

Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



FREE
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Commission on Affairs of the Elderly

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Mayor's Spotlight



It was the privilege of a lifetime to take the oath of office to begin my fifth term as Mayor of the City of Boston. As we turn the page on a new decade, we also open a new chapter in

Boston's history. The challenges

we face are great, but our uniquely Boston combination of ingenuity and perseverance still remains and will take us into this new decade. Knowing that our potential today remains stronger than ever before, we inaugurate a new era of shared innovation.

The next four years will be guided by the idea that we will reinvent ourselves to create an even stronger city. At the top of our shared agenda are four goals: Transforming education, delivering on the promise of our waterfront and creating new jobs, making over basic city services, and bringing our city closer together across diverse backgrounds.

As a city of innovators, no where is innovation more critical than in education. As state legislators debate a reform bill that could provide turnaround authority for local districts and position the Commonwealth to compete for more than \$250 million in federal funding, the right bill for our children increases the charter cap, but also provides turnaround capacity for districts in three places: One, the authority to create in-district charter schools. Two, the flexibility to assign the best teachers where they are

needed most. And three, the ability to bypass lengthy arbitration at persistently under-performing schools.

Emphasizing the same spirit of innovation, we'll unlock the potential of our city in Downtown Crossing, Dudley Square, and the Albany Street Corridor, and deliver on the promise of our marine industrial park and waterfront by creating a vibrant Innovation District. Together, we should develop these thousand acres into a hub for knowledge workers and creative jobs. Our mandate to all will be to invent a 21st century district that meets the needs of the innovators who live and work in Boston to create a job magnet, an urban lab on our shore, and to harvest its lessons for the city.

When I made my first inaugural address, I promised to help bring about a century of inclusiveness in government. We've made much progress, but we must recommit ourselves to that ambition.

When we look back four years from now when we meet these goals and many others we'll have come very far. But our full achievement may be determined as much by how we get there as by what we get done.

My friend Ted Kennedy said once that, "All of us will live on in the future we make." Let our legacy to each other be launching pads for those who follow. Let us show the world that in Boston, history is just a prelude. That here, we don't lay capstones, we lay foundations.

RSVP Boston

Volunteer Opportunities

Veronica B. Smith Senior Center

Volunteers are needed to tutor other seniors on the computer, help with the upkeep of our garden, work on intermittent mailings and help in our lunch room. If someone has a special talent that they could teach, such as piano, we would utilize that talent to offer a class or tutoring session in that area. We meet individually with potential volunteers, see if they can fill in any of our openings or bring something new to our Center.

Contact: Millie McLaughlin, 617-635-6120 or millie.mclaughlin@cityofboston.gov

Spaulding Rehabilitation Hospital

Volunteers needed to:

- Visit patients
- Lead discussion groups and games
- Assist in our administrative department

We will match your skills, talents and interests with the needs of our patients, families and staff. Training is provided. Park on site. Easily accessible by MBTA.

Contact: Jane Burke, 617-573-2740

Match-Up Interfaith

MATCH-UP serves older adults and adults with disabilities in Boston and Brookline. We recruit and train volunteers in five different programs, all of which are great opportunities for retirees. Whether or not there is a minimum number of

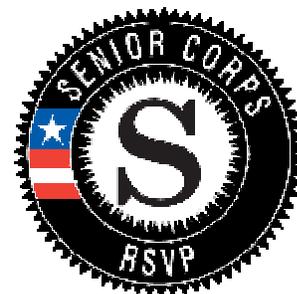
hours depends on the program. We offer one-time opportunities, ongoing flexible opportunities, and ongoing opportunities with a minimum commitment of 1-2 hours a week.

Contact: Medical Escort Coordinator/Short-Term Assistance Coordinator Jacqueline Gallagher: jgallagher@matchelder.org 617-482-1510 x 26

Generations Inc.

Generations Incorporated is looking for volunteers ages **55+** for the Greater Boston Area. As a Generations Incorporated volunteer you will utilize your life experience in literacy programs that **inspire** students and improve schools in Dorchester, Roxbury, the South End, South Boston, Jamaica Plain, and Revere. While the focus of our programs is improving children's literacy, it's about more than just reading. You will **make an impact** and a difference building a strong mentor relationship in which both you and the child will grow! You will see verifiable results while also participating in a larger movement called Experience Corps.

Contact: Dan McConvey 617.399.4668 or email dmconvey@generationsinc.org



The 2010 U.S. Census Is Coming - Why You Should Respond

By John Fabiano

Did you know everyone in the United States must be counted every 10 years? The U.S. Census, however, is more than just a count of our citizens and noncitizens. It is an opportunity to ensure that our city and neighborhoods are accurately represented when it comes to funding for essential programs and services. Every year, more than \$300 billion in federal funds is awarded to states and communities based on Census data. Accurate representation and funding is especially important to older people and retirees because these individuals may rely on government, community and social service programs. For this reason, your participation is required by law.

Federal, state and local policymakers use Census data to:

- Implement the Supplemental Social Security Income and Social Security Disability Insurance Programs.
- Plan programs for seniors living alone.
- Apply for grants to help seniors caring for their grandchildren.
- Create facilities and services for people with disabilities.

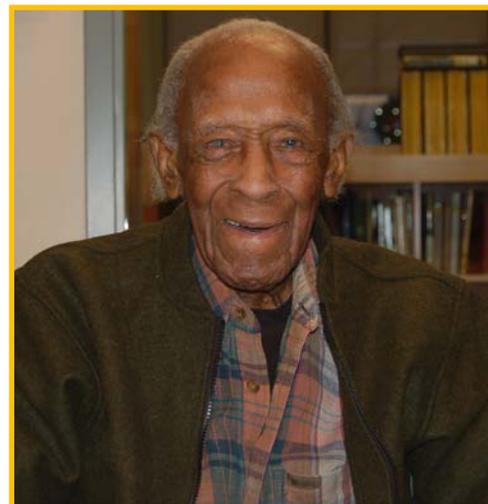
In March, Census forms will be mailed out; every household should complete their form upon receipt. The Census form consists of 10 questions and includes a prepaid envelope so you can mail it back once finished. The Census Bureau requires that you fill in the form to account for everyone living in your house or your apartment as of April 1, 2010. All information collected is confidential. By law, the Census Bureau cannot share respondent's answers with anyone, including other federal agencies and law enforcement entities. No one can connect your answers with your name or address.

Between April and July, Census workers will visit households that do not return forms to take a count in person. Census workers can be identified by a Census badge and will never ask to come into your home. You may also ask them for a picture ID from another source to confirm their identity. All Census Bureau employees take an oath of nondisclosure and are sworn for life to protect confidentiality of the data. In December 2010, the Census Bureau delivers population counts to the President for apportionment. Without a complete count, vital community services and programs may not be adequate. Please do your part by filling out your Census form when you receive it in the mail.

**The 2010 U.S. Census - It's easy.
It's safe. It's Important.**

His name is Zeferino and he is 106 years old

By Tula Mahl



They call him Tony Zeferino and at one time Curtis. This is the man I got to know. Zeferino was 106 years old the day that I spoke to him. He has lived a long and multifaceted life. He has been around since World War I. Zeferino is a Boston resident but he has not always been.

