

COMMUNITY News Briefs

Adams School receives grant

The Samuel Adams Elementary School in East Boston is proud to announce that it is the recipient of a generous grant to support travel to various Boston historic sites. The grant was awarded to Briana Guilford, Katherine Benjamin, and Lisa Jackson, teachers at the school who participated in the 2015 summer institute Mapping Boston's Role in the American Revolution to commemorate the 250th anniversary of the Stamp Act, an event that led to the American Revolution.

Students in Ms. Guilford's first-grade class and students from the 3rd through 5th grade Autism Strand will be visiting Bunker Hill Monument this spring. The field trip will focus on the places, people, and events that took place in Boston at the time of the American Revolution.

Ms. Benjamin, Ms. Jackson, and Ms. Guilford are excited to be able to introduce the topic of the American Revolution to their students and help develop a deeper sense of their understanding by taking them to the historic Bunker Hill Monument just minutes from their hometown.

The summer institute was sponsored by the Leventhal Map Center at the Boston Public Library in collaboration with Boston National Historical Park-Bunker Hill, Faneuil Hall, Massachusetts Historical Society, Paul Revere House, Old North Church, Old South Meeting House, Old State House, and the National Archives.

This grant is administered by The National Park Service Boston National Historical Park, which was awarded a 2015-2016 Ticket to Ride Grant from the National Park Foundation. This grant was made possible through the generous support of DISNEY. Ticket to Ride helps students

learn about our history and explore Boston's historic sites by providing transportation and education support. East Boston YMCA Aims to Bring Out the Wow! Factor in Local Kids During 25th Annual

YMCA to help kids stay healthy

On Saturday, April 30, the East Boston YMCA is holding a free community event to inspire kids to keep their minds and bodies active. This year marks the 25th annual YMCA Healthy Kids Day(r), the Y's national initiative to improve health and well-being for youth and families. The event will be held from 10 a.m. to noon and features special guest Miss Massachusetts and activities such as family Zumba, Taekwondo demonstrations, obstacle courses, and more to motivate and teach families how to develop healthy routines at home.

The YMCA's Healthy Kids Day is celebrated at more than 1,300 Ys across the country and draws more than 1.2 million participants. The event helps to create healthy habits that youth and families can continue all summer long, which is a critical time for kids' health. When kids are out of school, they can face hurdles that prevent them from reaching their full potential. Research shows that without access to out-of-school physical and learning activities, kids fall behind academically. Kids also gain weight twice as fast during summer than the school year. As spring turns to summer, Healthy Kids Day is a powerful reminder not to let children idle away their summer days. Instead, the Y hopes to focus on wow-ing them with their potential and make this their best summer ever by staying active and learning.

"The Y believes in the potential of all children, and we strive to help kids find

the Wow! factor inside themselves," says Joey Gaeta, Operations Director at the East Boston YMCA. "A child's development is never on vacation and Healthy Kids Day is a great opportunity to educate families and motivate kids to stay active in spirit, mind and body throughout the summer."

In celebration of YMCA's Healthy Kids Day, the Y offers the following tips to help families develop healthy habits:

High Five the Fruits and Veggies - Make sure kids get at least five servings a day, the minimum number nutritionists recommend to maintain healthy childhood development. And to keep kids' taste buds evolving, have everyone in the family try at least one bite of a new fruit or vegetable at least once a month.

Foster an Early and Ongoing Passion for Books - Read to and with your kids. Help children read at every age and every stage of their development.

Team Up for Athletic Events - Set a family goal of great health by teaming up for community or charity events like races, walks, fun runs, bike rides, etc.

Volunteer Together - Find a cause that matters to the kids. Open their eyes to a world beyond themselves and the rich rewards that come from making a difference.

Make sleep a priority - Doctors recommend 10-12 hours of sleep a day for children ages 5-12 and 7-8 hours per night for adults. Sleep plays a critical role in maintaining our healthy immune system, metabolism, mood, memory, learning and other vital functions.

The East Boston's YMCA Healthy Kids Day takes place at the East Boston YMCA at 215 Bremen Street East Boston, MA from 10 a.m. to noon and features fun, active play and educational activities.



To cap off Earth Week, and kick off Boston Harbor Islands National & State Park 2016 season of youth programs, 80 kids from the East Boston, Wang-Chinatown and Hyde Park YMCAs took a free trip out to Spectacle Island.

This year marks the 20th anniversary of the Boston Harbor Islands National and State Park, the 100th Anniversary of the National Park Service, and the 300th Anniversary of the Boston Light. In celebration of these anniversaries 35,000 kids and families will be able to take a trip out to Harbor Islands for free this year, thanks to funding from Massachusetts Environmental Trust and the many individuals and companies who support the Boston Harbor Islands National and State Park, the partnership of Boston Harbor

Now, the Massachusetts Department of Conservation and Recreation (DCR), the National Park Service, the City of Boston, Save The Harbor/Save the Bay and Boston Harbor Cruises.

Shown above are campers from the East Boston YMCA before boarding Boston Harbor Cruises' ferry to Boston Harbor Islands National and State Park on Spectacle Island.

For more information, contact the East Boston YMCA at (617) 569-9622 or visit ymca-boston.org/EastBoston.

