

# the AGASSIZ WHISTLER

April

The Newsletter of the Agassiz Neighborhood Council

1982

## AGASSIZ COMMUNITY EVENTS

CAMBRIDGE REFERENDUM ON PROPOSITION 2½, Tuesday, April 13, all day. DON'T FORGET TO VOTE!

AGASSIZ NEIGHBORHOOD COUNCIL MEETING, Wednesday, April 14, 8:00 p.m. in the Agassiz School library.

THERAPEUTIC TOUCH LECTURE - DEMONSTRATION by Anne Cleaves, Tuesday, April 20th, 7:30 p.m. in the Agassiz Community Center, 20 Sacramento Street.

SUBSTANCE ABUSE - EDUCATION AND DISCUSSION NIGHT FOR AGASSIZ PARENTS, Wednesday, April 28, 7:30 p.m. in the Agassiz Community Center, 20 Sacramento St.

APRIL HOLIDAYS - Friday, April 9. Good Friday; no school, no Community School programs.

APRIL VACATION - April 19-23.  
VACATION ACTIVITIES  
TO BE ANNOUNCED!

(After-School Day Care Program open 8:30-6:00, Tues.-Fri.)

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NEW 4th-8th GRADE AFTER-SCHOOL  
ACTIVITIES PROGRAM TO START  
AFTER APRIL VACATION!

Offerings will include: sports, fitness, magic, juggling, art, photography, rock 'n roll, and MORE! Watch for the brochure, to be passed out through school. REGISTRATION WILL BE FROM APRIL 12-16. For more info, call Julie at 498-9056, afternoons.

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ARE YOU WELL ENOUGH INFORMED ABOUT THE EFFECTS OF ALCOHOL AND DRUGS, TAKEN SEPARATELY OR TOGETHER?

DO YOU HAVE CHILDREN FACING DECISIONS ABOUT THESE SUBSTANCES, EITHER TODAY OR IN A FEW YEARS?

WOULD YOU LIKE AN OPPORTUNITY TO HAVE SOME OF YOUR QUESTIONS ANSWERED ABOUT ADOLESCENTS AND THEIR EXPERIENCES WITH THESE SUBSTANCES?

Then join us on Wednesday, April 28th (7:30 p.m.) for a "SUBSTANCE ABUSE EDUCATION AND DISCUSSION NIGHT FOR AGASSIZ PARENTS" at the Agassiz Community Center, 20 Sacramento St.

This event is another outgrowth of the work being done by the "Adolescent Issues Committee" at Agassiz. The Committee is comprised of Agassiz parents, Agassiz School staff, and Agassiz Community School staff and represents a collaborative effort to help the upper grade students at Agassiz to begin to deal with important "adolescent issues."

Within the mini-course structure at Agassiz, the Committee has already initiated one 6-week course on substance abuse and is planning a subsequent unit along with a second mini-course on adolescent sexuality for this spring.

To compliment these in-school offerings for kids with related events for parents, the Committee has planned this first evening discussion on substance abuse and will offer a second night on adolescent sexuality in May. The April discussion night will be led by Steven Brion-Meisels and Jeffrey McIntyre. Steven taught this past mini-course on substance abuse with Jeffrey's help,

ADOLESCENT ISSUES, Cont.

and both are trained in areas related to our adolescent issues concerns. In addition, they are both neighborhood residents, fathers, and real nice people.

Make a note to yourself to join us at the Community Center on APRIL 28th.

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AGASSIZ NEIGHBORHOOD COUNCIL NEWS

MINUTES FROM MARCH 10 COUNCIL MEETING - Helene Corry spoke about the Mutual Aid Project that has been started in the Agassiz-Peabody area to assist people over 60 years old. The purpose of the project is for people to help each other, exchange skills, and set up a network to provide a sense of support, safety, and belonging. If you are interested in more information, call Lisa Dittrich, Project Director, at 498-9076 or Julie Osherson at 498-9056.

Commander Paolillo of the Cambridge Police Department responded to the Council's invitation to meet about the people congregating in and around the Tot Lot. Although Commander Paolillo acknowledged that groups of young people creating a nuisance was a chronic problem, he suggested that several measures could be taken to deal with the situation. First of all, he urged more contact with the Police Department. He said that this community furnishes the police with very little information such as names, car registrations, or descriptions of people who are behaving in illegal or annoying ways. He said that there is a City ordinance which gives the police the right to arrest those drinking in public, so the police should be called if people are drinking in the Tot Lot or in cars nearby. The number to call to report such incidents is 498-9310. In the case of verbal harassment in passing the Tot Lot, Commander Paolillo advised calling the police at 911. Other incidents that should be reported are drug

NEIGHBORHOOD COUNCIL NEWS, CONT.

use, traffic violations, or creating traffic hazards on Oxford St. Commander Paolillo stressed the need for a concerted community effort which could include cooperation with the Harvard University Police if some of the disturbances occur on Harvard property.