Zeferino was born in Pennsylvania and grew up in a rural town. He used to play in the forest growing up and one day he found and brought home an abandoned bear cub. He fondly reminisces about when the cub used to follow him around like a puppy. It would walk with him to school and wait outside until he was released. He says that it would stay by his side at all times. Then slowly the cub started taking walks into the forest and returning at night until one day he did not return. The cub grew up.

As you can see, Zeferino is a very adventurous and fearless man. When he was in high school he stowed away on a cattle boat to Europe. Along the way he was found and taught how to be a cattle wrangler. He then traveled to England, Russia and Ireland delivering the cattle. As Zeferino recalled he was mentored by an older man who liked to go to pubs but since Zeferino was too young to enter the pubs he would wait outside

sitting on the grass. He tells me about a particular morning when he woke up to a fine mist sitting over the emerald green grass. Looking into his face as he recalled this memory gave me a glimpse into how beautiful this sight must have been.

On his return to the United State he got a job at the National Biscuit Company now known as Nabisco. Then he decided to go to school to learn how to build aircrafts. He worked for Eastern Aircraft during World War II. At that point he met a lady who was moving to Massachusetts so he followed her and moved into the Roxbury neighborhood. In Boston, he worked many odd jobs one of them being the tunnels of the Boston Harbor. He remembers it being very dangerous work.

As Zeferino recalls it was very difficult for him to get a job during those times, even though he was a highly skilled worker with experience in factory machinery. He says that it was due to his being “colored” and his name “Curtis Kincade”. Zeferino

recalls that a lot of Spanish speaking people were moving into the Roxbury neighborhood. He met another lady from Colombia and married her. That is around the time when he changed his name from Curtis Kincade to Zeferino Cortez. Zeferino talks fondly of going to great parties with the Spanish community, of making great friends, and of great times.

Zeferino is the type of guy that always pursued his dreams one after the other. One of those dreams was to become a musician. So during his life he also studied

the guitar and excelled. He performed with Ella Fitzgerald, B.B. King, and Chuck Berry. Those memories are some of the most vivid: traveling around the country performing Jazz, meeting new people, dancing and drinking till the sun came up.

When asked what he thinks is the key to a long life he says, "If you want to be treated nice, you must treat people nice" and in any situation he always would ask himself, "Is this good enough for me, if not I stop".

Do you want to be on TV?

The ***DON'T RETIRE, INSPIRE*** show invites you to share your life's story with us and inspire others.

How have you changed the course of your life?

Survived in spite of yourself or your situation?

Come Share Your Story on TV...

If you are interested contact: Tula Mahl at 617-635-1922 or email tula.mahl@cityofboston.gov



Senior Companion Program

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Senior Companions bring a *friendly face* into the homes of homebound elderly.

For more information on how you can *brighten a senior's day* call (617) 635-3987.



FREE TAX HELP IS AVAILABLE IN SITES AROUND BOSTON

AARP TAX-AIDE and the IRS sponsors help for low and middle income taxpayers, with special attention to seniors 60 years and over, hosted by sites around Boston during tax filing season. You do not need to be a member of AARP or a retiree to use this free service offered by trained and certified volunteers.

Last year over 590 volunteers across MA helped nearly 40,000 residents electronically file federal and state returns potentially saving taxpayers over \$200,000 that might have been spent on paid preparers.

Call the location for an appointment during available hours at the following sites:

Honan-Allston branch of the Boston Public Library - 300 North Harvard Street, Allston, MA 02134
(617) 787-6313: Thursdays 10:00AM - 1:30PM

Veronica Smith Senior Center - 20 Chestnut Hill Ave. Brighton, MA 02135-3602
(617) 635-6120: Fridays 10:00AM - 3:00PM

West End branch of the Boston Public Library - 151 Cambridge Street, Boston, MA 02114
(617) 523-3957: Saturdays 10:00AM - 3:00PM

Hyde Park branch of the Boston Public Library - 35 Harvard Avenue, Hyde Park, MA 02136
(617) 361-2524: Tuesdays 10:00AM – 6:00PM

South End branch of the Boston Public Library - 685 Tremont Street, Boston, MA 02118
(617) 536-8241:

Mondays 12:00 – 4:00PM

Tuesdays 12:00 – 2:00PM

Wednesdays 10:00AM – 3:00PM

Thursdays 10:00AM – 3:00PM

For additional locations, please call 1-888-AARP-NOW (1-888-227-7669) or go on-line to www.aarp.org/ma.

Please bring a copy of last year's tax return, tax documents for 2009 (i.e. W-2's, 1099's, MA 1099 HC, rent receipts etc.) and if you own your home, your real estate tax and water and sewer bills.

SENIOR'S LET'S GET FIT-4-LIFE



The Fit-4-Life program has combined exercise and nutrition to benefit seniors ages sixty and older to become more physically fit. The program consists of strength training exercises, a variety of aerobic activities and functional movement exercises geared towards seniors. Also, with this program each participant will have weekly access to our Registered Dietitian for healthy eating advice.

Classes are held Monday, Wednesday and Friday 10:30 am, 11:30 am and 12:30 pm
Tuesday and Thursday 10:00 am, 11:00 am and 12:30 pm.

If you would like more information about the Fit-4-Life program, please contact Garry Sanon the Fit-4-Life coordinator at (617) 825-5000.

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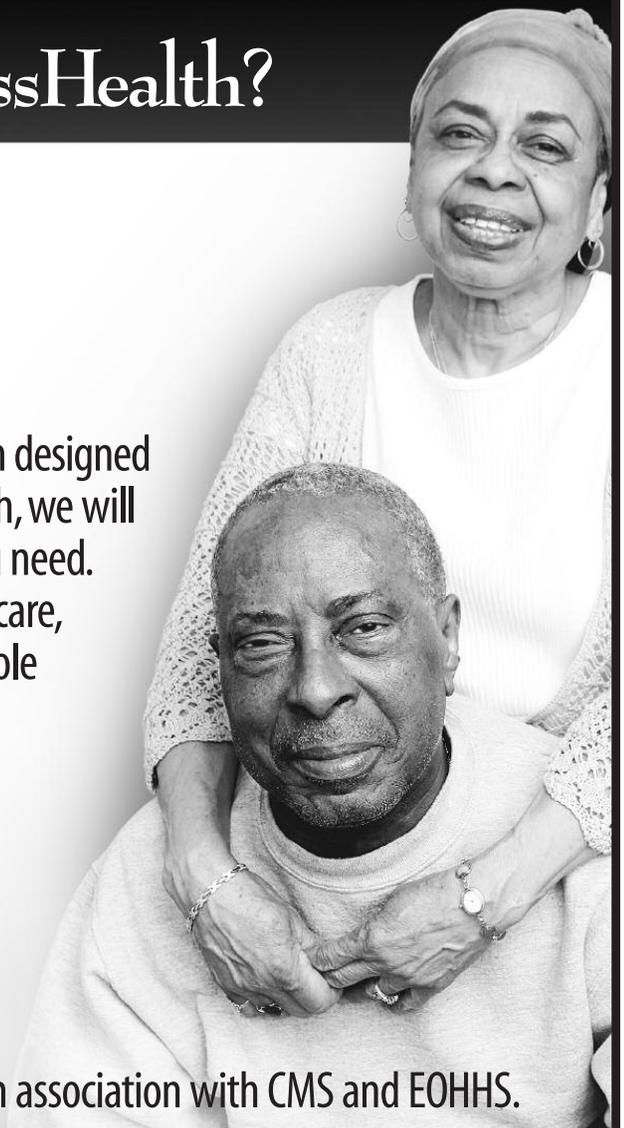
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Senior Whole Health is a voluntary MassHealth benefit in association with CMS and EOHS.



