 3 bed, 2f 1h bath	29	\$1,190,000	\$1,141,500
72418896	9-11 Sherman Ct U:9	7 room, 4 bed, 3f 1h bath	159	\$1,299,900	\$1,250,000
72460554	22 White Street Place U:2	7 room, 3 bed, 3f 1h bath	31	\$1,419,000	\$1,380,000



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

MLS#	Address	Description	DOM	List Price	Sale Price
72322821	46-48 High Street	11 total rooms, 5 total bedrooms 2 Family	368	\$1,250,000	\$1,100,000
72476211	78 Morrison Avenue	12 total rooms, 3 total bedrooms 3 Family	15	\$1,350,000	\$1,400,000
72452986	30-32 Whitman St	14 total rooms, 6 total bedrooms 2 Family	51	\$1,374,900	\$1,342,500
72487492	94 Albion Street	10 total rooms, 5 total bedrooms 2 Family	20	\$1,398,000	\$1,400,000
72497854	11 Preston Rd	17 total rooms, 7 total bedrooms 3 Family	9	\$1,500,000	\$1,500,000
72469003	242 Broadway	21 total rooms, 9 total bedrooms 4 Family	31	\$1,649,999	\$1,560,000
72463745	65-69 Adams Street	36 total rooms, 18 total bedrooms 5-9 Family	21	\$3,650,000	\$3,200,000

# **Nuts galore**

'Armadillo's Picnic' and other 'Tasty' snacks at the Washington St. Gallery

#### By Nancy Kalajian

A busy ant farm hanging on a wall encased in a greenhouse with anteaters getting ready to make their move – this assemblage caught my eye as I strolled through the curious *Tasty* art exhibited in the small Washington St. Gallery, close to Union Square in Somerville.

How two tiger eyes were transformed into armadillos is a study in perseverance, love of nature and creativity. Artist Judith Winters happily shared the inspiration and techniques behind her original creation. "It was about 15-20 years ago when I got two tiger eye stones. I carved them into armadillos. When I was polishing the first one, it flew out of my hands and jerked away. I was using a flexible shaft rotary drill. The little guy got broken so I had to keep carving it until he was right but very small."

Then, long ago, she carved the larger second stone but was afraid to polish it. "I didn't want it to break so years later this *Tasty* show was a good excuse to polish it," she continued. Filled with pride and affection, the artist even named her armadillos. "Armand is smaller than a filbert nut and Almondine is the larger one," Judith shares as she points to each of her friends.

In her aptly entitled assem-

blage, Armadillo's Picnic, you can easily imagine the active ants soon meeting their demise, to be devoured by the "sweet" appearing Armand and Almondine.

While a member of the Cambridge Art Association, Judith won a prize for another assemblage she created long ago. Currently a Museum Attendant at the Harvard Art Museums, artist Winters has a true fondness for nature and its offspring, and over the years has even made and sold oversized papier-mâché lemurs. One still resides in a Somerville home.

Other unique snack-related or inspired items, from a clay ruffles chips bag to 2 D renditions of ice cream were also on display at this year's Tasty: A Group Art Show About Snacks on view for two weeks in July. "I was happy with the range of mediums and subjects for this show. I like having a 'fun' theme for an art show that's open to interpretation so that people can be light with it," exhibit Curator Maggie Cedarstrom remarked. Her own artworks, titled ruffles and meat and cheese, were also in the show.

Additional *Tasty* artists exhibiting in various media included Jill Comer (99 cents), 2 D ice cream-related art with Kerrie Kemperman (you took too big a bite) and Bridget Harvey (it's melting), Marvin Smith (she's got



The area's top creative minds took a bite out of the Washington St. Gallery's recent themed exhibition, Tasty, exploring artistic interpretations of the snackable side of life. — Photo by Nancy Kalajian

the juice), Marysara Naczi (death by chocolate), Scout Perry (Sandwich Times), Vanessa Marcoux (tension and discreet), Rodney Teiko Walkes (Adam and Steve), Catherine Aiello (Different Ways to Spend the Same Amount of Money) and Lee Kilpatrick's photograph (Cheese Nip Bride). This year's show inspired viewers to think about snacks in a visual, esoteric and cultural manner. At the opening reception on July 19, edible art was also available for immediate consumption including a theme-related stunning carrot cake decorated by Artist Winters that featured dark jimmies (ants), walnuts (hill) and two types of plastic (non-consumable) anteaters (tamandua and giant anteater). Creamsicles, chips, and sodas were on hand, and even a unique centerpiece – a Jackson Pollack-like flattened, inspirational painted slate of candy by artist Morgan Meagher – was broken up during the reception with "a-peal" for many patrons who enjoyed and gradually digested this artistic and tasty rendition.

Artists from the Washington Street Studios also exhibited at last summer's *The Beer Show*, held at the Washington Street Gallery as well as the Cutter Gallery in Arlington.

Might you have an appetite for what may be in store for next year's theme? Sometime within the next year, the artists will get together to brainstorm ideas and announce the next theme.



#### Sous Vide Chicken Breast

A while back, I wrote an article about the technique of Sous Vide cooking. Click on the link for more in depth inragon sprig and a slice of lemon on each piece. Be sure not to overlap the chicken. Either vacuum seal or use the water displacement method.

Once the water comes to temperature, submerge the chicken completely and cook for two hours. Once they are cooked, remove the bag(s) from the water and place into an ice bath for 15-20 min.

#### lemon on verlap the or use the



formation, https://www.thesomervilletimes.com/archives/79454. In case you're new to it, or are thinking about getting into it, I thought I would share a recipe that I use quite often. This can either be served hot or cold. I use it mostly for salads.

2-4 Chicken Breasts, Boneless & Skinless

1 Lemon, Sliced into1/4" rounds 2-4 Fresh Tarragon Sprigs 1/2 Teaspoon Salt, per 2 Breasts

Set up your sous vide bath and set temperature to 146° F. Season the chicken with salt. Place two pieces of chicken in one bag, along with a tarEither store in the refrigerator or if using right away, remove the chicken from the bag and remove the tarragon sprigs and lemon, then pat dry with a paper towel. Chop it into bite size pieces. Season with salt and pepper.

The chicken comes out nice and juicy. Add it to your favorite mixed greens, Waldorf salad, or just make chicken salad for a sandwich.

If you plan on making the chicken salad, mix 1/2 cup of mayonnaise with a tablespoon of fresh chopped tarragon and a squeeze of lemon juice,



salt and pepper. Blend well and toss the chicken with the amount of mayonnaise preferred.

To add even more texture and a hint of sweetness, add some slivered al-

monds and some grapes halved. Serve on a multigrain bread.

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



# Six free services at Somerville-Cambridge Elder Services

#### By Nathan Lamb

They say the best things in life are free, and the same goes for many of the services and programs offered at Somerville-Cambridge Elder Services (SCES).

As a state and federally designated elder services access point, our mission is helping people live in the setting of their choice, which is usually their own home. We offer a wide range of programs to help with that goal. Some are free and available for the general public, others are free for those who meet eligibility requirements.

Here's a quick rundown of the most popular free services at Somerville-Cambridge Elder Services:

#### Advice and Guidance

Aging can be complicated, and the same often goes for the network of programs and services that can help. Our Aging Information Center is here to answer questions about aging, disability, or caregiving. Our Elder Care Advisors are experts on these topics, and provide unbiased information and guidance about resources at the agency and in the community. In many cases they can also screen for eligibility and connect people with helpful programs.

# MassHealth and Medicare support

SCES provides assistance with Medicare and MassHealth applications through the SHINE (Serving the Health Insurance Needs of Everyone) program. SHINE runs on highly trained volunteers and can be immensely helpful during Medicare Open Enrollment or when putting together some MassHealth applications.

#### Nutrition Assistance

Malnutrition is a common problem for older adults, and SCES offers several programs that can help.

Meals on Wheels provides home delivery of hot and cold meals, with vegetarian, Caribbean, and Portuguese menus available. We also provide specialized meals for a variety of needs, though a doctor's note is usually required. This program is free for eligible participants, with a suggested donation of \$1.50. SCES also provides congregate meals, grocery supplements, nutrition supplements, and nutrition counseling at no cost for eligible participants.

#### Caregiver Support

SCES offers several programs that can assist caregivers.

Savvy Caregiver is a training program that helps family caregivers who are assisting loved ones with dementia. Held a couple of times each year, this course is a combination of lecture and developing practical strategies with the family caregivers.

Adult Family Care supports caregivers who are assisting eligible people who cannot live alone. The program provides compensation, training, and paid time off for caregivers. However, the person receiving that maximize independence and quality of life. This program offers information about services, educational programs, and short-term individual or family consultation.

The Cambridge Connections Memory Café is a free monthly social event, which provides inclusive activities in a safe space for people with memory loss/forgetfulness and their caregivers.

#### **Medical Advocates**

The Medical Advocate program helps older adults navigate medical appointments in two important ways. First, volunteers help schedule and accompany older adults to appointments. They also play an important role during the appointment, helping older adults keep track of medical issues, and offering emotional support concerning medical issues when needed.

#### Home Care assistance

The Home Care program provides many forms of in-home help, all at no charge for eligible participants. The goal of Home Care is to identify unmet needs and coordinate services to help people live safely in their homes. Common Home Care services include personal care, food shopping, home safety housekeeping, adaptations, laundry, meal prep, transportation, and access to adult day programs. Home Care is provided at no cost for Mass-Health eligible participants,

with a sliding fee scale for

those outside the MassHealth

This is just a quick roundup

eligibility requirements.



Director of Outreach and Community Relations at Somerville-Cambridge Elder Services Nathan Lamb.

of some of our most popular free services. For more information, or a full listing, contact our Aging Information Center at 617-628-2601 or online at Eldercare.org.

Nathan Lamb is Director of Outreach and Community Relations at Somerville-Cambridge Elder Services (SCES), a non-profit agency that supports the independence and well-being of older people in Somerville and Cambridge. For more information, visit eldercare.org, follow

us on Facebook and Twitter, or

contact the SCES Aging Infor-

mation Center at 617-628-2601

for free advice and guidance.



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Backyard BBQ's, Christenings,

care must be MassHealth-eligible and cannot be a spouse or legal dependent.

Family Caregiver Support helps caregivers identify services

# Soberville CONT. FROM PG 3

There are many recovering alcoholics enjoying life without a drink or a drug. These same alcoholics help the newcomer and beginners achieve and enjoy sobriety. It works if you

g work at it.

AA is a godsend for millions fighting the disease of alcoholism. Imagine if there were programs that sufferers of other diseases could go to and be kept healthy by merely going 1 to meetings and sharing their 1 strength, hope and experiences. Death by alcohol is a sad and 6 painful thing for the drinker t and their families who often 6

have run out of ways to try to help. There is hope. God bless my old friend Bill and all my friends struggling with addiction. Alcoholics Anonymous: 617-426-9444. Graduations, Bereavements, Anniversaries, Bridal & Baby Showers, Pig Roasts, Retirement Parties, Birthday Parties, Holiday Parties and more!

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# COMMENTARY

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

# No child in Somerville should go hungry



#### By Joseph A. Curtatone

One in three low-income households reports not having enough food when children are home over the summer, and two out of three have to make tough choices between buying food and covering other important expenses like utilities or medical bills. While those are national statistics we know that there are families in Somerville having to make those same choices. This shouldn't be the case and, as a community, we need to work together to address childhood hunger.

The Somerville Public Schools provides free lunches and breakfasts to any student who qualifies for free or reduced lunch, which covers up to ten meals a week for students. But during the summer, weekends, and other school breaks students may not have access to those meals and providing them could be beyond their families' budgets. Out of our 5,000 students, we know around 60% qualify for free and reduced lunch and may not be getting as many meals outside of school.

I don't think any of us need studies to know that childhood hunger is a problem, but the research shows that it can have long-term effects on students' education and health.

Hungry students don't perform as well as their peers at school and often need more help recovering from "summer learning loss." Studies have found that students dealing with food insecurity come into the new school year two months behind their peers in reading. Over time, that adds up and by fifth grade those students could be three grade levels behind. Part of making sure that our students are getting a good education includes making sure they're not hungry and able to focus on learning.

Young people dealing with

food insecurity are also more likely to have physical and mental health issues that can keep them out of school and put a strain on families' already tight budgets. Children experiencing hunger also recover from illnesses more slowly and are hospitalized more than those with access to enough food. They are also more likely to have behavioral problems and anxiety.

