

## MESSAGE FROM THE



### City Manager

I am pleased to report that our most recent Citizen Survey generated very positive results, with 91 percent of residents rating "Overall Quality of Life" in Cambridge and 92 percent rating Cambridge as "A Good Place to Live," as either Excellent or Good. As of press time for this newsletter, Cambridge Police were in the process of moving in to the new state-of-the-art public safety facility, which will also house the City's Emergency Communications Department and 911 Call Center.

The renovated War Memorial Recreation and Physical Education facility was scheduled to reopen in December. Other major construction projects, such as the West Cambridge Youth and Community Center/VFW and the Main Library renovation are moving along, with the youth center scheduled to open in spring 2009 and the library reopening at its former site in early fall.

Since Cambridge voters adopted the Community Preservation Act (CPA) in 2001, we have successfully appropriated over \$83 million for the priority focus areas of affordable housing, historic preservation and open spaces. In addition, we also continue to generate other city resources to these and other important community initiatives as well.

In response to community concerns related to public safety, Cambridge Police have increased bike patrols on City streets and neighborhoods.

Please take a moment to peruse this latest City update. For more timely daily news, visit the City's website, [www.cambridgema.gov](http://www.cambridgema.gov) and also sign up for Cambridge E-Line.

## Community Preservation Act Generates Over \$83 Million for Affordable Housing, Historic Preservation, Open Space

In November 2001, Cambridge voters approved adoption of the Community Preservation Act (CPA), a state law that allows the City to receive matching funds from the state for money raised locally in support of affordable housing, historic preservation and protection of open space. The local portion of CPA funding is raised through a 3% surcharge on property taxes. With the latest appropriation for fiscal year 2009 of \$10.9 million, the City has appropriated/reserved a total of \$83.1 million in CPA funds, of which approximately \$34.8 million was the result of the state match.

To date, Cambridge has received more CPA matching funds from the Commonwealth than any other participating community. Consequently, Cambridge residents will benefit from important housing, historic preservation and open space initiatives throughout the city for years to come.

The CPA Committee, appointed by the City Manager, consists of Cambridge residents, representatives from the Affordable Housing Trust, Historical Commission, Planning Board, Conservation Commission,

*continued on page 6*

### 13th Annual Danehy Park Family Day



*Hundreds of people enjoyed children's amusement rides, arts and crafts, roving performers and entertainment at Danehy Park Family Day in September.*

## Residents Rate City Programs & Services

According to the 2008 Citizens' Survey, 91% of Cambridge residents rated their "Overall Quality of Life" in Cambridge and Cambridge "As a Place to Live" as either good or excellent. Core City services, such as police, fire, water and public works also earned high marks.

"We are extremely proud and honored to continue to attain such high ratings from our citizens," said City Manager Robert W. Healy. "It is a tribute to the good work of the City Council, the Administration and our employees who are very committed to providing the highest quality of services year-round. The results of their hard work are reflected in the findings of this most recent survey."

Since 2000, the City of Cambridge has contracted Opinion Dynamics Corporation, a national public opinion polling firm based in Cambridge, to conduct the survey every other year. Questions cover a range of issues dealing with City services. Survey results serve as a useful tool in identifying priority focus areas for the administration and City Council. For complete survey results, visit [www.cambridgema.gov](http://www.cambridgema.gov).

## Join the Energy Smackdown™

### A Community Outreach Program to Reduce Carbon Emissions

For the past six months, community teams from Cambridge, Arlington and Medford have been competing against each other in various activities to help reduce their overall energy consumption. These activities are part of The Energy Smackdown™, an innovative community outreach program that challenges and supports participating individuals, households and organizations in Massachusetts to reduce their own energy consumption as well as the energy consumption of “companions.” By promoting the project through TV broadcast and Web cast, participants and teams engage the public on the critical issue of climate change and what citizens of a community can do to increase the use of clean and efficient energy and in so doing reduce carbon emissions. In Season Two, Arlington, Medford and Cambridge are competing to see which team can have the biggest impact on its community. Cambridge residents are invited to join this important effort by visiting [www.energysmackdown.com](http://www.energysmackdown.com). To find out more about the hometown team, *Cambridge Energy Busters*, contact Patty Nolan at 617-497-7230 or [pattynolan@aol.com](mailto:pattynolan@aol.com). ■