West End Resident Receives Community Award at ABCD Dinner

By Cassandra Baptista

West End resident Marie Cantlon, 82, received a community award at the Action for Boston Community Development's (ABCD) 35th Annual Awards Dinner.

The ABCD event was held on Oct.30th at the Copley Marriot Hotel and attended by more than 1500 people to honor 19 community members. The recipients were awarded based on their commitment to ABCD's mission of "upward mobility for hundreds of thousands of Greater Boston residents through innovative, quality programs and services," according to the organization's website.

While proud to be acknowledged with this year's group of recipients, Cantlon received the award humbly.

"A part of me is a bit embarrassed," Cantlon said, her white hair arranged in curls close to her head. "The things I do in the community are things I think any concerned citizen would do."

But don't underestimate Cantlon's community achievements. This 30-year resident is a founding member of the West



Photo by Cassandra Baptista

Marie Cantlon, West End resident, receives ABCD Award for her community efforts.

End Civic Association (WECA), a non-profit organization aimed at preserving the legacy of the historic neighborhood while bridging the gap between old and new residents. Cantlon has also been an advocate for the elderly and disabled, championing for safer pedestrian crosswalks.

Her involvement in the West End began soon after moving to Boston and finding out about the "horrific leveling" of neighborhood largely made up of immigrants.

"From that point on," she said, "I always felt slightly guilty about living in Charles River Park."

Cantlon chose to take on city and state officials to improve the West End. She said her proudest achievement came recently when she led an effort that lobbied the

MBTA to commit to installing elevators at Science Park Station. The MBTA plans to begin construction in the spring of 2010 to make local public transportation more accessible. WECA is also responsible for adding the name of the West End to the Science Park T-stop earlier this year.

As the West End experiences a revival, Cantlon said there has been considerable tension as the neighborhood progresses. She has been known to pound her fist during community meetings when she feels she needs to be heard, while also being a mediator when conflicts arise.

“Working in the West End is an education,” Cantlon said with a smile. “The hope is that the 50-year split in the West End’s history can be knitted a whole once more.”

The ABCD dinner was also a tribute to Bob Coard, retiring ABCD president who has held the position for the past 41 years. Speakers included Mayor Thomas Menino, FOX25 news anchor Maria Stephanos, David Bradley, Executive Director of National Community Action Foundation and George Russell, Executive Vice President of State Street Corporation.

But despite the high-profile presenters, the

event focused squarely on the 19 honored community heroes. Lia Tota, director of the North End/West End ABCD program, attended the event to support Cantlon.

“I’m very honored to have Marie represent us from the West End,” Tota said. “She’s a remarkable, dynamic person. We are very lucky to have her as a part of our community.”

For more information on ABCD, visit the organization’s website at: www.bostonabcd.org.

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Are you Getting Enough Sleep?



Try a Sleep Mask

Do you fall asleep before you see the end of your favorite tv show?

Do you have trouble remembering names, restaurants, grandchildren's names?

Are you crankier than usual?

Is your spouse more cranky than usual?

Do you have a cold that seems to linger?

Does lack of beauty sleep affect how you look and feel?

You may not be getting enough sleep!!!

The National Sleep Foundation (NSF) recommends seven to nine hours of sleep a night for most adults. If you are not getting your share of sleep, you might be feeling a little rundown, cranky, achy or forgetful. It might not be the cold and often miserable New England winter.

The NSF surveys found that about half of Americans report frequent difficulty sleeping. The amount of sleep you get (or don't get) can affect your mood, behavior and your ability to perform tasks.

We all know the standard reasons and remedies.

- Avoid alcohol, caffeine, smoking, food, drinks, noise, exercise before bed, sleeping late on weekends, bedroom too hot, too cold or too light, old and sagging mattress and pillows, partner snoring or reading with lights on until 2 am

An interesting remedy that is becoming popular again.... The Sleep Mask.

The sleep mask was popular in the 1940's. Movie stars wore them in the movies. It is not unusual today. You can see them on television stars, game shows and in the movies.

A sleep mask is both a beauty and sleep aid.

You can find inexpensive ones at the local pharmacy or gift store. I recommend that you shop around, spend a few extra dollars and get a quality one that is well constructed. Try different sleep masks on and you will find the one that is best for you.

You want

- total blackness with no light slipping in on the sides
- extra padding (soft, satin type material) to make it more comfortable (means no puffy eyes)

- be sure it has a deep, recessed center so your eye lashes won't rub against it
- a deep center will also let you wear eye cream or extended wear contact lens
- be sure it has a sturdy adjustable strap. Inexpensive sleep masks are not adjustable and you can wake up with a bad "bed head". The inexpensive elastic stretches very quickly and slides off your head
- they come in black, pastels and some have cartoons printed on them.

If you travel a lot, buy an extra sleep mask and put it in your luggage. You can use it when you are trying to sleep

on a plane, train or bus. Also people won't bother you when they see you are trying to catch a few winks!!!

If you are lucky enough to travel, it will be easier to get on to your vacation time zone if you can get a few hours rest. Sunshine is wonderful but not when you are overtired and trying to unwind from a long trip.

If you are having serious sleep issues, speak to your health care provider. There may be a reason for your insomnia and sleep problems.

For more information about sleep, go to the National Sleep Foundation website at www.sleepfoundation.org. They have a list of easy to read and interesting articles for you.

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Mayor Thomas M. Menino

FREE Immigration Advice

March 3 & 17

Room 804 in Boston City Hall

12:00 (noon) - 2:00 PM

For more information, please contact the
Mayor's Office of New Bostonians

Boston City Hall Room 803

617-635-2980

HEALTHY

Pork Chops au Poivre

Ingredients:

- 1 teaspoon coarsely ground black pepper
- 1/2 teaspoon salt, divided
- 4 4-ounce boneless pork chops, 1/2 inch thick, trimmed
- 3 tablespoons all-purpose flour
- 2 tablespoons extra-virgin olive oil
- 1 medium shallot, minced
- 1/2 cup brandy
- 1/4 cup reduced-fat sour cream

Preparation:

1. Combine pepper and 1/4 teaspoon salt in a small bowl. Pat the mixture onto both sides of each pork chop. Place flour in a shallow dish; dredge each chop in the flour, shaking off any excess.
2. Heat oil in a large skillet over medium-high heat. Add the chops, reduce heat to medium and cook until browned and just cooked through, 2 to 3 minutes per side. Transfer to a plate and tent with foil to keep warm.
3. Reduce heat to medium-low. Add shallot to the pan and cook, stirring, until softened, about 1 minute. Add brandy and cook, stirring and scraping up any browned bits, until most of the liquid has evaporated, 1 to 2 minutes. Remove from the heat; stir in sour cream and the remaining 1/4 teaspoon salt. Serve the pork chops with the sauce.