We want to set our students up for success, which means making sure they have access to nutritious meals both in and out of school. This July, the Somerville Public School's Food and Nutrition Services Department served just under 1,900 free meals a day to kids across Somerville. The Summer Meals Program, which serves free breakfasts and lunches at sites around the city in July and August, is one of a growing number of strategies the City and Schools is using to make sure all young people in Somerville have year round access to healthy meals.

We know we're not reaching every child who needs help, which is why we are always looking at ways to make sure our young people have enough to eat. Nutritional Services staff reviews the locations where the Summer Meals Program serves breakfasts and lunches and tries to identify where kids are most likely to be. They also coordinate with Recreation and other school programs to make sure those students have enough to eat.

Because of its length, summer break is an obvious time when families may need help with food, but there are also students who aren't getting enough to eat over weekends and shorter breaks during the school year. To help bridge that gap, a group of volunteers partnered with Shape Up Somerville and Cambridge Health Alliance to start the Backpack Program in 2014. The program was recently taken over by the non-profit group Food for Free and sends home two breakfasts and lunches with each participating pre-k through eighth grade student for the weekends. Participation varies, but the program has served up to 325 students in a week.

Somerville and the Somerville Food Security Coalition released the Somerville Food Plan, which includes recommendations for increasing food access based on findings in last year's Community Food System Assessment. The plan includes suggestions for how the City, schools, and the community can work together to make sure students have access to food outside of school. Suggestions include getting more students into afterschool programs where they can get meals, expanding the Summer Meals program to include dinner, and identifying funding that can help with these efforts. We'll be reviewing all these ideas, as well as continuing to look for new ways to make sure all of our students are getting enough to eat every day.

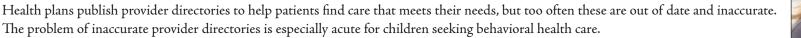
Unfortunately, child hunger is a subset of a much larger hunger problem. If you or someone you know is struggling with hunger, please visit the Somerville Food Security Coalition website at www.somervillefoodsecurity.org. The website includes lists of resources, community meals, and food pantries.

Earlier this year, Shape Up

# 'Provider Directories' bill Included in Children's Health Package

Massachusetts State Representative Christine Barber's bill to require health plans to regularly update their provider directories was included in a bill passed unanimously in the House of Representatives this week.

Speaker Robert DeLeo's package related to children's health and well-being included a policy initiative championed by Representative Barber (Somerville and Medford). "People seeking health care are often unable to find a provider that meets their needs because of outdated and unclear provider directories," Rep. Barber explained. "This initiative will help people find the right health provider through better access to accurate information from their health plan."



The children's health bill also included provisions to address children with medically complex needs, health coverage for children aging out of the foster care system, improving school-based health centers, and a program for regional behavioral health resource centers.

"I am thankful to everyone who worked on this issue, from my colleagues to community partners," Rep. Barber said. "Making it easier for children and families to find care through accurate information, and supporting children's health care reduce health disparities and delays in care and improve health outcomes. I am proud that the House took this step today." — Office of State Rep. Christine Barber



# 2019 municipal election schedule and voter registration deadlines

This fall, Somerville voters will have the opportunity to cast ballots for Mayor, Ward City Councilor, City Councilors-at-Large, and School Committee members. A preliminary election for Mayor and Ward 3 School Committee, similar to a primary election, is scheduled for Tuesday, September 10. On this date, voters will be voting to narrow down the Mayoral candidates to two candidates, and the Ward 3 School Committee candidates to two candidates. This is a nonpartisan preliminary and all voters may vote for any candidate running for either office. The general election will be on Tuesday, November 5.

A person may register to vote in Somerville if they are a United States citizen, a resident of Somerville, and will be18 years old on or before Election Day. To vote in any primaries and elections, residents must be registered no later than 20 days before, which sets the following deadlines for this year's elections:

• Preliminary election deadline to register to vote: Wednesday, August 21

• General election deadline to register to vote: Wednesday, October 16

You can find information about registering to vote and where you vote by visiting www.somervillema.gov/elections. For any questions, please contact the Elections Department at 617-625-6600 ext. 4200 or elections@somervillema.gov.



# COMMENTARY

# SIGNS OF THE TIMES

**Illustrated by Jim Clark** 



# **Our View Of The Times**

The City of Somerville recently passed an updated Tree Preservation Ordinance, setting guidelines and certain restrictions for homeowners and developers to cut down trees on their private property.

Somerville property owners must apply for a permit to take down any tree over eight inches in diameter, which is considered a "significant" tree.

According to the city, the permit appli-

#### Newstalk CONT. FROM PG 2

Prevention & Naloxone Administration training led by Somerville Prevention. This event is open to all Somerville residents or businesses looking to increase their ability to understand, recognize, and respond to a potential overdose. RSVP to Prevention Services Manager, Matthew Mitchell, at mmitchell@somervillema.gov. \*\*\*\*\*

Join Mayor Joseph A. Curtatone and

cation process requires property owners to include a plan showing the location, species, and DBH (diameters) for each tree on the property and must indicate clearly which trees are to be removed.

A replacement planting plan is also required, where plantings have to match the removals. If the property owner takes down a tree twelve inches in diameter, there must be a plan to

plant younger trees whose diameters total 12 inches.

The purpose of the ordinance is multi-faceted. On the one hand, it will help perpetuate the green spaces in the city, and on the other hand hinder the practice of "flipping" properties by over-eager developers.

While all of this seems good for the welfare of the city, for some it is also an

annoyance. Some folks are ill equipped financially to adhere to the letter of the ordinance. Some are just plain put out that there is so much regulation of what they feel ought to remain their own business.

Whatever the consensus, it is now the law of the land. So enjoy the cool shade of the trees around us and know that there will be plenty more around for us to enjoy in the future.

zone adjacent to the library to construct ley. Elizabeth will talk about the scipermanent utilities and foundations for ence and business of producing locally the eastern wing of the new school. Ligrown mushrooms. The program will brary patrons will need to use on-street include demonstration of mushroom parking in the area for the foreseeable cultivation techniques you can try at future. Two parking spaces on Highland home such as tissue culture, grow kits, Ave. at Walnut St. will be reserved for and log inoculation. This evening is people with disabilities. To learn more for those who support our local food system, foodies who love mushrooms, about parking on and around Central Hill, join city staff for the next quarterand life-long learners who are curious ly meeting on the subject on Thursday, about the science of mushrooms. There will also be our usual plant roundtable and raffle. All Somerville Garden Club meetings are free and open to the public. Meetings are held 7:00 - 9:00 p.m. at the Tufts Administration Building (TAB), 167 Holland Street, second floor, wheelchair accessible. Parking is available, and the building is a ten-minute walk from the Davis Square MBTA stop. For additional information please visit www.somervillegardenclub.org. \*\*\*\*\*

page and let them know you are coming. \*\*\*\*\*

This week's SomerMovie on August 8 will be Superman II (1980) It is a free, family-friendly film. All movies start at sunset and will be shown at Seven Hills Park in Davis Square. Visit the city's website for a full schedule of upcoming movies. www.somervillema.gov.

\*\*\*\*\*

The Somerville City Club manager

Somerville Public Schools Superintendent Mary Skipper for a "topping off" ceremony at Somerville High School on Monday, August 12, at 2:30 p.m. on the SHS concourse. This celebration marks a major milestone in the construction of the new high school when the final steel beam of the new building's western wing - and the highest point of the new school - will be set into place. A second ceremony will be held later this year when the final beam of the new eastern wing is installed.

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

To advance construction of the new Somerville High School (SHS), parking will no longer be available along the Central Library driveway off of Highland Ave. starting Monday, August 12. City contractors will establish a new work

August 15, from 6:30 to 8 p.m. in the Winter Hill Community School cafeteria, 115 Sycamore St. There is also a form on somervillema.gov/shsparking where community members can submit questions or comments. For more information about SHS construction, visit somervillema.gov/highschool.

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

The next Somerville Garden Club meeting will take place Wednesday, August 14, from 7:00 to 9:00 p.m. This month's topic is Local Mushrooms: How do they grow? This talk will be presented by Elizabeth Almeida, owner and farmer at Fat Moon Mushrooms, a local farm that supplies gourmet, organic mushrooms to the finest restaurants, grocery stores, and farm stands in the Merrimack Val-

The Friday Night Fight this year is scheduled for Saturday, August 17, at Dilboy, hosted by Somerville Youth Development & Boxing Club, located at 18 Otis Street. The event starts at 5:00 p.m. and will run most likely to 10:00 p.m. Tickets will be on sale shortly. Meanwhile, you can go to their Facebook Donny Johnson is looking all the time for new members to join the club, if you think you'd be interested give him a call at 617-623-9340. It's a great local club for the residents of Somerville, and has been around now for over 40 years, their location on Innerbelt Road. Call and ask for details at 617-623-9340.

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

In its 24th year, the Somerville 5K has hit a detour. Major road closures throughout Somerville have necessitated a temporary detour to Arlington. The race will be held Sunday, October 6 at 9:00 a.m. at the back of Arlington High School. This is a major fundraiser for SHC and we can't afford to "miss a step" in getting everyone out to the race. For more info, visit https://www.somervillehomelesscoalition.org/events/.

# The Somerville Times

# Martha Friend's fantastic multicolored glass menagerie

#### CONT. FROM PG 1

her next project, Sapphire City. It sits in front of Friend's home, a sea of sparkling blue glass, for all of Somerville to see.

"I get a lot of encouragement from people. People seem to enjoy it. They will be walking by, and I get a lot of compliments. People clearly take pleasure in it. You know, it makes them happy," Friend said and smiled. "So it has encouraged me to continue. Some people stop and they look, and people pull over. If I'm out there working, people stop and chat with me. It's clearly something that people enjoy, and that has been really encouraging. That's what art should do. Right? Art should put people in a good mood or make people happy. Give people something that they can relate to? I think so."

Friend says she loves to open all of the windows and leave her front door open a crack so that she can hear all of the passersby comment on her house while she works in the kitchen or reads in the living room.

"I hear people talking. People walk by and they pull over and get out of their cars," She said. "They take pictures. It's so clear from their conversation that I can hear. They can't see me watching them, but I can see them. And It's so clear that it makes them happy, kind of gives them a boost. That's pretty cool, right?"

Despite all of the attention that her house has received, Friend said she hasn't heard any negative comments.

"If you can make something that people can relate to just on this kind of whimsical, visceral level, nobody complains about it," she said. "If there are people who think bad things, I don't hear it."

All of the positive feedback encouraged Friend to continue to create new installations for her home which has become a local landmark. After *Emerald City* and *Sapphire City*, Friend added *Are you my Mother?*, and then *Teapot Graveyard*, *Dance Party*, *Babies on Horseback*, and so on.

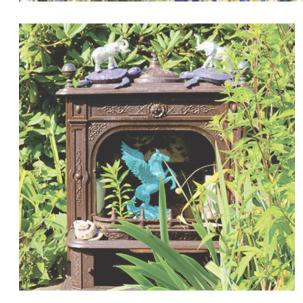
"You know, one thing led to another," she said about how her home became a sort of make-shift art museum.

Friend has always been what she calls a "found object artist." She collects interesting objects –like plastic horses and baby statues – that she finds at thrift stores, flea markets, and even the street to build dioramas and other types of art installations. Her work is often featured at Somerville Open Studios.

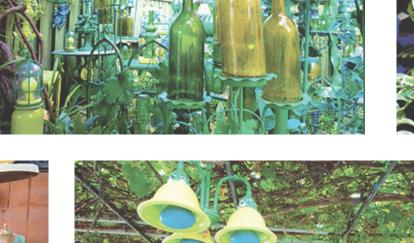
Outside of found object art, Friend loves to take photographs, collect a variety of objects, cook, travel and garden. She says she spends approximately 15 hours a week working in her garden.











































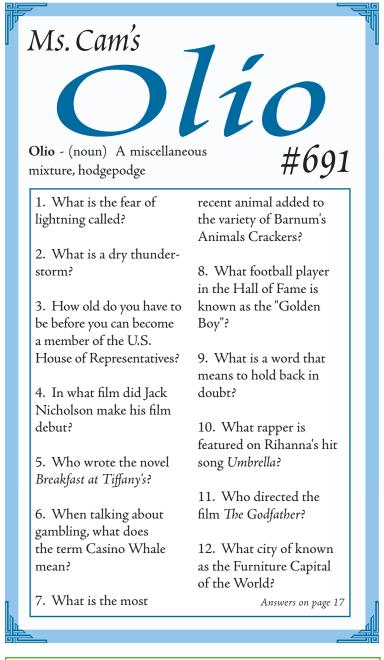


# **Outstanding students win** Somerville Math Fund scholarships

The Somerville Mathematics Fund recently announced the winners of their renewable mathematics scholarships for 2019. The Math Fund was founded to celebrate and encourage math achievement and these students deserve to be celebrated for their work in math and science while in high school. Thanks to the generosity of many individuals and a few organizations, this year we were able to award a record nine

ss Amherst; Charlotte Kafka-Gibbons, University of Toronto; Max Nadeau, Harvard College; Bishan Rai, Syracuse University: Isabel Silva, Northeastern University; and Robert McCarthy's choice remains a deep dark mystery.