Better lighting of the Tot Lot and the area around the Agassiz School was also advised and will be sought through the City.

Commander Paolillo discussed the effects of Proposition 2½ on the Police Department and what further cuts will mean. As he pointed out, "There are no locks on the doors of the Police Department - it can't close down. It's an essential service." At this time, the 260 police officers in Cambridge are trying to cope with more crime, more population, and more motor vehicles than ever before. Without the override of Proposition 2½, the Police Department's budget will be cut another \$1 million. That translates into a loss of 31 police officers and 24 of the 48 school crossing guards. Commander Paolillo said that there has been no fatal accident involving a child travelling to school since school crossing guards have been on duty. He feels that even one accident involving a child is too high a price to pay, and he urges citizens to consider voting in favor of the override during the special election to be held on April 13th.

A member of the community raised a concern about the shot fired into an Everett Street apartment during a recent police chase of a suspect. According to Commander Paolillo, an internal investigation followed this event (as it follows every such event). The report confirmed that both the resident in the apartment and the pursuing police officer thought they heard "shot-like" sounds before the officer fired his gun, thereby justifying the officer's actions.

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CAMBRIDGE HEALTH SERVICES ALERT

All of the Cambridge Neighborhood Health Centers are in danger of being closed down by July, due to severe Federal Health Program cutbacks and the added cuts of Prop. 2½.

In effect, due to loss of Federal grants and City funds, a former \$1.2 million dollar budget for 10 service sites is slated to suffer reductions of outside funding amounting to \$200,000-\$600,000. At-risk sites include: Windsor, Cambridgeport, Riverside, Jefferson Park, East Cambridge, and the School Health Program at Kennedy, Fitzgerald, King Schools and the High School.

It is estimated that this system in 1981 provided 60,000 pediatric and adult-family health and mental health service visits for critical services such as preventive check-ups, inoculations, dental care, family planning, crisis intervention, bilingual health maintenance, prenatal and well-baby outreach care, and occupational health services.

The irreplaceable features of school and neighborhood health programs are: easy and ready accessibility, close ties with the neighborhoods, bilingual multi-services, and an integrated team approach making co-ordinated use of nurse practitioners, dietician services, health aides and social services to provide early-detection, supportive, holistic care.

Those who will suffer are children, the working poor, elderly, minority, and disabled populations. We know from the history of health care that many of these persons will then simply not get any health care; will get it via expensive and less personalized emergency rooms at the last moment; will flood local practices; or will go across the river as in previous years.

HEALTH SERVICES, CONT.

If you have concerns about the future of these local, neighborhood health centers CALL or WRITE the Cambridge City Manager and the City Councillors today. It is essential to act fast because budget decisions which will affect these Centers will be being made in the next few weeks.

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COMMUNITY CLASSIFIEDS

Creative Movement Classes - will be offered by Eileen Chodos, a special needs teacher and movement educator, for 5 to 7 year olds from 4:15 to 5:15 on Tuesdays and for 7 to 9 year olds from 10 to 11 on Thursdays at the Center for Fitness East and West, 72 Mt. Auburn St. in Harvard Sq. The classes will provide a relaxed atmosphere in which children will expand their creative bodily expression, deepen their body awareness, learn relaxation, and reinforce age appropriate spatial and time concepts. Classes begin the week of March 2 and are \$4.50 a class. For more information, call Eileen at 491-2363 or the Center at 491-4852.

Apartment Wanted - I am looking for a two bedroom apartment in Cambridge (preferably in the Agassiz neighborhood) for my son and myself. Long time resident. References available. Call Louise at 354-3669 or at 889-3300 or leave a message at 731-2336.

Job Counseling - Career and Life Planning Associates, 863 Mass. Ave., Cambridge. 731-2336.

Interior Painting, Drywall and Patchwork - one wall or one's home. Free estimates. Don 661-6502.

Professional typist available - Extensive experience, call Victoria at 492-2708.

CITY OF CAMBRIDGE  
DEPARTMENT OF HUMAN  
SERVICE PROGRAMS  
Agassiz Neighborhood  
Council  
20 Sacramento St.  
Cambridge, Ma. 02138

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NEIGHBORHOOD COUNCIL NEWS, Cont.

The final agenda item was the decision to purchase a tree from the City for the corner of Wendell and Oxford Sts. Lesley College will split the cost of \$100 with the Neighborhood Council. The tree chosen was a Red Maple.