CAMBRIDGE  
Energy Alliance


Saving Money & the Planet

## To Reduce Your Carbon Footprint, You'll Need a Helping Hand

The Cambridge Energy Alliance is a nonprofit group created to save you money on utility bills and reduce the City's carbon footprint. In partnership with the City of Cambridge and NSTAR, the Alliance provides an all-in-one energy solution that will cut your energy use and bills by up to 30%.

Financing can be a hurdle when you want to invest in energy-saving upgrades for your home or business. To address this, the Alliance teamed up with four financial institutions to provide loans and other financing options for energy efficiency improvements undertaken by Cambridge homeowners and businesses. The Alliance team also includes five energy service companies, each focusing on a different segment of the energy market. These partners provide engineering, project management, and quality assurance on all projects.

The Cambridge Energy Alliance can provide comprehensive energy audits for Cambridge homes and businesses – in most cases, for free. The Alliance has already conducted over 80 audits, with many residents and business owners taking energy-saving actions that will cut their utility bills for years to come, while reducing CO2 emissions. Interested residents should call 866-351-7887 and businesses can call 617-275-6313. Also visit [www.cambridgeenergyalliance.org](http://www.cambridgeenergyalliance.org). ■



**CAMBRIDGE  
E-LINE**

Sign up for Cambridge E-Line at  
[www.cambridgema.gov](http://www.cambridgema.gov)

*CityView* is published in the spring and fall by the City Manager's Office as a community update for residents.

Editor: Ini Tomeu, Public Information Officer, 617-349-4339.

*CityView* is printed on recycled paper. ♻️

For more information about recycling in Cambridge, please visit [www.cambridgema.gov/theworks](http://www.cambridgema.gov/theworks)



*Terrascope Youth Radio participants conduct a field interview.*

## Terrascope Youth Radio Hits the Airwaves

Terrascope Youth Radio, a project in which local teens produce radio programming on environmental topics, got off to a running start over the summer and has continued as an after school program this fall. The program, a partnership between Massachusetts Institute of Technology (MIT) and the City of Cambridge Youth Programs, was developed with funding from the U.S. National Science Foundation. Participants ages 14-18 have learned to record and edit sound using state-of-the-art equipment and software and working in teams to develop story ideas, write and voice scripts, and produce pieces. They also developed and exercised their interviewing skills, both in everyday settings and in visits to scientific laboratories and facilities. Listen to Terrascope Youth Radio pieces at <http://web.mit.edu/tyr>. For more information, contact Beverly Mire at 617-247-7420 or [bmire@mit.edu](mailto:bmire@mit.edu) or Malika Arty at [marty@cambridgema.gov](mailto:marty@cambridgema.gov). ■

## City Workshops Promote Responsible Homeownership

The Community Development Department's Housing Division offers a free 4-session workshop for first-time homebuyers ten times each year. This workshop covers all aspects of the homebuying process including working with a real estate agent, what a potential homebuyer can afford to buy, credit and debt, how an offer to purchase works, what to look for in a home inspection, how a mortgage lender assesses a loan application, and the eligibility requirements for special mortgage products and programs for first-time homebuyers.

Also offered is a credit workshop and a class on multi-family homeownership which describes the responsibilities of becoming a landlord. The Homeowners 201 class is designed for recent buyers and covers topics such as home maintenance and improvement, insurance, budget and tax planning, and foreclosure prevention.

Financial assistance is available to income-eligible first-time buyers, up to \$130,000 in deferred financing, to buy an affordable condominium unit on the open market. This program is open to eligible residents on a first-come, first served basis. With a pre-approval for funding from the City, homebuyers work with their real estate broker to look for the unit they want to purchase on the open market. Staff works closely with buyers to ensure they are getting a good deal from a responsible lender. Many buyers choose to finance their purchase with local banks and further benefit from the state's soft second loan program available through these banks.