Their annual scholarships of \$1000 are renewable for up to a total of four years as long as they maintain a B average and take mathematics or courses which use mathematics.



# Monica Fernandes, Jay Landers and Julie Schneider congratulate Charlotte Kafka-Gibbons, Ben Botner, Henry Zou, Max Na-

deau, Robert McCarthy, Bishan Rai, Simran Jeet, Isabel Silva on winning Somerville Math Fund renewable scholarships for outstanding work in math and science.

Count on Yourself Scholarship. One of the scholarships was given in the memory of an outstanding woman mathematician, Dr. Alice T Schafer. Monica Fernandes award the Alice T Schafer Scholarship to Charlotte Berce Kafka-Gibbons. Charlotte is planning on majoring in neuroscience. Dr. Schafer (1915 - 2009) was orphaned as an infant and raised by two aunts. When she went to college at the University of Richmond of Virginia, women students weren't allowed in the library and she was discouraged from majoring in mathematics. She won prizes, earned a PhD, taught at colleges (including Wellesley) and among the things she is known for is helping start the Association for Women in Mathematics (1971).

Less known about Dr. Schafer was her role helping to start the Somerville Mathematics Fund in 2000, attending all of the planning meetings and contributing to their work as long as she was able. She is remembered for her passion and work to insure mathematical opportunities tor women. Since Dr. Schater was committed to the education and supporting women in mathematics, Charlotte's interest in studying the brain with a major in neuroscience is a wonderful way to honor Dr. Alice Schafer's memory. Jay Landers awarded Max Nadeau the Lt. Catherine M. Landers Scholarship. Max is planning on majoring in computer and data science to apply artificial intelligence to solving environmen-

tal problems. When Lt. Landers (1920 - 2012) wanted to go to nursing school (graduating in 1942), her grandmother opened a cedar chest were she had been saving dollar bills to help pay for her granddaughter's education. Lt Landers won a Bronze Star for her service during WW2, where she ran a field hospital outside Paris. She was about to be shipped to the far East when WWII ended and so she boarded a transport ship for the USA instead. Jay Landers and Jasper Lawson donated a scholarship in her memory, honoring her commitment to education. Max's interest in solving environmental problems is a wonderful way to honor Lt. Landers' commitment to education.

Julie Schneider awarded Isabel Silva the Falstein-Schneider You Can Count on Yourself Scholarship, which Falstein and her partner Julie Schneider created to recognize outstanding local math students. As Falstein wrote, "We are delighted to offer this scholarship to honor our families and the philosophy we believe promotes success in understanding, appreciating, and using mathematics." Falstein also wrote, "We value Somerville, and believe in the potential of our young people to make the world a better and more peaceful place for everyone. We hope this small contribution is helpful to this talented Somerville resident. You Can Count On Yourself is the sub-title of a Falstein-authored text that serves as the curriculum for a math program she created at UMass Boston. The phrase describes the theory behind the program empowering adults to develop a foundation in understanding basic mathematics. People who understand math notation and expect it to make sense, are more likely to enjoy and achieve success using the language of quantification. Isabel Silva is planning on becoming a math teacher. What better way to honor Falstein who developed this curriculum to help her math students at UMass Boston?

The Somerville Mathematics Fund was chartered in 2000 to celebrate and encourage achievement in mathematics in the city of Somerville, Massachusetts. In May 2011, it was recognized as the outstanding Dollars for Scholars Chapter in New England. Since its founding in 2000, it has awarded \$356,000 in mathematics scholarships to outstanding Somerville students.

Next fall, The Somerville Mathematics Fund will be seeking applications from teachers who teach in the city of Somerville who would like funding for classroom mathematics activities. In October, the Math Fund will also be seeking high school students to compete in the annual Scrapheap Showdown. For more information, to volunteer, or to make a tax-deductible contribution, please contact Erica Voolich (617-666-0666 or mathfund@gmail.com) or go to www.somervillemathematicsfund.org.

and speak to the Assignment Editor

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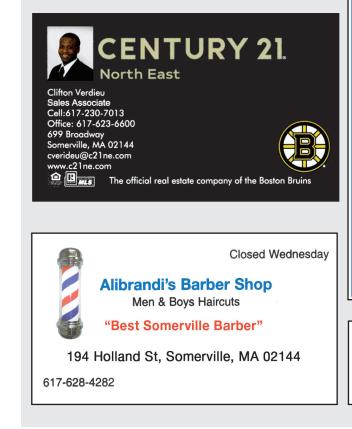
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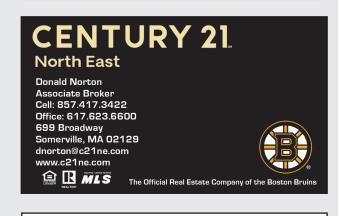
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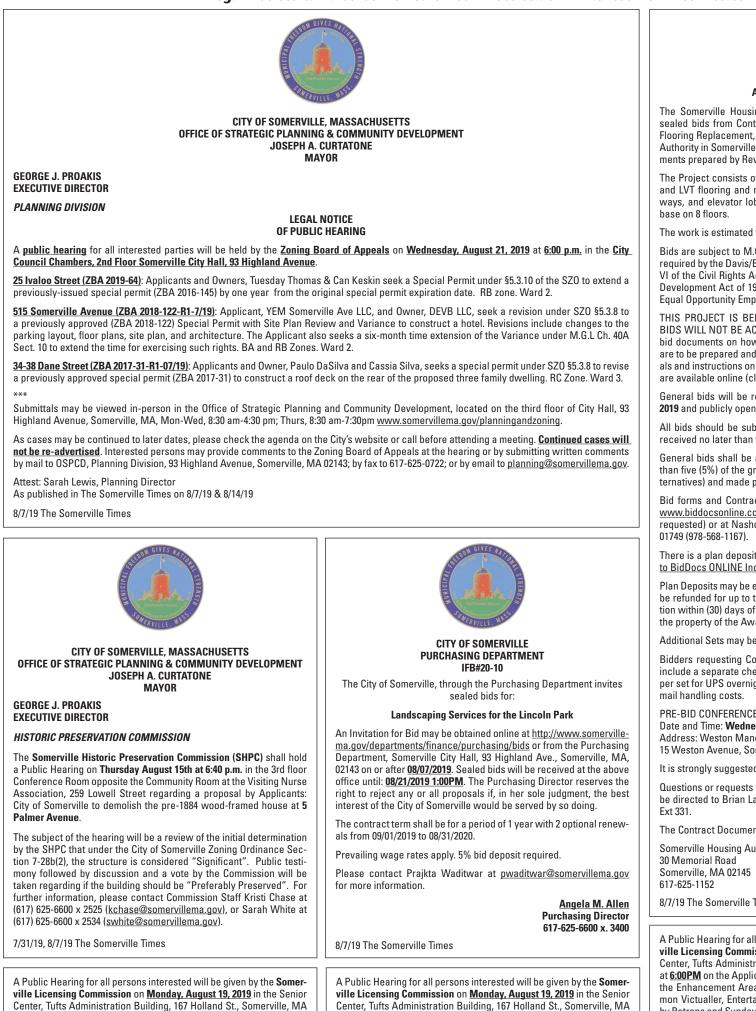
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Section 00.11.13

**ADVERTISEMENT TO BID** 

The Somerville Housing Authority, the Awarding Authority, invites sealed bids from Contractors for the Weston Manor Common Area Flooring Replacement, SHA project #1824, for the Somerville Housing Authority in Somerville Massachusetts, in accordance with the documents prepared by Reverse Architecture dated August 1, 2019.

The Project consists of: Removal and replacement of existing carpet and LVT flooring and resilient wall base in the common areas, hallways, and elevator lobbies with new LVT flooring and resilient wall

The work is estimated to cost \$ 69,150.

Bids are subject to M.G.L. c.149 §44A-J & to minimum wage rates as required by the Davis/Bacon Wage Rate. The project is subject to Title VI of the Civil Rights Act of 1964, Section 3 of the Housing and Urban Development Act of 1968 and the Somerville Housing Authority is an Equal Opportunity Employer.

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

General bids will be received until 2:00 pm on Thursday, 22 August 2019 and publicly opened online forthwith.

All bids should be submitted online at www.biddocsonline.com and received no later than the date and time specified above.

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

Bid forms and Contract documents will be available for pick up at www.biddocsonline.com (may be viewed electronically and hardcopy requested) or at Nashoba Blue, Inc. at 433 Main Street, Hudson, MA

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

Plan Deposits may be electronically paid or by check. This deposit will be refunded for up to two sets upon return of the sets in good condition within (30) days of receipt of bids. Otherwise the deposit shall be the property of the Awarding Authority.

Additional Sets may be purchased for \$50.00.

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

PRE-BID CONFERENCE / SITE VISIT: Date and Time: Wednesday, August 14 at 10:00AM Address: Weston Manor, Entry Lobby 15 Weston Avenue, Somerville, MA.

It is strongly suggested all prospective bidders attend the site visit.

Questions or requests for an appointment to see the work site should be directed to Brian Langton at brianl@sha-web.org or 617-625-1152,

The Contract Documents may be seen, but not removed at:

Somerville Housing Authority	Nashoba Blue Inc.
30 Memorial Road	433 Main Street
Somerville, MA 02145	Hudson, MA 01749
617-625-1152	978-568-1167

8/7/19 The Somerville Times

A Public Hearing for all persons interested will be given by the Somerville Licensing Commission on Monday, August 19, 2019 in the Senior Center, Tufts Administration Building, 167 Holland St., Somerville, MA at 6:00PM on the Application of an All Forms 7 Day Alcohol License for the Enhancement Area, for Gorakhali LLC d/b/a Darbar Grill, a Common Victualler, Entertainment by Devices License, an Entertainment by Patrons and Sunday Hours Licenses for 236 Elm St., Somerville, MA

> For the Commission Christonher Allen Joseph P. Lynch Jr. John J. McKenna

Change of Officers/Directors/LLC Managers for Prospect Hill Pro	per-
ties d/b/a The Independent for 75 Union Sq., Somerville, MA	

at 6:00PM on the Application of a Transfer of Stock, a New Stockholder, Pledge of License, Pledge of Inventory, Pledge of Stock and

> For the Commission Christopher Allen Joseph P. Lynch Jr. John J. McKenna

Attest: Lori Batzek Administrative Assistant

8/7/19 The Somerville Times

A Public Hearing for all persons interested will be given by the Somerville Licensing Commission on Monday, August 19, 2019 in the Senior Center, Tufts Administration Building, 167 Holland St., Somerville, MA at 6:00PM on the Application of a Transfer of Stock, a New Stockholder, Pledge of License, Pledge of Inventory, Pledge of Stock and Change of Officers/Directors/LLC Managers of Stock for Union Square Group, Inc. d/b/a Brass Union for 70 Union Sq., Somerville, MA

> For the Commission Christopher Allen Joseph P. Lynch Jr. John J. McKenna

Attest: Lori Batzek Administrative Assistant

8/7/19 The Somerville Times

For the Commission Christopher Allen Joseph P. Lynch Jr. John J. McKenna

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A Public Hearing for all persons interested will be given by the Somerville Licensing Commission on Monday, August 19, 2019 in the Senior Center, Tufts Administration Building, 167 Holland St., Somerville, MA at 6:00PM on the Application of a Transfer of Stock, a New Stockholder, Pledge of Stock, Change of Ownership Interest, Change of Stock Interest and a Change of Manager for Rockwell Restaurant Group d/b/a Foundry on Elm, Saloon Davis, The Rockwell Theatre for 255 Elm St., Somerville, MA

at 6:00PM on the Application of an Entertainment by Devices License,

for Fortissimo Coffee House Inc. d/b/a Fortissimo Café, for 75 Bow St.,

For the Commission **Christopher Allen** Joseph P. Lynch Jr. John J. McKenna

Attest: Lori Batzek **Administrative Assistant** 

8/7/19 The Somerville Times

Somerville, MA

8/7/19 The Somerville Times

# Beacon Hill Roll Call

replacing or updating of a faulty or discharging septic system. Rep. Paul Schmid (D-Westport) filed the bill to prevent further nitrogen pollution due to run off from these systems.