Serves: 4 - Serve with roasted sweat potato slices and green beans

Answers for the back cover

1. f, 2. g, 3. b, 4. h, 5. d, 6. c, 7. e, 8. a

RECIPES

Hungarian Beef Goulash

Ingredients:

- 2 pounds beef stew meat, (such as chuck), trimmed and cubed
- 2 teaspoons caraway seeds
- 1 1/2-2 tablespoons sweet or hot paprika, (or a mixture of the two), preferably Hungarian
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 1 large or 2 medium onions, chopped
- 1 small red bell pepper, chopped
- 1 14-ounce can diced tomatoes
- 1 14-ounce can reduced-sodium beef broth
- 1 teaspoon Worcestershire sauce
- 3 cloves garlic, minced
- 2 bay leaves
- 1 tablespoon cornstarch mixed with 2 tablespoons water
- 2 tablespoons chopped fresh parsley

Preparation:

1. Place beef in a 4-quart or larger slow cooker. Crush caraway seeds with the bottom of a saucepan. Transfer to a small bowl and stir in paprika, salt and pepper. Sprinkle the beef with the spice mixture and toss to coat well. Top with onion and bell pepper.
2. Combine tomatoes, broth, Worcestershire sauce and garlic in a medium saucepan; bring to a simmer. Pour over the beef and vegetables. Place bay leaves on top. Cover and cook until the beef is very tender, 4 to 4 1/2 hours on high or 7 to 7 1/2 hours on low.
3. Discard the bay leaves; skim or blot any visible fat from the surface of the stew. Add the cornstarch mixture to the stew and cook on high, stirring 2 or 3 times, until slightly thickened, 10 to 15 minutes. Serve sprinkled with parsley.

Serves: 8 - Serve over whole wheat egg noodles

BACK TO THE GARDEN BACK TO THE GARDEN

By Mike Flynn

Few could have envisioned what it would be like or how historical a happening it would become, when 40 years ago Miami head shop owner Michael Lang met Capital Records V.P. Artie Kornfeld and they teamed with financiers John Roberts and Joel Rosenman to found Woodstock Ventures. Originally a small gathering with several musicians was planned as a way to finance a recording studio in Woodstock, a small town in upstate New York, which had become the folk-rock music capital of the country. Through Kornfeld's connections in the music business they were able to secure the talents of many of the popular artists of the day. But little did they know the interest young people would have in coming to their little party.

Originally slated for Mills industrial park in the town of Wallkill, a few miles down the road from Woodstock, the permits needed were rejected and Lang had heard that some of the townfolk had threatened to shoot the first hippie they saw, so it was time to search for another venue. In the nearby hamlet of White Lake, a young public relations whiz from New York City, Elliot Tiber, had already secured permits for his own small music show as a way of drawing people to his parent's motel on the lake. He offered the permits to Lang and the boys if he was part of the package. Through a real estate agent Lang met with dairy farmer Max Yasgur who supplied milk to all of Sullivan County and grazed his cows on 300 acres which included a natural amphitheater, a perfect concert venue. By now word was out and their little concert had turned into a blowout where 50,000 would come to see at

least 20 of the day's biggest acts. Once again the town's folk were up in arms, putting up signs which read "Buy No Milk. Stop Max's Hippie Fest." But permits had already been secured and Yasgur had been paid \$100,000 for the weekend use of his land.

But because of the quick venue change, the promoter's had little time to prepare. Only some fences were in place and security was lax as days before the scheduled Friday start a huge mass of young people had already made their way to this small Catskills town. Lang realized for safety's sake the fences would have to come down and it would be useless to try to sell or collect tickets because so many were already camped on site. The producers were going to lose money. Likewise, they totally underestimated the number coming and did not realize until that opening Friday, that outside of New York City, their little venture was now the largest gathering of people in New York State. The facilities were just not set up to provide food, water or first aid for such a multitude. Enter the "Hog Farm".

Founded by Wavy Gravy (real name Hugh Romney), the Hog Farm was a hippie commune from the city who had just purchased real estate in New Mexico and were going out to live off the land but were asked by Lang to stop for the weekend in White Lake to help out before jumping on their rickety old school bus adorned in rainbows and flowers and heading out west.

They arrived the week before and began recruiting some of the early arrivals to help

out (some of whom became Hog Farmers themselves and went west with the commune). Using two by fours and tarps they set up shelters, kitchens and a free stage in the woods where any one could perform. They had also brought thousands of pounds of grain and bulger wheat (being vegetarians) which they cooked into a mushy oatmeal like dish. Their free kitchen over the weekend would feed hundreds of thousands. The medical tent became one of the busiest places of all because of cut feet (barefoot hippies, pop tops from cans, broken glass) and substance abuses and while clad in a jumpsuit and cowboy hat and armed with ever present kazoo, Wavy Gravy became the most recognizable person of the weekend and unofficial symbol of the Woodstock Hippie.

Even though the townsfolk had been irate in the weeks leading up to the festival, when they heard about the shortage of food, people from all the surrounding villages began making sandwiches on their kitchen tables and would leave their garden hoses running at all times. (Most were parents and said later if it were their children they would have wanted someone looking out for them.)

An Information Booth at the top of the hill by the Hog Farm's kitchen was the central meeting place if you got lost or were looking for someone. Messages were left and collected. Here's one read from the stage. "Marilyn Cohen, please go to the information booth. Greg wants to marry you." Followed seconds later by, "There goes Marilyn." Before leaving separately from Boston to head to Bethel, my brother told me to meet him in front of the stage as he had my extra clothes. Yeah, right! Never saw him and even lost the people I was with. Woodstock had become as big as a city



Duke Devlin

stretching miles in all directions.

The Woodstock Music and Arts Fair was truly a magical and historical event in America's pop culture history and peace and love surely was in abundance that weekend. So much has already been said and written about the music, the bands, the births, deaths and the incredible camaraderie between the locals, the hippies and the police. If you have not seen the movie, do! It really tells the whole story. But there has been so much more since.

Alan Gerry was a high school dropout who joined the Marines in World War II. At the end of the war he used the G.I. Bill to learn how to fix televisions and opened the Liberty T.V. and Appliance store in his hometown of Liberty, New York. Because Liberty was in the Catskills, the mountain valleys, where most of the people lived, did not have television reception. So how do

you sell TV's to a population with no signal? Well, Gerry was nothing if not imaginative. He would scale the mountains, sometimes even climbing tall pine trees, and place television antennae at the tops and run cables from the antennae to the dozens or so homes in the area. He would repeat the process all over Sullivan County and soon expanded to the surrounding areas. Now, not only was he now selling TV's, but he was charging a couple of bucks a month for the cables, which would sometimes run thousands of yards, thus cablevision was born. His company grew and grew until 1996, he merged his Cablevision Industries Corporation with Time Warner and became a billionaire. That same year he bought Max Yasgur's farm and the surrounding 1700 acres.