EBAB seeking information

The East Boston Athletic Board (EBAB) is looking for information on High School Athletes for their Banquet of Champions. The Athletes must be graduating seniors who live in East Boston and played for their high school team. If you have any information call Joe or Damien at 617 635-5121.

Greenway Council meeting on April 28

The Friends of the East Boston Greenway With the East Boston Greenway Council meeting will be held Thursday, April 28, 2016 6:30 - 7:30 p.m. Anna DeFronzo Center, 395 Maverick Street, East Boston near the corner of Jeffries Street

The agenda is as follows:
1. Introductions
2. Greenway Safety and Security Update
Boston Police Dept. - Community Service Officer Dan Simons, District A-7
3. East Boston Greenway Youth Corp Summer Program Linton Harrington, Youth and Workforce Development Manager for The Trustees
4. East Boston Greenway

Problems Caboose Issues, Flooding Problems

5. Short Street Proposed Development Follow-up
6. New Business

All meetings on 4th Thurs at 6:30 PM

Upcoming meetings 2016:
Apr. 28, May 26, June 23, July 28, Aug. TBD, Sept. 22, Oct. 27, Nov. 17, Dec. TBD

EHCA to meet on April 27

Eagle Hill Civic Association (EHCA) meeting will be held Wednesday, April 27 at East Boston High School cafeteria starting at 7 p.m.

The agenda is as follows:
Welcome & Boston Shines N.O.A.H Youth presentation
42-44 W. Eagle St. Rehab
5R -9R Trenton & 326 Meridian St.
27 Princeton St. Extend living space
Oliviera's (Central Sq.)
Extend hours
Channel Fish/Empower
Eagle Sq. Eversource

Clothing Drive is underway

St. Vincent de Paul Clothing Drive and Mini Flee Market Saturday, April 30 8AM-5PM
Sunday May 1st 8AM-1PM At Salesians Boys & Girls Club, Bryon Street.

Urena to be at NSCC

Massachusetts Secretary of Veterans' Affairs, Francisco Urena will be a special guest at North Shore Community College's Veterans and Community Job & Resource Fair, Wednesday, May 4. The fair, which will be held at NSCC's Lynn Campus Gym, 300 Broad St., will begin at 2-3 p.m. for veterans, and 3-5 p.m. for the general public.

Presented in collaboration with the North Shore Career Center and the North Shore Workforce Investment Board, the Veterans and Community Job & Resource Fair is free and open to ALL present or former military service personnel and their families, as well as the general public. North Shore 104.9 FM will also be on site to provide music and special programming. Attendees should bring their resume and meet representatives from over 60 companies, agencies and programs. For those wishing to explore educational goals, local colleges and universities will have staff available at the fair.

For more information, contact Kristine Babcock, Veterans Services Specialist, 978-762-4187, kbabcock@northshore.edu

BOSTON RECYCLING

HAZARDOUS WASTE DROP-OFF



BOSTON'S HOUSEHOLD HAZARDOUS WASTE DROP OFF DAYS:

May 7, 2016 (9:00 - 2:00)
at
**UMASS, Parking Lot Bayside,
200 MT. Vernon St., Dorchester**

June 25, 2016 (9:00 - 2:00)
at
**West Roxbury Public Works Yard
315 Gardner St.
Near Millennium Park**

PAPER SHREDDING WILL BE AT BOTH LOCATIONS
No Latex or Acrylic Paint

FOR BOSTON RESIDENTS ONLY
NO COMMERCIAL WASTE ACCEPTED
PROOF OF RESIDENCY REQUIRED

Questions, call Mayor's Hotline at (617) 635-4500





Eversource/ CONTINUED FROM PAGE 1

mental concerns, Silvestro argues the magnetic field the substation would produce would hinder very sensitive metal detection equipment inside his fish processing plant.

At Monday night's meeting Berardi really focused on the potential health impacts that the substation allegedly pose to the health of residents living in Eagle Square. Berardi presented new evidence of Eversource's own expert admitted that Electric Magnetic Field (EMF) link to possible increase for childhood leukemia.

"Their own doctor, Dr. Peter Valberg allegedly admitted at a meeting in Winchester that there is a link between EMFs and increases in childhood leukemia," said Berardi. The admission occurred at an Empower Winchester meeting back in February. Winchester is also fighting an Eversource substation.

At that meeting, Dr. Valberg said the "bottom line is there are associations" between ENF exposure and childhood leukemia but added that the studies are not conclusive but later added during the same meeting the studies "do suggest a strong chance" that ENFs and childhood leukemia



Eversource's John Hoey presented the community with different point of views regarding building a substation in Eagle Square at Monday night's OHNC meeting.

are linked.

Berardi said to date more than 5,000 people signed a petition against placing a substation in Eagle Square and copies have been submitted to the Boston City Council and the City's Office of Neighborhood Services.

"We are told they are destined for the Mayor's desk," said Berardi. "Our fight does not end there. We still need to convince the City and our elected officials to tell Eversource to reassess its plan to build a substation here in East Boston. Until the City takes a strong stance against the sub-

station, Eversource will plow forward toward construction, as they do with all of their projects."

However, Hoey said that Chanel Fish makes some great arguments and nothing is set in stone.

"The state's Energy Facilities Siting Board will rule on this project," said Hoey. "They will take into account all these arguments that Chanel Fish has made and will make a decision based on what we have presented and what Chanel Fish has presented over these past few months."