"Nitrogen pollution is putting our waters in peril by encouraging algae growth and some communities, like Westport, are under court order to clean up their waterways," said Schmid. "Faulty or discharging septic system are an integral contributor to the problem."

#### ALLOW SPOUSES TO BE CAREGIVERS (S 28)

- The Committee on Children, Families and Persons with Disabilities has given a favorable report to and recommended passage of a bill allowing spouses to serve as paid caregivers for their partner living with a disability covered by MassHealth, the state's Medicaid program that provides health care for low-income and disabled persons. Currently, other family members including siblings, children, grandchildren, aunts, uncles, nephews and parents are already considered eligible caregivers under MassHealth rules. MassHealth says that spouses are currently not included because they are considered "legally responsible" for the care of their spouse. However, 15 states, covering 42 percent of the national population, do allow this under federal authority.

"I'm pleased that this important bill was approved by the Joint Committee on Children, Families and Persons with Disabilities," said Sen. Jo Comerford (D-Northampton), the sponsor of the measure. "Making this simple change to our MassHealth program will not only affect care, it will likely yield budgetary savings. More importantly, it reflects our basic societal commitments to empowering people with disabilities, working for the economic security of families, and valuing the human compassion and love shared by spouses."

"We are facing a significant crisis in our ability to recruit and retain enough home care workers to meet the needs of older adults and persons with disabilities," said Mass Home Care's Executive Director Lisa Gurgone. "This bill will allow MassHealth to compensate spouses will-

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continued from page 7

ing and able to provide loving care to their partners."

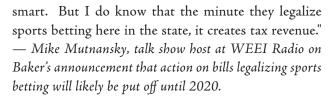
#### **QUOTABLE QUOTES**

"This year alone in Massachusetts, over 40,000 people will be diagnosed with cancer. We owe it to them - and to everyone at risk of developing this disease - to do everything in our power to prevent cancer and improve access to screenings and treatment." - Marc Hymovitz, director of government relations for the American Cancer Society Cancer Action Network, on a new report that Massachusetts is leading the nation when it comes to implementing policies and passing legislation to prevent and reduce suffering and death from cancer.

"Combatting climate change means we have to break our dependence on fossil fuels and go electric. Traditional buses are a menace, spreading toxic pollution in our communities and making people sick. These buses are a good first step in the MBTA's promise to provide a 100 percent electric fleet, and that transformation needs to happen much faster than is planned." — Staci Rubin, Senior Attorney at the Conservation Law Foundation on the MBTA's debut of three new zero-emission electric buses on the Silver Line.

"This legislation is a much-needed update to the way consumers receive digital entertainment streaming services. Multimillion-dollar media companies are using our public rights of way to deliver their product yet are not paying their fair share for that use." — Rep. Paul Mc-Murtry (D-Dedham) on his legislation that would impose a fee on digital streaming providers like Hulu and Netflix equal to 5 percent of the revenue those companies earn in Massachusetts. The switch by many consumers from traditional cable to these streaming services has resulted in a loss of revenue that is given to local community media centers which are an important resource to local public, educational and government news and information.

"I know [Gov. Baker is] in D.C. trying to get wind farms off the Cape approved to put in ... admittedly, I have no idea what the hell wind farms do. I'm not Bob Katzen welcomes feedback at bob@beaconhillrollcall.com



#### 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 July 29-August 2, the House met for a total of seven hours and 25 minutes while the Senate met for a total of eight hours and 21 minutes.

Mon. July 29	House 11:02 a.m. to 12:45 p.m. Senate 11:04 a.m. to 4:59 p.m.
Tues. July 30	House 11:01 a.m. to 11:06 a.m. No Senate session
Wed. July 31	House 11:08 a.m. to 4:36 p.m. No Senate session
Thurs. Aug 1	House 11:06 a.m. to 11:15 a.m. Senate 1:04 p.m. to 3:30 p.m.
Fri. Aug. 2	No House session No Senate session

# **Somerville Public Library and St. Mark Community Education Program to host Citizenship Interview Preparation Class**

The Somerville Public Library and St. Mark Community Education Program will host a free, 12-part Citizenship Interview Preparation Class on Saturdays this fall in partnership with Project Citizenship. The class is designed to prepare participants for all parts of their citizenship test, from literacy to U.S. history and government while improving English speaking and listening skills.





1. Astraphobia

6. A high roller

2. A thunderstorm that produces thunder and lightning, but most or all of its precipitation evaporates before reaching the ground

7. The koala 9. Hesitate 10. Jay-Z

3. At least 25 years old

4. The Cry Baby Killer

5. Truman Capote

8. Paul Hornung

11. Francis Ford Coppola

12. High Point, North Carolina

Prospective students must have a basic level understanding of English and must hold a legal permanent resident card for five years, or three years if married to an American citizen.

The class will run from 9:30 a.m. to 12:30 p.m. for 12 Saturdays from September 7 to November 23 at the Central Library, 79 Highland Avenue. Students can register for the series on the first day of class.

For more information, please contact Brigid Pigott at 617-623-5000 ext. 2935 or bpigott@ minlib.net.

The program is in partnership with Project Citizenship, a non-profit that provides applicants free technical and legal help in completing their applications for citizenship.

# •••• VILLENS ON THE TOWN ••••

#### CHILDREN AND YOUTH Wednesday|August 7

East Branch Library Touch-a-Truck Story Time! 11 a.m.-11:30 a.m.|115 Broadway

Central Library Bingo 3 p.m.-4 p.m. Middle School Summer Writers' Den 5:30 p.m.- 8 p.m.|79 Highland Ave

#### Thursday|August 8

Central Library Preschool Storytime for 3 to 5-year-olds 10:30 a.m.-11:15 a.m. TELL (Teen Library Leaders) Meeting 12 p.m. – 2 p.m. | 79 Highland Ave

East Branch Library Family Movie Night! 6:30 p.m.-8:30 p.m.|115 Broadway

#### Friday August 9

Central Library Preschool Storytime for 2-yearolds 10:30 a.m-11 a.m.|79 Highland Ave

#### Tuesday August 13

Somerville Community Baptist Church Preschool Storytime 11 a.m. – 11:30 a.m.|31 College Ave.

#### Wednesday|August 14

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

Davis Square Farmers Market 12 p.m.- 1:30 p.m.| Day & Herbert Streets

**Central Library** Make Your Own Board Game 3 p.m.-4 p.m. Middle School Summer Writers' Den 5:30 p.m.- 8 p.m.|79 Highland

Ave

#### VOX Pop

Pajama Storytime! at VOX Pop 6:30 p.m.- 7:30 p.m.| 431 Artisan Way

#### MUSIC|ARTS Wednesday|August 7

Sally O'Brien's Bar Free Poker, lots of prizes! 8 p.m.|335 Somerville Ave|617-666-3589 156 Highland Ave **Highland Kitchen** 150 Highland Ave|617-625-1131

Aeronaut Brewing Co. Open Mic with Mike Morrissey 8 p.m.|14 Tyler Street

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

Sunsetters 11 Cottage Avenue|7 p.m.

#### Thursday August 8

Sally O'Brien's Ghost Town Brass Band 8 p.m.|335 Somerville Ave|617-666-3589

#### The Burren

Front Room:Americana Session with Matt Borrello, Mike Verge & Company |7 p.m. Back Room: Three At Home, The Only Humans|7 p.m. Scattershots|10 p.m. 247 Elm Street|617-776-6896

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

Bull McCabe's Krush Faktory (Dub Down) 10 p.m.|366A Somerville Ave|617-440-6045

**Thunder Road** Purple Moon with special guests 8 p.m.|379 Somerville Ave

Once Somerville Howlin Rain w/ Major Stars, Garcia Peoples 8 p.m.|156 Highland Ave

Aeronaut Brewing Co. Alison Keslow Trio 8 p.m.|14 Tyler Street

#### Friday|August 9

Sally O'Brien's Hashtag Hoedown|6 p.m. War on Alexandria, Panama Dreams, Helen Trio - \$10 cover|9 p.m. 335 Somerville Ave|617-666-3589

The Burren Front Room: Irish Session|9:30 p.m. Backroom: Boston Covers Boston: A Celebration of Local Music|7 p.m. Closing Time| 10 p.m. 247 Elm Street|617-776-6896

Once Somerville 156 Highland Ave

**Orleans Restaurant and Bar** DJ starting at 10 p.m. 65 Holland St/617-591-2100

Bull McCabe's

Tom Hagerty Band|6 p.m. Watts, Electric Mess, Muck & The Mires - \$10 cover|9 p.m. 335 Somerville Ave|617-666-3589

#### The Burren

Front Room:Bluegrass Session|2 p.m.Hunter Americana|5 p.m.|Irish Session|2 p.m. Back Room: Jeff Jam Family Dance Party|4 p.m. Seth Rosenbloom|7 p.m. Spittin Vinnies|10 p.m. 247 Elm Street|617-776-6896

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

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

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

**Thunder Road** E.N Young with special guests Greg Roy, and TBA 8 p.m. J379 Somerville Ave

Once Somerville No Small Children, Powerslut, The Knock Ups 8 p.m.|156 Highland Ave

Aeronaut Brewing Co. Singer-Songwriter Summer Saturday Series: Hannah Siglin |2 p.m. The Soviet Jesus Choir|8 p.m. 14 Tyler Street

Arts at the Armory Rick and Friends 10 a.m.|Café|191 Highland Ave

#### Sunday August 11

Sally O'Brien's Bar Roundtable Acoustic Series: Betty & The Bellhops |1 p.m. The Natural Wonders|4:30 p.m. African Night, SambaLolo and guests|10 p.m. 335 Somerville Ave|617-666-3589

The Burren Front Room: John Gannon & Friends|2 p.m., Alan Kaufman & Friends|6 p.m., Los Goutos|9 p.m. Back Room: Shawn Taylor, Gracie

Day, Kevin Neidig|7:30 p.m. 247 Elm Street|617-776-6896

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

Highland Kitchen Sunday Brunch Live Country & Bluegrass

#### 3589

The Burren Front Room: Bur-Run|6:45 p.m., Run, Helena Delaney & Friends|9:30 p.m. Back Room: Irish Session with Frank Horrigan|6 p.m. Stump Trivia|8:30 p.m. 247 Elm Street|617-776-6896

**Bull McCabe's Pub** Jimmy James Trivia|8:30 p.m. 366A Somerville Ave|617-440-6045

**Thunder Road** 379 Somerville Ave

**Once Somerville** Cheer Accident, Rabbit Rabbit Radio, Mission Creep 7 p.m.|156 Highland Ave

Aeronaut Brewing Co. Board Game Bonanza 6:30 p.m.|14 Tyler Street

Arts at the Armory Queer Tango 6:30 p.m.|Café|191 Highland Ave

**Tuesday August 13** Sally O'Brien's Bar Christian McNeill & Tim Gearan 8 p.m.|335 Somerville Ave|617-666-3589

The Burren Front Room: Jason Anick & The Swingers|8:30 p.m. Back Room: Silver Arrow Band|7 p.m.