THE NEXT COUNCIL MEETING IS ON WEDNESDAY, APRIL 14, at 8:00 p.m. ITEMS ON THE AGENDA INCLUDE:

1. The results of the referendum.
2. A review of community action necessary to deal with the Tot Lot.
3. Low- Income housing in the Agassiz neighborhood.
4. A review of the community's summer needs from the Recreation Division of the Human Services Department.
5. The formation of a neighborhood planning sub-committee of the Council.'
6. Other neighborhood concerns. (Bring yours if you have any.)

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AGASSIZ NEIGHBORHOOD PLANNING

Any Agassiz residents interested in being involved in a sub-committee of the Neighborhood Council that will look at current and future planning issues (e.g. new/renovated housing, Mass. Ave. development, Lesley/Harvard expansion, etc.) should come to the next Council meeting (see above.), or call Julie Osherson at 498-9056, afternoons, to express your interest.

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WHAT IS THERAPEUTIC TOUCH??????

Therapeutic Touch is a healing technique that is derived from

THERAPEUTIC TOUCH, Cont.

the ancient practice of laying on of hands. Does this call up images of magic, the supernatural? The power to heal is a natural human capacity, like the ability to sing or to dance.

In fact, the power to heal is always basically the power of self-healing. What other people can bring to us in personal or professional roles, helps and supports the process. The most effective way to help are ways that awaken us to awareness that the power to heal begins within our own being, with our own growing whole.

Despite its name, Therapeutic Touch works not so much with direct touch as with using the hands as channels to get blocked energy flowing again and to balance the energy field of the person receiving the treatment. This process releases tension and creates a state of deep relaxation. In this state of well-being, creativity is enhanced, physical and emotional equilibrium are supported, and healing takes place.

What excites me about Therapeutic Touch in particular is that it's an amazingly accessible technique, and it can be used in a variety of settings, institutional and home, formal and informal. The technique is gentle, easy to learn, and safe even for the brand-new beginner to practice on family and friends.

Many forms of energy/body work are being shared and practiced these days, especially in this Boston area. As I see them, all these approaches are in harmony, and all are dealing with the same essential life energy and with the ways we suffer, learn, and emerge from the stresses of living in this time and place. Therapeutic Touch has been researched and taught for about fifteen years by a professor of nursing at New York University, Dolores Krieger, RN, Ph.D. She has personally taught the technique to several thousand health professionals, with special focus on

THERAPEUTIC TOUCH, Cont.

the nursing profession, where countless opportunities arise to ease pain and share comfort.

I have been practicing Therapeutic Touch since early autumn and began making public presentations and teaching late this winter. I am particularly glad of this opportunity to teach Therapeutic Touch through the Community School program, which has meant much to me, my family, and my neighborhood friends for many years.

I am offering a class at the Agassiz Community Center that begins on Sunday, April 25, from 12 noon - 4:00 p.m. and continues for 3 Tuesday evenings from 7:30-9:30 p.m. after that.

Before that, on Tuesday, April 20, at 7:30 p.m., I will be giving a free presentation/demonstration at the Agassiz Community Center, 20 Sacramento St., Cambridge.

For more information on this, call me at 354-3137.

- Anne Cleaves

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COMMUNITY GARDENS

By the time people receive this Whistler, the April 1st lottery for new gardens will have taken place, all the free gardens will have been re-assigned, and people notified. Anyone who had a garden last year is automatically entitled to the same garden this year. If people have concerns about the overall garden or any concerns about their individual gardens, please call Julie Osherson at 498-9056, afternoons, or Harry Pskowski at 497-0562, evenings.

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SENIOR CITIZENS - MUTUAL AID PROGRAM

Mutual Aid is on its way! If you over 60 and want to find out about something new, come make new friends and find out about people helping people. A Mutual Aid group is meeting regularly at the North Congregational Church on Mass. Ave. (next to Sears). For more information, call Lisa Dittrich at 498-9076.

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COMMUNITY RESOURCES

How well do you know your neighborhood? From now on, this new column will feature information on the different kinds of "human services" available in the Agassiz community. This month:

\* THE CAMBRIDGE GUIDANCE CENTER \*

ARE YOU WORRIED ABOUT YOUR CHILD? YOURSELF AS A PARENT? YOUR FAMILY? COULD YOU GET ALONG BETTER?

The Cambridge Guidance Center has a staff of psychologists, psychiatrists, and clinical social workers who are specially trained in working with children and their families.

The Guidance Center has been located at 5 Sacramento Street for more than 25 years. Any Cambridge child of school age, public, parochial or private, (roughly 5 years old through high school) and their families, regardless of need can come to the Guidance Center. We deal with a wide range of individual and family problems, including:

- children and teenagers who are shy or have trouble making friends.
- children who "act-up" - who are restless, apt to get into fights, have trouble obeying, at school, in the neighborhood, or at home.
- teenagers who are trying to sort out who they are and who they want to be
- families who want to help their children and adolescents, but don't know how to.
- single parents trying to raise

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CAMBRIDGE GUIDANCE CENTER, Cont.

families alone.