Being a son of Sullivan County and knowing the historical implications of the land, he could not just sit by while it was parceled out, developed and disappear forever. This past August 14, 15 and 16 was the 40th anniversary of the original Woodstock Music and Arts Fair and Gerry threw a party himself.

Now called the Bethel Woods Center for the Arts the land is still as pristine as ever. The large natural amphitheater has not been touched, except now the grass grows green where in 1969 it was a bowl of mud. From the bottom looking up you can still picture where the thousands crammed together on that hillside. But Gerry has added things. The 2000 acres now include a Woodstock Museum featuring artifacts and visual exhibits which transport you back to that time and place (even though you are right there), an events gallery for special presentations (Michal Lang recently spoke there), an intimate terrace stage for small recitals and a large Performance Center which

seats 15,000 where a Saturday concert would be held with many of the original performers.

On Friday August 14, media and invited guests assembled atop the original site at noon. Alan Gerry told all gathered how proud Sullivan County was to have maintained the beautiful countryside. Then on a small stage at the top of the hill with the blue sky behind and the amphitheater below he introduced Richie Havens who said how glad he was to be there (and actually how glad he was to be anywhere) before he launched into his classic song "Freedom" which he had made up on that very spot as the opening act of the festival, 40 years prior.

After Havens finished we were invited to chat with Duke Devlin, a mountain of a man with a flowing white beard who could easily double as Santa Claus. He had hitch hiked from Texas to attend the 1969 concert and never left. He is now on staff as site interpreter. Max Yasgur's son Sam told tales of his father trepidations and how he, Sam, was the one who convinced Max to talk to Mike Lang. Monsignor Edward Straud spoke of how as a young cleric known as "Father Ed" he was invited to speak from the stage, eventually wandering the crowd and finally ending up in the Hog Farm's medical tent for three days where he talked down hundreds of bad trippers. But the most famous people there that day were not Alan Gerry or the recognizable TV reporters from the Big City or even Richie Havens himself. They were a man and a woman who have lived in relative anonymity for all these years except for a single photo from their past. Of all the pictures taken that weekend 40 years ago, one ended up on the movie poster, became the cover of the movie soundtrack album and has become so iconic

it has come to symbolize a generation. Nick Ercoline was only 21 when he met a beautiful blond at the bar where he worked and they became friends. When her boyfriend stood her up one night, he asked her out. Three months later they were at Woodstock together and after the torrential rainstorm, they stood at the top of the hill, barefoot and shivering, wrapped in a soggy pink blanket trying to shield each other from the elements. Months later they were at a friend's house listening to the soundtrack from the newly released "Woodstock, The Movie", when someone passed them the record jacket. "Hey, that's our blanket!" said Nick. "Hey, that's us!" screamed Bobbi. The first thing Bobbi Kelly realized was that she would now have to confess to her mother that she was, in fact, at Woodstock. A year later they were married and just celebrated their 39th anniversary together.

The concert on the Saturday saw the return of the "Heroes of Woodstock." Emceed by Country Joe MacDonald who opened with his famous "Fish Cheer", he introduced 15 year old Conrad Oberst who recreated Jimi Hendrix's version of the "Star Spangled Banner." Big Brother and the Holding Company performed with Sophia Ramos channeling Janis Joplin. Throughout the day and night they kept coming; Jefferson Starship with Paul Kantner, Canned Heat, Ten Years After, Mountain, Levon Helm of The Band. Tie Dyes ruled the day, even on the teenagers present, who were probably there with their grandparents. But most had come back to the place they remembered fondly, although for many I will assume, vaguely. To quote Joni Mitchell they had "come back to the Garden."

It is a good thing we have special people around like Alan Gerry who realize that history must be preserved. Our American History. Upstate New York is not very far from Boston and it is truly some of the most beautiful land in America and because of the good people of Sullivan County it will remain so. Whether you were at the original Woodstock, wish you were or want to see where recent history was made, take a right off of 17B onto Hurd Road in Bethel, New York. You will be glad you did.



Bobbi and Nick Ercoline 40 Years later

Solitude is not Loneliness

“Don’t Retire, Inspire”

By Augusta Alban



Solitude, in the sense of being often alone, is essential to any depth of meditation or of character: and solitude in the presence of natural beauty and grandeur is the cradle of thoughts and aspirations which are not only good for the individual, but which society could ill do without.

- John Stuart Mill

There are many ways to keep fit. Health-wise I have found the benefits to be greater if you like what you are doing. I am a walker and I enjoy the private pleasure the journey provides. Absence of chatter produces a semi meditative state that lowers my stress and increases my pleasure. I almost never take the same walking route, as repetitive patterns seem to encourage my brain to spin the same old negative thoughts that don't serve me.

Every season of the year brings unexpected changes to the travel plans of my mini expeditions. The possibility of something new around the corner gives a sense of hopefulness, adding greatly to ones good health. I ask myself, where would I like to go today? I start with appreciating my feet and thanking them for taking me to new places.

I would like to see. When spring is in the air, raptures of yellow daffodils come to mind, and I am able to recall like viewing the pages of a travel guide secret gardens

and small parks where such things may be found. As spring continues to unfold I am grateful I do not have allergies since I make a point to stop and smell everything in sight including flowering bushes, rose gardens, trees, and the air itself. Summer brings hot days and little children playing in the public fountains. I join them mentally and for that time let their spirit and laughter flow over me. I am one with them and they fill my soul with joy.

On the days when the Farmers Market is in full swing, I tuck my Kodak into a jacket pocket so it can quickly capture the adventure I am about to enjoy. It's delightful walking past the artfully displayed stands represented by the caring farmers who have grown and harvested this abundance of food just for our pleasure. The assortment of colors is dazzling to view. One farmer brings his 'just laid' eggs with the most yellow yokes I have ever seen. "Your eggs have delicious flavor" I tell him – "nothing like the ones in the super market." "My chickens are loved" he answers back; "it truly makes a big difference."

My tiny camera captures the brilliance of colors that surround me, vibrant greens, oranges, and reds of the freshest vegetables and berries. The wheat hues and browns of homemade bread and rolls call

out to carefully placed jars of pure golden honey displayed nearby. Freestanding tin buckets overflowing with hardy sunflowers give us visual beauty. Later, the same flower will give nourishment to wild birds and small animals. It's easy to get beautiful pictures with such superb subjects. On cold, snowy days reviewing my pictorial journeys of beautiful fresh food and brilliant flowers bring a smile to my face and a glow to my heart.