247 Elm Street|617-776-6896 Bull McCabe's Pub Ghetto People Band 10 p.m.|366A Somerville

Ave|617-440-6045 **Highland Kitchen** First Tuesday of the Month|Spelling Bee Night hosted by Victor and Nicole of Egoart. The fun starts at 10:00p.m. 150 Highland Ave|617-625-1131

**PJ Ryan's** Pub Quiz 10 p.m.|239 Holland St.|617-625-8200

**Thunder Road** Neighbor Tuesdays in Union Square, Somerville! 7 p.m.|379 Somerville Ave

Once Somerville Pathology, Narcotic Wasteland, Contrarian at ONCE 8 p.m.|156 Highland Ave

Aeronaut Brewing Co Indie Trivia 8 p.m.|14 Tyler Street

Arts at the Armory

Bull McCabe's Pub The A-Beez 10 p.m.|366A Somerville Ave|617-440-6045

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

**Once Somerville** Deke Dickerson, Bloodshot Bill, Jittery Jack, DJ Easy Ed 8 p.m.|156 Highland Ave

Highland Kitchen 150 Highland Ave|617-625-1131

Aeronaut Brewing Co. Redwood Rain 8 p.m.|14 Tyler Street

**The Rockwell** Keith Harkin World Tour 6 p.m.|255 Elm St

#### CLASSES AND GROUPS Wednesday August 7

**Central Library** Drop in Knitting and Needlecraft 12 p.m.-2 p.m.|79 Highland Ave

Davis Square Farmers Market 12 p.m.-6 p.m.|Day & Herbert Streets

#### Thursday|August 8

**Ciampa Manor** Learn English with the Library! 6 p.m.-8 p.m.|27 College Ave

First Church Somerville Debtors Anonymous- a 12 Step program for people with problems with money and debt. 7 p.m.-8:30 p.m.|89 College Ave (Upstairs Parlor). For more info call: 781-762-6629

Saturday|August 10

**Central Library** A Look into Tomorrow Kickoff Event 1:30 p.m.-3:30 p.m.|79 Highland Ave

Union Square Farmers Market 9 a.m.- 1 p.m.|Union Square Plaza

**Bagel Bards** 

Somerville Writers and Poets meet weekly to discuss their work 9 a.m.-12 p.m Au Bon Pain| 18-48 Holland St

#### Sunday|August 11

Fourth Step to Freedom Al-Anon Family Groups 7:00 P.M. | 6 William Street Unity Church of God Enter upstairs, meeting is in basement

#### The Burren

Front Room:Americana Session with: Grain Thief|9 p.m. Backroom:Realta|7:30 p.m. Comedy Night with Arty P.|10 p.m. 247 Elm Street|617-776-6896

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

65 Holland St[617-591-210

#### Bull McCabe's Pub

The Nephrok AllStars 10 p.m.|366A Somerville Ave|617-440-6045

#### Thunder Road

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

Once Somerville

Mythical BeastsFridays 10 p.m.|366A Somerville Ave|617-440-6045

#### Joshua Tree

DJ McRiddleton 256 Elm St. |617-623-9910

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

#### Thunder Road 379 Somerville Ave

#### Aeronaut Brewing Co.

Brass Friday: Fly By Brass Band |6:30 p.m. Brass Friday: You're Not Listening|8:30 p.m. 14 Tyler Street

#### Saturday August 10

Sally O'Brien's

Sunday Night Live Music 150 Highland Ave|617-625-1131

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

**Thunder Road** 379 Somerville Ave

**Once Somerville** BYOP: The Rusted Bucket Band 2 p.m.|156 Highland Ave

Aeronaut Brewing Co. Possum 2 p.m.|14 Tyler Street

#### Monday August 12

Sally O'Brien's Bar Shawn Carter's Cheapshots Comedy|7 p.m. Marley Monday with The Duppy Conquerors reggae|10 p.m. 335 Somerville Ave|617-666Exit Through the D\*ck Shop 8 p.m./Café/191 Highland Ave

#### Sunsetters

130 Ten Hills Road|7 p.m.

#### Wednesday August 14

Sally O'Brien's Bar Free Poker, lots of prizes! 8 p.m.|335 Somerville Ave|617-666-3589

#### The Burren

Front Room:Americana Session with: Grain Thief|9 p.m. Backroom: SON (Susan O'Neill)|7:30 p.m. Comedy Night with Arty P.|10 p.m.

247 Elm Street 617-776-6896

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

#### Monday|August 12

#### **Central Library**

Science Fiction and Fantasy Book Club

7 p.m.- 8 p.m.|79 Highland Ave

**East Branch Library** Learn English at the Library! 6 p.m.-8 p.m.|115 Broadway

#### Wednesday|August 14

#### Central Library

Drop in Knitting and Needlecraft 12 p.m.-2 p.m.|79 Highland Ave

#### Davis Square Farmers Market 12 p.m.-6 p.m.|Day & Herbert Streets

#### **Central Library**

A Summer Poetry Reading 6:30 p.m.-8:30 p.m.|79 Highland Ave

# PLACES TO GO, THINGS TO DO!

# SENIOR CENTER HAPPENINGS:

#### **CENTER LOCATIONS, TIMES & SCHEDULES**

Holland Street Senior Center: located at 167 Holland Street (between Davis Square and Teele Square) Monday through Wednesday 8:30 a.m. to 4:30 p.m. Thursday, 8:30 a.m. to 6:30 p.m. Fridays: 8:30 a.m. to 1:30 p.m. 617-625-6600, ext. 2300

**Cross Street Center:** located at 165 Broadway (East Somerville)

Mondays & Tuesdays – 8:30 a.m. to 4:00 p.m. Thursdays – 8:30 a.m. to 4:00 p.m. Fridays – 8:30 a.m. to 1:30 p.m. 617-625-6600, ext. 2335 Fax: 617-625-1414

Ralph and Jenny Center: located at 9 New Washington Street (behind the Holiday Inn)

Tuesday & Thursday 8:30 a.m. to 2:30 p.m. 617- 666-5223

Main Office: located at 167 Holland Street (between Davis Square and Teele Square.)

Monday, Tuesday & Wednesday: 8:30 a.m. to 4:30 p.m. Thursday: 8:30 a.m. to 6:30 p.m.

Friday: 8:30 a.m. to 1:30 p.m. 617-625-6600, ext. 2300 Fax: 617-625-0688 TTY: 866-808-4851

#### **UPCOMING EVENTS**

Volunteers needed for the Engage for Brain Health Study. Are you starting to have problems with your memory or have trouble climbing stairs? Engage B might be right for you! 24 week study for people 60 to 89 years of age. Call Chris at 617-625-6600, ext. 2315 or email him at ckowaleski@Somervillema.gov for questions and additional information.

**Fit-4-Life Nutrition Classes** – Thursday afternoons from 3:00 p.m. to 4:00 p.m. with our Nutritionist Caitlin McAfee. Learn about our new and upcoming nutrition programs including, Cooking with Caitlin, Fit-4-Life Nutrition Class, Meal in a Mug and more. For more information call Caitlin at 617-625-6600, ext. 2316.

**Healthy Steps** – Thursdays – Holland Street from 12:30 p.m. to 1:30 p.m. Healthy Steps is a therapeutic, gentle, movement class for anyone who needs to get moving, particularly anyone recovering from surgery, frail elders or those living with chronic fatigue or arthritis. Class is free. For additional information or questions to call 617-625-6600, ext. 2300

**Country Western Line Dancing** – The 1st & 3rd Thursday of each month- Holland Street Center . – class is free. No experience needed. For additional information or questions call at 617-625-6600, ext. 2300.

Somerville Mobile Farmer's Market – Running until Saturday, October 19. Fridays: 10:30 a.m. to 12:30 p.m. at the Council on Aging Holland Street Center. 2:30 p.m. to 4:30 p.m. East Somerville Community School. Saturdays: 10:00 a.m. to 12:00 p.m. North Street Housing Development and 1:30 p.m. to 3:30 p.m. at the Mystic Housing Development.. The Somerville Mobile Farmer's Market sells fresh, affordable produce. 50% off for residents of Mystic or North Street Housing, or for showing your SNAP, MassHealth, WIC or Senior Coupons. Questions please call 617-625-6600, ext. 4321.

Mayor's Annual Senior Picnic – Wednesday, August 7 from 11:00 a.m. to 2:00 p.m. at Powder House Park. Rain date of Friday, August 9. Must have ticket to attend. Tickets are available at all senior centers, Holland Street, Cross Street and Ralph & Jenny as well as the Mayor's office. If you live in a senior building you must get your ticket at that address. For more info or questions please call 617-625-6600, ext. 2300. David Salat, PhD – Tuesday, August 13 starting at 10:30 a.m. at our Holland Street Center. Come join us as we learn more about Alzheimer's Disease with David Salat, PhD. Call 617-625-6600, ext. 2300 to reserve your spot. Essex, Gloucester & Rockport - Wednesday, August 14 - \$55 per person includes motorcoach transportation, lunch and shopping on your own. Lunch at Village Restaurant. Lunch choices are steak tips, seafood medley or oven roasted chicken, Space is limited. Check in time is 10:00 a.m. at Holland Street with an approximate return time of 4:00 p.m. For more information or to sign up please call Connie at 617-625-6600, ext. 2300. Afternoon at the Theatre - La Cage Aux Folles -Thursday, August 15 at 2:00 p.m. \$33 per person. First come - first serve, space is limited, no refunds. Check

in time is 12:30 p.m. at Holland Street with an approximate return time of 5:00 p.m. Payment due at time of reservation. Please call 617-625-6600, ext. 2300 for more information.

**Movie Day Tuesday** – August 20 starting at 10:30 a.m. Sister Act starring Whoopi Goldberg. Lunch and Bingo to follow. Please call Josie at 617-625-6600, ext. 2300 to reserve your spot.

**Arts & Crafts with Judy** – Wednesday, August 21 from 9:30 a.m. to 10:30 a.m. at our Holland Street Center. Bingo and lunch will follow. Please call 617-625-6600, ext. 2300 for more information or to sign up.

**BBQ at the Ralph & Jenny Center** – Thursday, August 22 starting at 10:00 a.m. 9 New Washington Street. Join us for a BBQ of hot dogs and hamburgers and Bingo too. Please call Josie or Vivian at 617-625-6600, ext. 2300 to RSVP.

Twin Rivers Casino – Monday, August 26 - \$25 per person includes roundtrip transportation and a yet to be determined bonus package. Check in time is 9:00 a.m. at Holland Street and 9:30 a.m. at Ralph & Jenny with an approximate return time of 6:00 p.m. For more information or to sign up please call Connie at 617-625-6600, ext. 2300.

Music and Movement with Steve Gintz – August 26, September 30 and October 28 from 3:00 p.m. to 4:00 p.m. at our Holland Street Center. Steve Gintz is a board certified music therapist and mental health clinician. He will inspire those with and without memory decline to connect with one another as we move and groove to music. For more information or to RSVP please call Ashley at 617-625-6600, ext. 2318.

**Positive Thinking with Roberta Robinson** – Wednesday, August 28 at our Holland Street Center starting at 10:00 a.m. Come and learn how this mental attitude can affect every aspect of your life. Please call 617-625-6600, ext. 2300 to reserve your spot.

Granite State Chocolate & Wine Tour – Tuesday, September 17 departing Ralph & Jenny Center, 9 New Washington Street at 8:00 a.m. with an approximate return time of 5:30 p.m. \$89 includes luxury coach transportation, Sanborn Fine Candies, lunch at Warren's Lobster House and The Flag Winery for a wine tasting. Lunch choices are crab crusted salmon, top sirloin steak, ritzy filet of haddock or seafood casserole. RSVP to Connie at 617-625-6600, ext. 2300.

Wrentham Outlets – Sunday, November 10 – check in at 10:00 a.m. at Holland with an approximate return time of 5:00 p.m. \$10 per person for transportation to the outlets; lunch is on your own. For more info or to sign up please call Connie at 617-625-6600, ext. 2300.

Wright's Chicken Farm Restaurant & LaSalette Shrine – Thursday, December 5 - \$69 per person includes luxury coach transportation, lunch, Christmas Choral Concert with Father Pat and a spectacular display of over 400,000 lights. Check in is 9:30 a.m. at Ralph & Jenny with an approximate return time of 7:00 p.m. Please RSVP to Connie at 617-625-6600, ext. 2300. LGBTQ EVENTS

**LBT Women Fit-4-Life** at Holland Street Center 167 Holland Street - Fitness class is Thursday evenings starting at 6:00 P.M. \$10 a month fee - scholarships available & it just might be covered under your insurance. We have available slots and would love to have you. If you have any questions or require additional information, please contact our Health & Wellness Coordinator, Chris Kowaleski at 617-625-6600 Ext. 2315. Healthy Steps – 12:30 p.m. (H) Nutrition Class – 3:00 p.m. (H) LBT Fit-4-Life, 6:00 p.m. (H) **Fridays:** Fit-4-Life Group A – 8:45 a.m. (H)

Fit-4-Life Group B - 10:00 a.m. (H)

Adventure Group – Please call for details

\*All Fit-4-Life classes are \$10 per month and require pre-registration\*

#### HOLLAND STREET GROUP INFORMATION

**Book Club** – Meets the third Friday of each month from 10:00 a.m. to 11:30 a.m. This group self-facilitates. Group members choose both fiction and non-fiction titles on a quarterly basis. Books are available on reserve at the Central Branch of the Somerville Library. If you are interested in joining, have any questions or require additional information please call 617-625-6600 ext. 2300.