You might decide that your whole family has ideas about the problem you're struggling with. We are trained as family therapists, and would meet with all of you, occasionally or as a regular ongoing plan. We might decide together that a group experience, learning to get along with other kids, would help your child. We have a group program here that offers this chance to kids of all ages.

The Cambridge Guidance Center is a Department of Public Health licensed clinic and is eligible for insurance and Medicaid. In addition, we have a sliding fee scale, depending on your ability to pay. We never let lack of money get in the way of providing needed help to any Cambridge child or family.

IF YOU THINK WE MIGHT BE USEFUL TO YOU, CALL US AT 354-2275.

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PARENTING COURSE TO BEGIN AT CAMBRIDGE GUIDANCE CENTER

This will be a course focussing on the areas of communication, children's self-esteem, and family rules. It is open to any parent of any age child who is interested in gaining new skills in the job of parenting.

It will run for 8 weeks, beginning April 7th, meeting Wednesdays from 7-9 p.m., at the Guidance Center, 5 Sacramento St., Cambridge.

For more information, call Leslie Sands or Kathleen La-Chance at 354-2275.

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AGASSIZ COMMUNITY SCHOOL AND NEIGHBORHOOD COUNCIL PHONE:

498-9056

HELP MAKE CAMBRIDGE A WARM PLACE TO LIVE!

Cambridge Action to Save Heat (CASH), a City-run, low-cost/no-cost weatherization program is now recruiting community minded people to volunteer in our citywide energy conservation program. Volunteers will help with:

1. Installation of low-cost weaterization kits in the homes of elderly and disabled people.
2. Community outreach and publicity of program services.
3. General CASH program office work.

Volunteers will receive valuable experience in community outreach, publicity, weatherization-related carpentry skills, basic clerical skills, and interpersonal relations. They will also get a thorough understanding of Cambridge and its culturally diverse neighborhoods. Small stipends are available.

Previous experience is not necessary, but dependability and ability to relate to people are important.

Hours are flexible, but volunteers should be available at least 3 hours a week.

For more information, call Judy at the CASH office, 498-9034.

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SUMMER JOB OPENINGS FOR AGASSIZ TEENS

- This summer, the Agassiz Summer Day Camp, OUTBACK, will be hiring three neighborhood teens (9th-12th grade) to work as assistants for the 7 week camp. Hours will be 8:30-3:00. Responsibilities will include: working with individual children and small groups of children, helping to lead activities in art, drama, sports, games, free play, cooking, or crafts. In addition, there are weekly field trips to nearby parks and beaches. Teens who wish to apply MUST work well with CHILDREN AND ADULTS, be willing to take direction, and be able to be prompt and energetic on a daily

basis. If you are interested in applying, call Julie Osherson at 498-9056 any weekday afternoon. In addition, please write a letter stating your interest in the job(s) and mail it to Julie at the Agassiz Community Center, 20 Sacramento St., Cambridge, Ma. 02138 BEFORE APRIL 30th.

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COMMUNITY CLASSIFIEDS

FOR SALE - Classic Remington Electric Typewriter, rebuilt. \$25. Also, solid hardwood picnic-style table with attached benches; good for home or school; seats 6 to 8 children, depending on sizes. \$25. Call Paula at 354-6597, mornings before 10:30, evenings after 8:00.

BABYSITTING - Chris Brown, age 14, 27 Everett St., Cambridge, C.R.L.S. student. 868-8548.

CAMBRIDGE DEPARTMENT OF HUMAN SERVICE PROGRAMS  
Agassiz Neighborhood Council  
20 Sacramento St.  
Cambridge, MA 02138

CLASSIFIEDS, Cont.

BABYSITTING - Beth Friedman, \$1.50 per hour; vacations, holidays, half-days, school afternoons, evenings until 11 p.m, weekends until 12. 491-4290.

INTERIOR PAINTING/DRY WALL/PATCH-WORK - Highly efficient and reasonable - one wall or one's house - free precise estimates. Call Don at 661-6502.

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PARENTS - PLEASE WATCH FOR A SUMMER NEEDS' ASSESSMENT TO BE COMING HOME THROUGH SCHOOL. We need to know your needs, whether for camp, after-camp care, or other activities for other-aged children. Be sure to fill it out and return it to the Agassiz Community School office as soon as possible after you receive it. Thank you.

THE DEADLINE FOR THE MAY WHISTLER IS FRIDAY, APRIL 23.

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