At this time I have no pets of my own, however, it does not stop me for enjoying my friend's animals. When I am visiting my family or friends I ask if I may take their dog on an outing. These dogs and I are old friends - I look forward to having some one-on-one time with them. I always pack an apple or something with peanut butter on it for me and I put a few doggie treats in my pockets along with a bottle of water for my four-legged companions. We drive to a near by park or dog run, there we take time, each in our own way to enjoy the splendor of nature and the connection we have to every other living thing. Pets are wonderful. They really know us for who we are; it's called 'Unconditional Love.' I thank my friend for a fun day, a good visit and the pleasure of his companionship.

Some nature walks and running parks boast of outstanding numbers of certain birds or animals - my favorite trail had no such claim to fame. Early one evening running very fast around a bend on the trail

that leads to a wide opening, I was taken aback to witness a herd of deer grazing in the open field. I jerked back and tried to catch my breath. An enormous male, standing upright with trophy antlers, stood in the center patrolling his kingdom. The does were grazing, but raised their heads to see just what was going on. Breathless and amazed by this gift, I counted and recounted the does - an even dozen, what good fortune. Now although I was pleased to see him, the huge male was not at all pleased to see me. I stood still wishing only to absorb his magnificence. The buck decided to impress his herd... to get me out of his presence he kept grunting and snorting, each time with greater determination, I stood frozen. The next angry scream came as he raised his hoof and slammed it to the ground.

The reverberating sound of his force sent shivers all over me. This big guy was letting me and his ladies know just who was boss. My heart stopped, I was frozen in place, looking right at me he repeated his forceful bond with the earth. My heart was ready to jump out of my chest. Stand still, stand still I told myself. He never took his eyes off of me nor did I take mine off of him. Somehow, in the midst of all this action the does were given a signal that everything was all right. They lowered their heads and went on grazing. They knew the old guy was just showing off, and they also know if I had been a real threat, he would have quickly taken me out. I stood, almost without breathing know-

ing this was a once in a lifetime gift to be cherished and remembered. I thanked the buck, the does and the universe for letting me share such a private moment with them and very slowly (without looking away) I moved on.

The universe speaks to us in many different ways; it has its one language. I clearly understood the “Big Guy’s” message, if he had meant me harm it would have been over in seconds, somehow I knew that. Fear, anger, and resentment cloud are thinking, keeping us frozen in negative place. We need to change those thoughts and get out of our old ways.

Trying to out think or run away is not the solution, pushing against such thoughts only makes them stronger. We are the only animals on earth that have the capability to replace negative thoughts, with positive ones. Remembering the abundance of the food at the farmers market and the glowing sunflowers adds warmth to my thoughts. I am young again as I recall the children’s laughter as they enjoy the bubbling water in the public fountain. My outside adventures and the serendipity of my mini travels have become some of my repeated positive inside thoughts. After all the brain really doesn’t know what is real or replay.



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52 Simple Ways to Be Healthier in 2010

By Patty James

It's a new year and you are full of hope. This is the year you will claim or reclaim your good health! If you have a little feeling of dread in the back of your mind because this same scenario happens every year, have no fear. Big changes are often daunting and hard to fold into your everyday life; they are simply not sustainable. Try a new healthy habit a week. These are small changes that can make a big impact on not only your health, but the environment's health as well. Tape these easy tips to your refrigerator and read weekly. Feel free to skip ahead and to go back.

1. Drink 8 glasses of pure water a day.
2. Get rid of any junk food in your house. If it's not there, don't go get it.
3. Limit your caffeine intake: 1-2 cups of coffee a day.
4. Plan your weekly meals on your day off.
5. Spend 30 minutes twice a week cutting up fresh veggies to have them ready at all times.
6. Keep seasonal fruit at home and eat it when you're hungry or when a sweet tooth strikes.
7. Substitute raw nuts and seeds for processed granola bars.

8. Don't drink alcohol on an empty stomach; it's hard on your stomach and burns up B vitamins.
9. Eat raw vegetables every day. Raw veggies contain important enzymes that can be lost when they're cooked.
10. Purchase as much of your food organic as you can. Your body will appreciate it as will our planet.
11. Next time you make cookies or cake, substitute half of the butter with applesauce, pumpkin or prune puree. Less fat; more nutrients.
12. Get at least 8 hours of sleep a night.
13. Vary your food; if you eat it today, don't eat it for 4 days.
14. Different colored food has different nutrients, so eat from the rainbow. Red peppers, orange carrots, green kale, etc.
15. Thicken soups with pureed beans. Delicious and added nutrition.
16. Don't drink water from plastic bottles. Polycarbonate water bottles (labeled #7) contain bisphenol A (BPA), which leaches from the plastic and has been linked to chromosome damage and hormone disruption.
17. Start your day with a glass of fresh lemon water. 1/2 to 1 juiced lemon in water. Your liver loves it.

- 18.** De-stress. Find out what works for you. Warm baths? Exercise? Reading? Yoga? Walks in the woods? Find out what calms and soothes you and practice daily.
- 19.** Move daily. Find the movement that moves your body and eases your mind and make it a part of who you are. If you enjoy it, you will do it.
- 20.** Eat at a table, cloth napkin on your lap and chew well. Be thankful.
- 21.** Next time you want scrambled eggs (or tofu), sauté some veggies first, then add eggs. Try eating your veggies all day!
- 22.** Dry brush your skin before you shower in the morning. It's good for your lymphatic system and your skin will be so much softer and healthier.
- 23.** Have at least one day a week without meat. Meatless Monday perhaps.
- 24.** Eat more beans! They're high in protein, dietary fiber, and taste so good.
- 25.** Use whole grain flour in your baking instead of white flour. Whole-wheat pastry flour is a fine grind and much healthier than the white stuff.
- 26.** Remove white sugar from your diet or at least limit it. Use maple syrup, honey, agave or stevia instead.
- 27.** Don't eat fake food! No artificial anything!
- 28.** Don't eat out as much. Cook more.
- 29.** Exercise your mind! Learn a new dance, read a good book. Learn a new language. Keep your mind moving as well as your body.
- 30.** Learn to communicate better. Speak your mind, kindly, and be done with it. Don't hold grudges. Forgive yourself and others.
- 31.** Make your own vinaigrette for your salads. Olive and/or flax oil, lemon juice or vinegar, a little Dijon mustard, a minced garlic clove and a little salt and pepper.
- 32.** Use sea salt instead of the highly processed salt you find in many grocery stores.
- 33.** Reduce salt intake. Use fresh herbs and lemon juice to boost flavor.
- 34.** Try to stay off computers and away from anything electronic two hours before bed for a better night's sleep.
- 35.** Use plain yogurt instead of sour cream.
- 36.** Switch to whole wheat, corn or quinoa pasta (there are many selections) instead of pasta that uses refined flour.
- 37.** Don't eat or drink any food with trans-fat. Watch those non-dairy creamers!
- 38.** Add more leafy greens to your life-kale, chard, spinach, radicchio, etc. They are wonder foods! Steam the greens for a couple minutes, drain and set aside. In a

pan sauté some onions, garlic and shitake mushrooms in olive oil for a few minutes. Add the kale back in, stir and serve. Yum.