**Caregiver Support Group** – Meets the third Tuesday of each month from 6:00 p.m. to 7:30 p.m. Our Social Worker, Ashley Speliotis, facilitates this group. Are you caring for a parent, relative, spouse or close friend? Feeling isolated or overwhelmed? You are not alone! Come share your experience and practical support. Open to all and new members are always welcome. If you are interested in joining, have any questions or require additional information please call Ashley at 617-625-6600 ext. 2318.

**Conversations of the Heart** – Meets bi-monthly on Mondays from 1:00 to 2:00 P.M. at our Holland Street Center. Social Worker, Natasha Naim, facilitates this group. If you are interested in joining, have any questions or require additional information please call Natasha at 617-625-6600 ext. 2317.

**Cribbage Club** – Meets every Monday from 10:30 a.m. to 11:30 a.m. This group is facilitated by volunteer Nortbert DeAmato. If you are interested in joining, have any questions or require additional information please call Josie at 617-625-6600, ext. 2300.

Current Events Group – Meets every Thursday at 9:30 a.m. Our Social Worker, Natasha Naim, facilitates this group. Join a group of your peers to discuss current events. If you are interested in joining, have any questions or require additional information please call Natasha at 617-625-6600 ext. 2317.

**De-cluttering support group** – If you have concerns around your clutter, this group may be for you. This closed group meets both in the spring and fall for 6-8 weeks. This group is co-facilitated by Natasha Naim and Marina Colonas. If you are interested in joining, have any questions or require additional information please call Natasha at 617-625-6600 ext. 2317.

#### **CROSS STREET GROUP INFORMATION**

**Lunch is served** every Monday, Tuesday & Thursday please call Maureen at 617-625-6600, ext. 2335 for sign up.

Coffee & Conversation – Meets every Monday, Tuesday & Thursday from 10:00 a.m. to 11:00 a.m. Maureen Bastardi, Program Coordinator and Sandy Francis, Cross Street Center Volunteer, work together to facilitate this group. Come meet people from all over the world and join in the discussion of a different topic every day. Conversation is followed by the Fit-4-Life exercise program and then lunch. If you are interested in joining, have any guestions or require additional information please call Maureen at 617-625-6600, ext. 2335. Game Hour – Every Tuesday from noon to 1:00 p.m. at our Cross Street Center. Join us for lunch and activities. Immediately following lunch we will have a "Game Hour." Yahtzee, Sorry, Jenga, Cards, Scrabble, Checkers, Clue, Qwirkle, Dominoes, Uno & Connect 4 are available to play. Community Cooks provides us with a family style lunch on the 1st & 3rd Tuesdays and Food Services provides us with lunch on the off days. If you are interested in joining, please call Maureen at 617-625-6600, ext. 2335. Gardening Club - Meets the second Monday of each month starting at 9:00 a.m. Vilma Sullivan, facilitates this group. There is a different topic each month ranging from gardening tips & secrets to inexpensive greenhouses. Group runs for approximately an hour. If you are interested in joining, have any questions or require additional information please call 617-625-6600 ext. 2300.

#### WEEKLY EXERCISE AND NUTRITION CLASS SCHED-ULE (PLEASE CUT OUT AND SAVE)

#### Monday:

Keep Moving Walking Club - 9:00 a.m. (H) Tai Chi – 11:30 a.m. (H) Fit-4-Life – 11:00 a.m. (C) Fit-4-Life Group C - 1:00 p.m. (H)

#### Tuesday:

Strengthening - 9:00 a.m. - \$3 per class (H) Fit-4-Life - 11:00 a.m. (C) Bike Club – 12:15 p.m. (H)

#### Wednesdays:

Fit-4-Life Group A (exercise) – 8:45 a.m. (H) Fit-4-Life Group B (exercise) - 10:00 a.m. (H) Fit-4-Life Group C (exercise) - 1:00 p.m. (H)

#### Thursdays:

Yoga - 9:00 a.m. (H) Fit-4-Life - 11:00 a.m. (C)

# The Growing Center Cultivate Campaign 2019



Do you believe in the importance of urban green space? Do you want to create healthy ecosystems for pollinators? Do you support safe unstructured play for all children? The Somerville Community Growing Center ("The Growing Center") in Somerville has been at the forefront of urban nature innovation for the past 25 years. In one of our country's most densely populated cities, the Center is a quarter acre oasis where all of these things happen every day.

Many of the city's current nature, wellness or cultural programs have roots at the Growing Center, such as: 'The Maple Syrup Project (started with partners Gaining Ground and the Somerville High School) and school gardens (now at every Somerville K-8 school) – two programs that are now supported by Groundwork Somerville which they helped start; urban agriculture; healthy outdoor play and yoga classes now supported by the Shape Up Somerville initiative; and outdoor movies and concerts. At the Growing Center, they believe in the ability of nature to heal and to bring us together as a community. With generous help from three city Community Preservation Act (CPA) grants, this city owned garden park has just undergone a significant renovation. The Friends of the Community Growing Center (the 501(c)3 non-profit organization which maintains the Center) is launching its biggest fundraiser yet in order to complete the renovation work and fund programming and operating expenses.

If they raise \$25K (site sponsorship level), they can pay for items not covered by the CPA grants, such as additional plants and metal and wood supplies for high school and college students to build our new storage units, benches and railings. If they raise \$45K (program sponsorship level), they can also pay for educational and cultural programming and operating expenses including our site and volunteer coordinators. The Center is run and maintained completely by volunteers through the Friends of the Community Growing Center (FCGC). They need your help now to keep the Center growing, and to help us lay the foundation for another 25 years of innovation. Please consider giving today to the Cultivate 2019 Fundraiser. Any size donation is appreciated. All donations are tax deductible.

You can learn more here: https://www.gofundme.com/f/the-growing-center-cultivate-campaign-2019. To learn more about the Growing Center, our renovation and programming, please visit our website at www.thegrowingcenter.org.

# BOBBY'S DAD JOKES CORNER



# **2019 Candidate Profile Series** for the Preliminary Election



Somerville Media Center presents the 2019 Somerville Candidate Profile Series for the Preliminary Election held on September 10. SMC brings you the opportunity to get to know more about your local candidates running for political office. You can find the full playlist at: http://bit.ly/SomCandidateProfiles

# **Upcoming VOX POP events**



**Somerville Connects LIVE Podcast with JoJo** *Wednesday, August 7, 5:00 – 6:00 p.m.* 

Learn more about the people and faces behind Assembly Row in "Somerville Connects!"

On the first and third Wednesday of the month from 5:00 to 6:00 p.m., VOX POP will record a LIVE studio audience interview with some of the movers and shakers of Assembly Row and greater Somerville as part of an SMC Podcast Show called "Somerville Connects" produced by Somerville native and SMC producer, JoJo LaRiccia.

The Somerville Connects podcast brings Somerville to life by chronicling the unique personalities that shape the diverse city. Come be a part of the audience!

Anyone Can Be A First Responder! - The City of Somerville Thursday, August 8, 6:00 – 7:00 p.m.

The City of Somerville is pleased to offer this FREE Overdose Prevention & Naloxone training to all Somerville residents. Matthew Mitchell, Prevention Services Manager, & Sara Harris, the Public Health Nurse Manager, with Somerville's Health & Human Services Department train residents, local small businesses, non-profits, etc. in understanding, recognizing, and responding to a potential overdose in the community.

As part of this one hour training, Naloxone (aka Narcan) & CPR face shields

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TUTV

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Box House Productions Presents

# SCATV Channel 3 Schedule

SCATV is part of Somerville Media Center, home to Boston Free Radio, Somerville Neighborhood News and SMC Youth Media!

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pecial media making workshops and	d classes for	youth and adults! somervillemedia.org
Tolo Magazino	8.00am	Democracy Newd (Free Speech TV)
Tele Magazine The Beantown Beatdown	8:00am 9:00am	Democracy Now! (Free Speech TV) The Stephanie Miller Show
Democracy Now!		
New England Pride TV	10:00am	Both Sides of the Bars SOM Arts
	10:30am	
What's New Massachusetts?	11:00am	Art Seen at SMC
Reeling Review	11:30am	DW Conflict Zone
Both Sides of the Bars		The Thom Hartman Show (Free Speech TV)
The World Fusion Show	1:00pm	The Kamla Show
The Literati Scene	1:30pm	DW Global 3000
Poet to Poet, Writer to Writer	2:00pm	NASA TV Silicon Valley Live
SOM ARTS	3:00pm	Democracy Now! (Free Speech TV)
Special SCATV Programming	4:00pm	DW Euromaxx
Henry Parker Presents	4:30pm	Legacies
Nossa Gente e Costumes	5:00pm	TeleGalaxie
DIWHY The Show	6:00pm	Going Postal
SCATV Secret Stash	6:30pm	The Last Sip
TUTV	7:00pm	LIVE - The Yellow Jacket Lady
t 11	7:30pm	Henry Parker Presents
Flotilla	8:00pm	LIVE - Somerville Overcoming Addiction
SCATV Secret Stash	9:00pm	Dedillhando au Saudade
SCATV Secret Stash	10:00pm	Duck Village Stage Sessions
Heavy Leather Topless Dance Party	11:00pm	Boston Come Through
Free Speech TV	Tuesday	August 13
Community Bulletin Board	12:00am	Free Speech TV
Nossa Gentes e Costumes	6:00am	Community Bulletin Board
Effort Pour Christ		DW Euromaxx
Tele Kreyol	7:00am	
Evangelista Camillo Fodera	7:30am	Esoteric Science
The Chef's Table Series	8:00am	Democracy Now! (Free Speech TV)
Gentle Belly Dancing	9:00am	The Chef's Table Series
Off the Shelf	10:00am	Road to Recovery
DW Conflict Zone	11:00am	Graphic Content
Startup TV Boston	11:30am	DW In Good Shape
African Television Network	12:00pm	The Thom Hartman Show
Dedilhando a Saudade	1:00pm	Words on Film with Dan Burke
Gay USA	2:00pm	Somerville Overcoming Addiction
The Grandstanders	3:00pm	Democracy Now! (Free Speech TV)
Teen Empowerment	4:00pm	SMC Youth Media
Cinema Somerville	4:30pm	Henry Parker Presents
Somerville Neighborhood News	5:00pm	LIVE - Poet to Poet, Writer to Writer
Tele Magazine	5:30pm	What's New Massachusetts?
The Boston Medium	6:00pm	Community Lens
Box House Productions Presents	6:30pm	Art & Ideas
SCATV Secret Stash	7:00pm	Art Seen at SMC
	7:30pm	LIVE - Greater Somerville
st 12	8:00pm	LIVE - Dead Air Live
Free Speech TV	9:00pm	The Somerville Line
Evangelista Camillo Fodera	10.00nm	

Monday,	August	12
12:00am		

**Raising Families** 

**Raising Families** 

Free Spee	ch TV 9:00	, pm
Evangelista Camillo F	odera 10:0	0pm
Community Bulletin	Board 10:3	0pm
Perils for Pedes	strians 11:0	0 0 pm
Going	Postal 11:3	0pm

ro	duction, le	arn skills like editing and field production	and sign up	o for specia
	7:00pm	LIVE - The Boston Medium	1:00pm	
,	8:00pm	Startup TV Boston	2:00pm	
	9:00pm	The Beantown Beatdown	3:00pm	
	10:00pm	The Chatman Booth	4:00pm	
	10:30pm	TUTV	4:30pm	
	11:00pm	DIWHY The show	5:00pm	
	Friday, A	uquet Q	5:30pm	
	12:00am	Heavy Leather Topless Dance Party	6:00pm	
	12:00am	SCATV Secret Stash	6:30pm	
	1:30am	SCATV Secret Stash	7:00pm	
	2:00am		7:30pm	
	6:00am	Free Speech TV SCATV Community Bulletin Board	8:00pm	
	6:00am 7:00am	The Bill Press Show (Free Speech TV)	8:30pm	
	7:00am 8:00am		9:00pm	
	8:00am 9:00am	Democracy Now! (Free Speech TV)	10:00pm	
		Esoteric Science	11:00pm	
	9:30am	Cambridge Calendar	11:30pm	
	10:00am	NASA TV		
	11:00am	SOM ARTS	12:00am	August 11
	11:30am	DW Tomorrow Today	12:00am 1:00am	
	12:00pm	The Thom Hartman Show (Free Speech TV) The Yellow Jacket Lady	1:30am	
	1:00pm	Speak Up! Somerville	2:00am	Hea
	1:30pm 2:00pm	The Kamla Show	3:00am	пеа
	2:30pm	SMC Youth Media	6:00am	
	3:00pm	Democracy Now! (Free Speech TV)	7:00am	
	4:00pm	Gay USA	8:00am	
	5:00pm	The Chatman Booth	9:00am	
	5:30pm	What's New Massachusetts?	10:00am	
	6:00pm	LIVE - Fallon's Daily Toast	11:00am	
	7:00pm	SOM ARTS	12:00pm	
	7:30pm	Art Seen at SMC	1:00pm	
	8:00pm	The Grandstanders	1:30pm	
	8:30pm	Greater Somerville	2:00pm	
	9:00pm	The Boston Medium	3:00pm	
	10:00pm	Heavy Leather Topless Dance Party	4:00pm	
	11:00pm	Totally Working Out	5:00pm	
		, ,	6:00pm	
	12:00am	, <b>August 10</b> DIWHY The Show	6:30pm	
	12:00am	Boston Come Through	7:00pm	
	2:00am	Heavy Leather Topless Dance Party	8:30pm	
	2:00am 3:00am	Free Speech TV	9:00pm	
	5:00am 5:00am	Effort Pour Christ	10:0 <sup>0</sup> pm	
	6:00am	SCATV Community Bulletin Board	11:00pm	1
	7:00am	Road to Recovery	11:30pm	
	8:00am	Democracy Now! (Free Speech TV)	-	August 17
	8:00am 9:00am	SMC Youth Media	12:00am	August 12
	9:00am 9:30am	Somerville Storytellers	5:00am	
	9:50am 10:00am	Dead Air Live	5:00am 6:00am	
	11:00am	Haitian Poetry in 3 Languages	7:00am	
	12:00am	TeleGalaxie	7:30am	
	12.000011	releGalaxie	7.30am	

JUIT SIVE	C LOUAY LO THAKE YOUT OWNT TV OF RAULO PI	out	
Wednesday, August 7			
12:00am	Free Speech TV	8	
6:00am	SCATV Community Bulletin Board	1	
7:00am	Esoteric Science	1	
7:30am	DW In Good Shape	1	
8:00am	Democracy Now! (Free Speech TV)		
9:00am	DW Global 3000	F	
9:30am	Both Sides of the Bars	1	
10:00am	Poet to Poet, Writer to Writer	1	
10:30am	Somerville Storytellers	1	
11:00am	LIVE - Fallon's Daily Roast		
12:00pm	The Thom Hartman Show (Free Speech TV)	6	
1:00pm	Health is Wealth	8	
1:30pm	Art Seen at SMC	9	
2:00pm	Science 360	9	
3:00pm	Democracy Now! (Free Speech TV)	1	
4:00pm	Speak Up! Somerville	1	
4:30pm	The Literati Scene	1	
5:00pm	Hello Neighbor	1	
5:30pm	Women2Women Today	1	
6:00pm	Speak Up! Somerville	1	
6:30pm	Off the Shelf	2	
7:00pm	Haitian Poetry in 3 Languages	2	
8:00pm	LIVE - Somerville Pundits	3	
8:30pm	Speak Up! Somerville	4	
9:00pm	Boston Come Through	5	
10:00pm	LIVE - Heavy Leather Topless Dance Party Flotilla	5	
11:00pm		6	
	, August 8	7	
12:00am	SCATV Secret Stash	7	
12:30am	SCATV Secret Stash	8	
1:00am	Free Speech TV	8	
6:00am	SCATV Community Bulletin Board	9	
7:00am	Perils for Pedestrians	1	
7:30am 8:00am	DW Focus on Europe Democracy Now! (Free Speech TV)	1	
9:00am	DW Tomorrow Today	S	
9:00am 9:30am	Hello Neighbor	1	
10:00am	Legacies	1	
10:30am	Somerville Pundits	2	
11:00am	Teen Empowerment	3	
11:30am	Art & Ideas	5	
12:00pm	The Thom Hartman Show (Free Speech TV)	6	
1:00pm	The Somerville Line	7	
3:00pm	Democracy Now! (Free Speech TV)	8	
4:00pm	Hello Neighbor!	9	
4:30pm	The Struggle	9	
5:00pm	Words on Film with Dan Burke	1	
6:00pm	Community Lens	1	
6:30pm	Somerville Pundits	1	
and the second			

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

SCAP Annual Meeting 2019	7:30am	Paising Families "Youth Vaning & Smoking"
SomerViva em Português - August 2019	8:00am	Raising Families "Youth Vaping & Smoking" SomerVision 2040
National Night Out 2019	9:01am	SomerViva em Português - August 2019
Senior Picnic 2019 - 8.7.19	9:01am 9:31am	Fit-4-Life #6
Senior Circuit "Cooking w/Caitlin"	10:00am	SomerStreets: Seize the Summer 2019
SCAP Annual Meeting 2019	10:00am 11:00am	
SPD Ride Along		CC-Finance Committee FY20 Budget
5	1:30pm	Somerville Ave. Construction Meeting
gust 11	3:00pm	Haiti in the 'Ville
CC-Finance Committee FY20 Budget	6:00pm	SomerStreets: Seize the Summer 2019
aising Families "Special Needs Education"	6:30pm	East Somerville Walking Tour - 6.16.19
POW Veterans' Cemetery Ceremony	8:00pm	Senior Picnic 2019 - 8.7.19
Joe's Jazz & Blues Fest - 6.15.19	9:00pm	SPD Ride Along
SomerViva em Português - August 2019	9:15pm	Pride Flag Raising
SPD Ride Along	9:31pm	City Council Meeting - 7.11.19
Central Hill Campus Plan Meeting	Tuesday,	August 13
Senior Circuit "Cooking w/Caitlin" Senior Picnic 2019 - 8.7.19	2:10am	Talking Business "Bow Market"
	2:31am	Historic Preservation Awards
Somerville Ave. Construction Meeting	7:30am	Letters of World War II at Council on Aging
SomerViva em Português - August 2019 hising Families "Youth Vaping & Smoking"	8:43am	SPD Ride Along
Connecting Communities	9:00am	POW Veterans' Cemetery Ceremony
Senior Circuit "Cooking w/Caitlin"	9:30am	SomerViva em Português - August 2019
Senior Picnic 2019 - 8.7.19	11:00am	Haiti in the 'Ville
SPD Ride Along	12:00pm	Senior Circuit "Cooking w/ Caitlin" - July
Connecting Communities	2019	,,
Haiti in the 'Ville	12:16pm	Senior Picnic 2019 - 8.7.19
SomerStreets: Seize the Summer 2019	1:30pm	SPD Ride Along
National Night Out 2019	2:00pm	SomerStreets: Seize the Summer 2019
SPD Ride Along	2:30pm	Letters of World War II at Council on Aging
SomerViva en Español	5:30pm	SCAP Annual Meeting 2019
1		enior Circuit "Cooking w/ Caitlin" - July 2019
<b>Jgust 12</b> Senior Picnic 2019 - 8.7.19	7:16pm	Senior Picnic 2019 - 8.7.19
Senior Circuit "Cooking w/Caitlin"	8:16pm	SomerStreets: Seize the Summer 2019
Africanamerican History in Somerville	9:00pm	SomerViva em Português - August 2019
Talking Business "Bow Market"	9:30pm	Central Hill Campus Plan Meeting
SomerViva en Español	11:00pm	City Council Spotlight - Ben Ewen Campen
Somerviva en Españor		city council spoulgine - ben Ewen campen

ia Workout	10:00pm 10:30pm	SomerStreets: Seize the Summer 2019 Somerville Ave. Construction Meeting	6:30pm 8:00pm	SomerViv
Smoking"	Friday, A	ugust 9	8:30pm	
t - 6.15.19	12:00am	Art Beat 2019	9:00pm	<b>C</b>
Beat 2019	1:00am	Independence Day Celebration & Fireworks	10:00pm	Sen
ıgust 2019	3:00am	SomerViva em Português - August 2019	10:16pm	
Ceremony	7:30am	Adult-Use Marijuana	11:43pm	
nmer 2019	8:15am	SPD Ride Along		August 11
ıgust 2019	8:30am	Roll Call of Heroes 2019	12:00am	CC-Fin
g - 7.11.19	9:06am	SPD Ride Along	7:30am	Raising Fam
Smoking"	9:30am	Joe's Jazz & Blues Fest - 6.15.19	8:00am	POW
igust 2019	10:30am	SPD Ride Along	8:30am	Jo
quity 2019	11:00am	East Somerville Walking Tour - 6.16.19	9:30am	SomerViv
Ride Along	12:30pm	National Night Out 2019	10:00am	
nmer 2019	1:00pm	Copp's Hill Burying Ground	10:30am	Cer
n Meeting	2:00pm	SCAP Annual Meeting 2019	12:00pm	Sen
n the 'Ville	3:30pm	SPD Ride Along	12:16pm	
lag Raising	6:00pm	POW Veterans' Cemetery Ceremony	1:30pm	Somerv
	6:30pm	Haiti in the 'Ville	3:00pm	SomerViv
Ride Along	7:13pm	SPD Ride Along	6:00pm	Raising Famil
n the 'Ville	7:30pm	Connecting Communities	6:30pm	
20 Budget	8:00pm	Historic Preservation Awards	7:00pm	Sen
ia Workout	9:15pm	Art Beat 2019	7:16pm	
igust 2019	10:15pm	City Council Meeting - 7.11.19	8:16pm	
Ride Along	Saturday	, August 10	8:31pm	
Ceremony	3:00am	SCAP Annual Meeting 2019	9:00pm	C
t - 6.15.19	7:30am	SomerViva en Español	10:00pm	SomerSt
w/Caitlin"	8:00am	National Night Out 2019	10:30pm	
19 - 8.7.19	8:30am	Connecting Communities	11:00pm	
Ride Along	9:00am	POW Veterans' Cemetery Ceremony	11:30pm	
20 Budget	9:30am	Roll Call of Heroes 2019	Monday,	August 12
19 - 8.7.19	10:05am	Memorial on the Mystic 2019	12:00am	
Out 2019	12:00pm	Senior Picnic 2019 - 8.7.19	1:00am	Sen
ıgust 2019	1:00pm	Jane's Walk 2019	1:30am	African
quity 2019	3:00pm	SomerViva em Português - August 2019	2:30am	

Wedneso	lay, August 7
7:30am	Sit & Be Fit Fibromyalgia Workout
8:00am	Raising Families "Youth Vaping & Smoking"
8:30am	Joe's Jazz & Blues Fest - 6.15.19
9:30am	Art Beat 2019
11:00am	SomerViva em Português - August 2019
11:30am	POW Veterans' Cemetery Ceremony
12:00pm	SomerStreets: Seize the Summer 2019
12:30pm	SomerViva em Português - August 2019
1:00pm	City Council Meeting - 7.11.19
6:30pm	Raising Families "Youth Vaping & Smoking"
7:00pm	SomerViva em Português - August 2019
7:30pm	SomerVision 2040: Values & Equity 2019
8:00pm	SPD Ride Along SomerStreets: Seize the Summer 2019
8:30pm 9:00pm	
10:30pm	Central Hill Campus Plan Meeting Haiti in the 'Ville
11:13pm	Pride Flag Raising
	5 5
	y, August 8
12:00am	SPD Ride Along
12:15am	Haiti in the 'Ville
1:00am	CC-Finance Committee FY20 Budget
8:00am	Sit & Be Fit Fibromyalgia Workout
8:30am	SomerViva em Português - August 2019
9:00am 9:15am	SPD Ride Along
11:00am	POW Veterans' Cemetery Ceremony Joe's Jazz & Blues Fest - 6.15.19
12:00pm	Senior Circuit "Cooking w/Caitlin"
12:30pm	Senior Picnic 2019 - 8.7.19
1:30pm	SPD Ride Along
2:00pm	CC-Finance Committee FY20 Budget
7:00pm	Senior Picnic 2019 - 8.7.19
8:00pm	National Night Out 2019
8:30pm	SomerViva em Português - August 2019
9:00pm	SomerVision 2040: Values & Equity 2019
2.00000	