39. Use less cheese in casseroles that call for cheese. Instead sprinkle grated cheese on top.

40. Begin each day with a good stretch and some deep breaths.

41. Try new ingredients. Buy a kohlrabi or something you've never tried before and go from there. Keep yourself inspired.

42. Don't reward yourself or your family with food.

43. Try to eat whatever food is in season; it's more nutritious and tastes better.

44. Don't go hungry. Eat healthy snacks so you don't overeat later.

45. Watch what you put on your skin. Many products are loaded with chemicals that you shouldn't rub into your skin.

46. Bake instead of frying your meats and fish.

47. Increase Omega 3 fatty acids in your diet. Sources include walnuts, flax seeds and oil and cold water fish such as salmon. Healthy fats are important to good health.

48. Increase your intake of legumes: lentil, beans and peas. They are good sources of protein, dietary fiber and blood sugar regulators. Try split pea or lentil soup for breakfast! Think outside the box.

49. Take supplements. Begin with a good multivitamin and speak with your health practitioner about others that may be needed for your optimum health.

50. Watch your portion sizes as well as your plate and utensil sizes. Some forks and spoons look like garden utensils. Try chopsticks and eat slowly.

51. Shop in the outside aisles of the grocery store. Most of the more processed foods are located in the middle isles.

52. Play! Everyone needs to have fun!

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FANEUIL HALL

By: John H O'Neill III

Faneuil Hall was built in 1740. It was funded by Peter Faneuil, a successful merchant. The hall was given as a gift to the City of Boston and used as a meeting place by local officials in early colonial time.

Boston is a very historic city. Paul Revere began his famous ride in Boston. Many meetings took place in Faneuil Hall. Tourists make a point of visiting Faneuil Hall. It is a reminder of life in earlier times. A statue of Sam Adams is in front of Faneuil Hall. It was Adams who encouraged other colonists to consider separating from Great Britain. In 1764, colonists objected to the Sugar Act. The statement: "No taxation without representation" resulted from the colonists being taxed without a spokesperson for them.

The American Revolution resulted in a new nation beginning. It all goes back to the meetings and speeches given at Faneuil Hall. A fire occurred in 1761 affecting the hall. It was rebuilt in 1762. People felt the hall was an important part of society. An architect, Charles Bulfinch, made the hall longer and wider. He added a third floor to the building. The hall was used as a marketplace for many

years. Faneuil Hall now has elevators. Seniors visiting Faneuil Hall can ride an elevator to see the upper levels. The fourth floor is maintained by members of the Ancient and Honorable Artillery Company.

Quincy Market is located behind Faneuil Hall. It is named after former Mayor Josiah Quincy who served as Mayor from 1822-1828. The building is long and rectangular. There are numerous eateries inside. They offer a variety of items, such as fish.

Sometimes events occur at Faneuil Hall which might interest seniors. For instance, Governor Patrick gave a speech to seniors in the "Great Hall." Many seniors attended the Speech. Faneuil Hall has been designated a National Historic Landmark. Former Mayor Kevin H. White helped restore the area after it had faced years of neglect. The hall is now part of a larger marketplace. The site includes shops such as: "Ann Taylor" and "Crabtree & Evelyn." There are also pushcarts selling different items. "Durgin Park" is one of many restaurants in the marketplace.

No visit to Boston is complete without a stop at the Faneuil Hall Marketplace. There is so much to see. Tourists enjoy visiting the site. Seniors will too.

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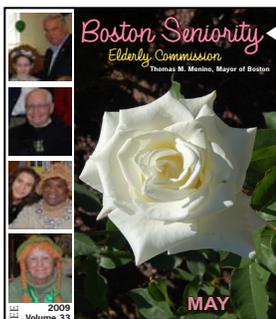
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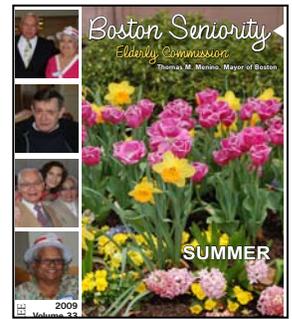
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I. PERSONAL STORY--MAE RIGGS

II. PRIVACY'S MASSACHUSETTS ROOTS - JAMES OTIS AND LOUIS BRANDEIS

III. SPECIFIC TENANT PROTECTIONS IN MASSACHUSETTS -- SEE LEGAL TACTICS

I. MAE RIGG'S STORY

"I want my privacy", exclaimed 62 year old Mae Riggs of Roxbury. "I am tired of the landlord sending his workers in my apartment to make repairs anytime he wants whether I am home or not. I leave with the door locked and return and find the door unlocked."

What rights do I have?

Answer: you do have a constitutional right to privacy and the landlord can come in only with 24 hours notice and prior permission for three reasons only: to inspect the apartment, to make repairs and to show to prospective buyers. Again, the landlord cannot come in without your permission and without notifying you and arranging a mutually convenient time.

This article sets forth the right to privacy for Massachusetts tenants at two very different levels. First is the general right to privacy under the United States Constitution as interpreted by the Supreme Court. Second is the specific right to privacy under Massachusetts state law. These are two different, but related animals.

II. PRIVACY'S MASSACHUSETTS ROOTS

There is a general "right to privacy." This has roots in the American Revolution and goes on through current Supreme Court cases which have determined that there is a "right to privacy." Although the right to privacy has multiple roots, there are two important New England contributors:

James Otis

The writs of assistance enabled any British officer to go into any home for no reason and search it top to bottom where no objections could be raised. Otis opined that the writs were against the English Constitution fundamental law back to the Magna Carta. A person's "home is his castle." James Otis argued so brilliantly against the odious writs of assistance in a nearly five-hour oration before a packed audience in the Old State House that John Adams claimed: "Every man of a crowded audience appeared to me to go away as I did ready to up arms against the writs of assistance. Then and there was the first scene of the first act of the opposition to the arbitrary claims of Great Britain. Then and there the child of Independence was born."

Justice Louis Brandeis

In an 1890 article in the Harvard Law Review entitled the Right to Privacy, Brandeis wrote that "existing law affords a principle which protect[s] the privacy of the individual,"

Brandeis and Warren, *The Right to Privacy*, 4 Harv. L. Rev. 193. (1890). This rule has been endorsed by several Supreme Court Cases, Supreme Court Justice Douglas stated: The phrase “right to privacy” appears first to have gained currency from an article written by Messrs. Warren and (later Mr. Justice) Brandeis in 1890.

III. MASSACHUSETTS LANDLORD TENANT PRIVACY

This right to privacy applies to your home. No one may enter your home without your permission under the right of privacy described above. There are three exceptions to this right of privacy in a landlord tenant situation. These rights are described in the standard “landlord tenant book,” *Legal Tactics*. This is available online at the cite below:1

Here is the excerpt:

CHAPTER 8 GETTING REPAIRS MADE, *LEGAL TACTICS* 2008 (p. 112)

3. Landlord’s Right to Enter Your Home

Many landlords think that they can let themselves into your apartment any time they want. This is not true.

Your landlord must have your permission to enter. While housing courts have generally required landlords to give tenants at least 24 hours notice before entering the tenant’s apartment (unless there is an emergency, such as a water leak into another apartment),

there are times when 24 hours is not enough notice. If you work or have other scheduling problems, ask the landlord to give you at least two days’ notice so that you can make arrangements to be in the apartment.

Under the law, you are required to provide a landlord with reasonable access to your apartment so that the landlord can:

1. Inspect the apartment,
2. Make repairs as required by law, or
3. Show the apartment to prospective purchasers or tenants.

If you have a lease and it states other reasons that your landlord can enter your apartment, that part of your lease is illegal. The law also does not require you to give a landlord a key to your apartment.

Remember, it is your apartment not the landlord’s when you are a tenant. You have exclusive rights to it (with three exceptions noted above).

www.masslegalhelp.org/housing/legal-tactics1
http://www.masslegalhelp.org/uploads/vl/yU/vlyU_bnrLK2D_gQ1DLmeIw/08-Getting-Repairs-Made-2008.pdf

Jeffrey W. Purcell is a Senior Attorney at Greater Boston Legal Services and author of “James Otis: ‘Flame of Fire’ Revolutionary Opposing the Writs of Assistance and Loyal British Subject?” *5 Massachusetts Legal History* (1999)

SHERIFF CABRAL NAMED “PRINCIPAL FOR A DAY”



Suffolk County Sheriff Andrea J. Cabral visited the Higginson/Lewis K-8 School in Roxbury to serve as “Principal For A Day.”

As stated by the Boston Plan for Excellence in the Public Schools Foundation, this annual event arranges for Boston-area leaders to spend a morning shadowing a principal in a school. It is a powerful public relations vehicle for the district, making the hard work of school improvement more visible. Community members rarely hear positive stories about schools in the media, and they almost never have opportunities to appreciate the challenging, complex work of Boston’s school leaders. Principal For A Day provides influential community members with a richer view of what really transpires in schools, a view which they then carry back into the community. It also forges relationships between school and community leaders, laying the basis for new partnerships that can ultimately support and strengthen school improvement efforts.

“Principal For A Day is an opportunity to connect Boston’s leaders from

corporations, non-profits, and government to the Boston Public Schools,” said Dottie Engler, Director of Special Projects at Boston Plan for Excellence in the Public Schools. “We have found that there is no substitute for being in the school to accurately convey the challenges and see firsthand the vision of education in the Boston Public Schools.”

Marking the third year in which she has collaborated with the Boston Public Schools to take part in the annual event, Sheriff Cabral joined with co-Principal For A Day and Executive Director of Project Bread Ellen Parker to tour with Higginson/Lewis Principal Joy Salesman-Oliver and observe the school in its new configuration. The Higginson/Lewis School is the result of a consolidation of the former Henry L. Higginson Elementary School and the George A. Lewis Middle School into a K-8 school sited on the grounds of the Lewis School.

Beginning her day as “Principal,” Sheriff Cabral greeted students of the Higginson/Lewis School as they exited their buses in the morning, before visiting several classrooms throughout the day. Along the way, Sheriff Cabral shared a variety of exchanges with students about her role and duties as the Sheriff of Suffolk County while stressing the importance of education. In addition to quizzing several students about their schoolwork and subjects, Sheriff Cabral also worked

to impart on them the gravity and consequences of bullying. At the day's end, reflecting upon her past and present experiences as Principal For A Day, Sheriff Cabral was passionate in her support of the school and its administrators.

"The Higginson/Lewis is a great school with a team of dedicated educators, paraprofessionals, and staff," said Sheriff Cabral. "I truly admire the learning environment that Principal Salesman-Oliver has created here and am glad that I was invited back to shadow her again this year."

According to Principal Salesman-Oliver and one very prominent Boston Public Schools official, the feeling is mutual.

"Sheriff Cabral has been a good friend to this school and we are all happy that she is back as 'Principal,'" said Principal Salesman-Oliver. "We are always happy to have Sheriff Cabral come join us as principal for the day. She represents everything that is best about Boston and we appreciate the long-term support that she has given to our school."

"Having Boston's business, civic and political leaders come to our school for the 'Principal For A Day' program is always a delight," said Dr. Carol R. Johnson, Superintendent of the Boston Public Schools. "Sheriff Cabral's commitment to the student's of Boston is evident 365



days a year, but getting to walk in the shoes of a principal is a unique experience that is not an easy undertaking. On behalf of all of Boston's principals and teachers I extend great appreciation to Sheriff Cabral for her continued good work for Boston's students."

The annual Principal For A Day program is co-sponsored with the Boston Plan for Excellence in the Public Schools and the Boston Public Schools, and is underwritten by Bank of America. Since the inception of the event in 2003, more than 275 city leaders have been a Principal For A Day. Other notable supporters taking part in the program this year along with Sheriff Cabral included Myra Kraft, President, New England Patriots Charitable Foundation; Marie St. Fleur, Massachusetts State Representative; John Connolly, Boston City Councilor; Amy Ryan, President, Boston Public Library; and Meg Vaillancourt, Executive Director, Red Sox Foundation and Senior V.P. Boston Red Sox.

First Night



Happy 100th Birthday Laura!



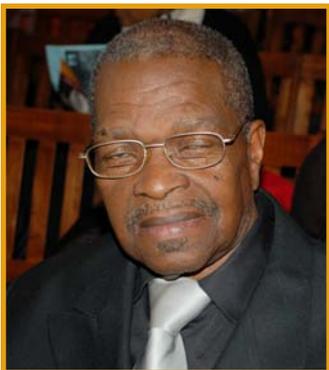
Laura celebrates becoming a centenarian at 1st Night.



AT&T Phone-A-Thon



Martin Luther King Tribute



Celebrate Women's History Month with Mayor Thomas M. Menino & The Elderly Commission



First self-made
American woman
millionaire

1. _____



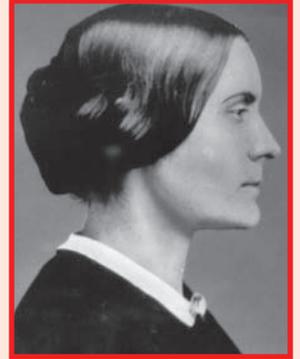
First American woman
awarded a college
medical degree

2. _____



First Hispanic Justice &
3rd woman to serve on
the U.S. Supreme Court

3. _____



Arrested for voting
in a presidential
election in 1872

4. _____



In 1963 became
the first woman
to fly in space

5. _____



Invented the first
practical mechanical
dishwasher in 1886

6. _____



Led hundreds of slaves
to freedom along the
Underground Railroad

7. _____



Invented
windshield
wipers in 1903

8. _____

Match the pictures with the appropriate names

- a. Mary Anderson b. Sonia Sotomayor c. Josephine Cochran d. Valentina Tereshkova
e. Harriet Tubman f. Madam C.J. Walker g. Elizabeth Blackwell h. Susan B. Anthony

(Answers on pg. 14)