SPD Ride Along

6:00pm

#### 15 Schedule Educational TV

3:00am

2:30pm

3:00pm

4:30pm

5:00pm

6:00pm

7:00pm

8:30pm

9:00pm

10:30pm

11:00pm

1:00am

9:00am

10:00am

12:05pm

2:00pm

4:00pm

5:00pm

6:00pm

8:05pm 10:00pm

#### Wednesday, August 7

9:30pm

		0.20'
9:00am 10:00am 11:00am 12:00pm	Boys Intramural Basketball Championship Girls Intramural Basketball Championship SING! Somerville Argenziano School Spring Concert	9:30pm 10:00pm 11:00pm 11:30pm
1:00pm	Brown School Spring Concert	Friday, A
2:05pm	WSNS Spring Concert	12:00am
3:00pm	Rec All City Track Meet	2:15am
4:30pm	El Sistema Year End Concert	3:00am
5:00pm	Boys Intramural Basketball Championship	8:00am
6:00pm	Girls Intramural Basketball Championship	10:00am
7:00pm	SING! Somerville	11:00am
8:00pm	Argenziano School Spring Concert	12:30pm
9:00pm	Brown School Spring Concert	1:00pm
10:05pm	WSNS Spring Concert	2:00pm
11:00pm	Rec All City Track Meet	4:00pm
Thursday,	August 8	6:00pm
1:00am	Youth Peace Conference	7:00pm
4:00am	Public Domain Theater	9:05pm
9:00am		10:0 <sup>0</sup> pm
9:00am 11:00am	SHS Boys Soccer vs Brockton SHS CTE Awards Night 2019 - 5.8.19	10:00pm Saturday
	SHS Boys Soccer vs Brockton	
11:00am	SHS Boys Soccer vs Brockton SHS CTE Awards Night 2019 - 5.8.19	Saturday
11:00am 1:00pm	SHS Boys Soccer vs Brockton SHS CTE Awards Night 2019 - 5.8.19 Student of the Qtr Kennedy School	<b>Saturday</b> 12:00am
11:00am 1:00pm 1:30pm	SHS Boys Soccer vs Brockton SHS CTE Awards Night 2019 - 5.8.19 Student of the Qtr Kennedy School Student of the Qtr Argenziano School	<b>Saturday</b> 12:00am 2:00am
11:00am 1:00pm 1:30pm 2:00pm 3:00pm 3:30pm	SHS Boys Soccer vs Brockton SHS CTE Awards Night 2019 - 5.8.19 Student of the Qtr Kennedy School Student of the Qtr Argenziano School Student of the Qtr ESCS Student of the Qtr WSNS Student of the Qtr Brown School	<b>Saturday</b> 12:00am 2:00am 3:00am 9:00am 10:00am
11:00am 1:00pm 1:30pm 2:00pm 3:00pm 3:30pm 4:00pm	SHS Boys Soccer vs Brockton SHS CTE Awards Night 2019 - 5.8.19 Student of the Qtr Kennedy School Student of the Qtr Argenziano School Student of the Qtr ESCS Student of the Qtr WSNS Student of the Qtr Brown School Argenziano School Memorial Day Concert	<b>Saturday</b> 12:00am 2:00am 3:00am 9:00am 10:00am 11:00am
11:00am 1:00pm 1:30pm 2:00pm 3:00pm 3:30pm 4:00pm 5:00pm	SHS Boys Soccer vs Brockton SHS CTE Awards Night 2019 - 5.8.19 Student of the Qtr Kennedy School Student of the Qtr Argenziano School Student of the Qtr ESCS Student of the Qtr WSNS Student of the Qtr Brown School Argenziano School Memorial Day Concert SHS Boys Soccer vs Brockton	<b>Saturday</b> 12:00am 2:00am 9:00am 10:00am 11:00am 12:30pm
11:00am 1:00pm 1:30pm 2:00pm 3:00pm 3:30pm 4:00pm	SHS Boys Soccer vs Brockton SHS CTE Awards Night 2019 - 5.8.19 Student of the Qtr Kennedy School Student of the Qtr Argenziano School Student of the Qtr ESCS Student of the Qtr WSNS Student of the Qtr Brown School Argenziano School Memorial Day Concert	<b>Saturday</b> 12:00am 2:00am 3:00am 9:00am 10:00am 11:00am

9:00pm 9:30pm 10:00pm 11:00pm 11:30pm	Student of the Qtr Kennedy School Student of the Qtr Argenziano School Student of the Qtr ESCS Student of the Qtr WSNS Student of the Qtr Brown School
Friday, Aug	gust 9
12:00am	Youth Peace Conference
2:15am	Honk & String Fest Concert
3:00am	Public Domain Theater [6/19]
8:00am	MIAA Playoff: SHS Boys Soccer v Revere
10:00am	SING! Somerville
11:00am	SHS Baseball vs Pope John
12:30pm	Healey School Spring Concert
1:00pm	WHCIS Moving On Ceremony
2:00pm	SHS Graduation 2019
4:00pm	MIAA Playoff: SHS Boys Soccer v Revere
6:00pm	SING! Somerville
7:00pm	SHS Football vs Medford
9:05pm	Honk & String Fest Concert
10:00pm	SHS Graduation 2019
Saturday, A	August 10
12:00am	MIAA Playoff: SHS Boys Soccer v Revere

Raising Families "Youth Vaping & Smoking"

levere Honk & String Fest Concert Public Domain Theater Honk & String Fest Concert 10:00am Argenziano School Spring Concert SHS Girls Soccer v Waltham 12:30pm El Sistema Year End Concert SCALE Graduation 2019

Kennedy School K-3 Spring Concert
ESCS Spring Concert
Healey School Spring Concert
Honk & String Fest Concert
Argenziano School Spring Concert
SHS Girls Soccer v Waltham
El Sistema Year End Concert
SCALE Graduation 2019
Kennedy School K-3 Spring Concert
ESCS Spring Concert

#### Sunday, August 11 12:05am

Honk & String Fest Concert Public Domain Theater SING! Somerville SHS Football vs Medford SHS Girls Soccer v Waltham SHS Boys Soccer vs Brockton Argenziano School Spring Concert SING! Somerville SHS Football vs Medford SHS Girls Soccer v Waltham SHS Boys Soccer vs Brockton

#### Monday, August 12

12:00am Argenziano School Spring Concert SHS Football vs CRLS 1:00am 9:00am WSNS Science Fair Winners 10:00am Argenziano School Spring Concert 11:00am Rec All City Track Meet 12:30pm El Sistema Year End Concert

SHS Boys' Soccer vs Beverly Kennedy School K-3 Spring Concert ESCS Spring Concert Healey School Spring Concert WSNS Science Fair Winners Argenziano School Spring Concert Rec All City Track Meet El Sistema Year End Concert SHS Boys' Soccer vs Beverly Kennedy School K-3 Spring Concert ESCS Spring Concert

#### Tuesday, August 13

1:00pm

2:30pm

3:00pm

4:30pm

5:00pm

6:00pm

7:00pm

8:30pm

9:00pm

10:30pm

11:00pm

12:05am

1:00am

9:00am

10:00am

11:00am

12:00pm

1:00pm

3:00pm

5:00pm

6:00pm

7:00pm

8:00pm

9:00pm

11:00pm

12:30am

WSNS Moving On Ceremony WHCIS Moving On Ceremony Honk & String Fest Concert SING! Somerville WSNS Science Fair Winners Argenziano School Spring Concert SHS Girls Soccer v Waltham SHS Boys' Soccer vs Beverly Honk & String Fest Concert SING! Somerville WSNS Science Fair Winners Argenziano School Spring Concert SHS Girls Soccer v Waltham SHS Boys' Soccer vs Beverly SHS Boys Soccer vs Brockton

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# <image><section-header>

Susan Tepper is the author of seven published books of fiction and poetry. Her newest book is a novel titled *What Drives Men*, from the Wilderness House Press. www.susantepper.com



**Beyond** *in memory of my mother* 

The little towns bored you

while I was moved to an ecstasy
you called *time-machine madness*:
Memory of a bygone trip
has Mom at the wheel and
we three kids
driving across the country –
To see Dad
forced to take work in Spokane
so that we could eat and prosper.
I remember.
Wisconsin.
White clapboard houses converted
to store-front luncheonettes,
people treating us well
bringing a high-chair for the baby,

# **OFF THE SHELF** by Doug Holder

# Lois Ames at the Wilderness House Literary Retreat (2004)

I wrote this article in 2004. At the time I was involved with the Wilderness House Literary Retreat in Littleton, MA, founded by Steve Glines. Lois Ames, who was a confidant of Slyvia Plath and Anne Sexton was our guest at the venue. Ames wrote the biographical note to Plath's The Bell Jar.

The first event of The Wilderness House Literary Retreat, located in Littleton, MA, was a lunch with the late poet Robert Creeley. That event in December of 2004 provided participants with a rich trove of anecdotes and insight concerning the creative life of Creeley, as well as the Avant-Garde movement in poetry in post-World War II America. The second event on April 9, 2005 was with Lois Ames; held at the headquarters of the New England Forestry Foundation in Littleton, MA, the temporary home of the retreat.

Lois Ames is a poet, biographer, and psychotherapist. She was a confidant of the poet Anne Sexton, and has published many essays on Anne Sexton and Sylvia Plath including *A Biographical Note* in *The Bell Jar* and *Anne Sexton: A Self Portrait In Letters*.

Among the guests for Ames' talk was Alex Beam, *Boston Globe* columnist and author of the history of McLean Hospital, *Gracefully Insane*. Also in attendance were Anne Tom, founder of the Grange Hall Poetry Series out in Cape Cod, as well as Jean Houlihan, director of the Concord Poetry Center in Concord, MA.

Ames started her talk with a discussion of what she feels is essential for good poetry: honesty and integrity. Ames feels that a poet has to be honest in his or her work or they will simply not produce good poetry. For Ames, an active spiritual life is a staple for her poetry, as well as her life.

The poet talked of the defining moments of her life. A social worker, who is and was politically active, she participated in the March on Washington in 1963, and marched against the Vietnam War in Chicago during the tumultuous 60's. The most memorable poetry event for her was the International Poetry Festival in London in 1967. Many of the great poets of the Western World read there: Neruda, Ginsberg, and Berryman. Allen Ginsberg taught Ames how to clap to get attention (with her hands cupped, and on an off-



to start submitting to the places that pay the best, and go down the line from there, when submitting work.

Ames feels that Sexton was the most generous of the poets she has known. She reached out to people from all walks of life, and was very kind to students in her workshops that she ran at Boston University, McLean Hospital and other places.

She respected the poets, as well as the psyche of the poets. Ames accompanied Sexton to the first poetry workshop she conducted for patients at McLean Hospital. Sexton wanted Ames to help determine which patients were most vulnerable. She was afraid of hurting these fragile workshop participants.

Many of the "poets" in attendance were on suicide watch. The mental health workers with them held their forearms during the sessions. The philosophy at the time was that a suicidal patient had to feel the presence of another person throughout the day, Ames said. She was asked why so many poets seemed to be affected by mental illness. She replied, "Writing poetry is an act of creation. It engenders an ecstasy while you are doing it. After you have a sense of loss. This capricious emotional bounce mimics the cycle of manic depression. Perhaps poets have a predilection for being bipolar," Ames opined.

There was an active Q and A session with Ames and the audience. During the event participants had a chance to visit the six-bedroom cabin that the Wilderness House will occupy in the summer. The retreat has ambitious plans for longer sessions, and perhaps week-long workshops in the future. The next event on April 30 will be with poet Suzanne Berger.

a waitress saying wanilla for vanilla

ice cream and oh

how we giggled behind our hands,

people were so very kind

when we stopped

to have lunch or dinner,

stopped for the night

in the small towns beyond

the cities of America past.

— Susan Tepper

To have your work considered for the Lyrical send it to: Doug Holder, 25 School St.; Somerville, MA 02143. dougholder@post.harvard.edu beat sequence from the applause of the crowd) mer. The retreat has ambitious plans for longer sessions, and perhaps week-long workshops in the future. The next event on April 30 will be

Ames has learned a lot from the great writerswith poetand poets over the years. From Anne Sexton she\*The Withlearned the business of poetry. Sexton told heryears back.

\*The Wilderness House Literary Retreat closed years back.

#### **Renovated Capuano Field ribbon cutting August 9**

Join Mayor Joseph Curtatone and Ward 1 City Councilor Matthew McLaughlin on Friday, August 9, at 9:00 a.m. for a ribbon cutting ceremony at the Capuano Field, 150 Glen St. The ribbon cutting will celebrate the refurbishment of the existing synthetic turf field.

The East Somerville Community School turf is also being renovated this summer and is on schedule to be completed by the start of the 2019 school year. Both fields provide much needed, renovated open space to the school and the surrounding community and are being rebuilt with plant-based infill. For more information about both projects, contact Luisa Oliveira at loliveira@ somervillema.gov.

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