For more information, call 617-349-4622 or visit [www.cambridgema.gov/cdd/hsg](http://www.cambridgema.gov/cdd/hsg).

## Citizenship Classes at Community Learning Center

In what year was the Constitution drafted? Name one of the writers of the Federalist papers. How many voting members are in the House of Representatives? The answers to these questions and 97 others are what immigrants are expected to be able to answer in order to become naturalized American citizens. Most aspiring U.S. citizens didn't grow up speaking English. That's where the Cambridge Community Learning Center (CLC) helps make their dreams of American citizenship attainable. Not only does the CLC provide free English as Second Language classes to Cambridge residents, it also offers a citizenship preparation class.

They also go above and beyond mere facts. Patricia Drake, teacher of last year's citizenship class, says, "I told the students, 'I don't want you just to pass the test. I want you to be good citizens. I want you to understand our history and government. I want you to know the rights and responsibilities that come with American citizenship.'"

Students learn interview skills as the final decision about whether they can be naturalized takes place in a one-on-one interview. In many cultures, eye contact, small talk, and smiling at government officials would be unthinkable bold, so students need to practice.

After students are sworn in as American citizens, CLC staff help them register to vote because voting is one of the most important rights that citizenship brings. After casting her vote in the March 2008 presidential primary, one new citizen said, "I am so happy! I am 59 years old and today is the first time in my life I can vote."

Cambridge residents who are currently qualified to apply for naturalization can register for the next citizenship class, which starts in February 2009, by calling 617-349-6363, or stopping by the Community Learning Center at 19 Brookline Street.



*Citizenship teacher Erin Reardon helps students learn about the executive branch of government.*

## Financial Management and Business Development Workshops

The Community Development Department's Economic Development Division sponsors a series of workshops in business development and personal financial planning. Workshops are delivered by the Center for Women and Enterprise, State Department of Revenue and State Office of Minority and Women Business Assistance (SOMWBA). Potential business owners can participate in workshops designed to explore the feasibility of their business ideas and steps needed to start a business, including how to obtain financing. Existing small businesses can take workshops to improve the viability of their businesses, including sessions on marketing, record keeping and pricing strategies. One-on-one counseling is also available.

"Making Your Money Work" covers such topics as developing a savings plan, budgeting, credit repair and debt management. Participants learn how to review and correct their credit report, reduce their spending and start a savings plan to pay for education and/or purchase a home.

**Registration is required and most workshops are free for those who qualify. For more information, call 617-349-4637 or visit [www.cambridgema.gov/cdd/ed](http://www.cambridgema.gov/cdd/ed).**

## Free English Classes

The Cambridge Public Library Literacy Project offers free English classes for adults during the day, evenings and on Saturdays in various library branches. Most classes focus on conversation skills and some also work on reading and writing skills. The Literacy Project always welcomes both students and volunteers.

For more information, contact Maria Balestrieri at 617-349-4013 or [mbalestrieri@cambridgema.gov](mailto:mbalestrieri@cambridgema.gov).



### Contribute to a Community Poem

As part of the Poet Populist program, the Cambridge Arts Council wants your participation in capturing the creativity, community spirit and joy in our city. We are looking for uplifting themes of city life, peace, love, community spirit, the past, present and future of Cambridge. All citizens, school groups, neighborhood centers, senior centers and youth groups are encouraged to submit two couplets (a pair of rhymed lines). Poet Populist Peter Payack will arrange the couplets in a "City Poem" to be presented at the Cambridge River Festival on Saturday, June 13, 2009 as a gift to the people of Cambridge from the people of Cambridge. Please send submissions to [poetpopulist@cambridgema.gov](mailto:poetpopulist@cambridgema.gov).

### Costa Lopez Taylor Park in East Cambridge

Public Art is represented in many forms throughout the City's vast collection of over 170 public artworks, even large-size gourds! Artist Roberley Bell's sculpture of an open trellis in the shape of two gourds with attached gates is one of the latest public artworks to crop up in Cambridge this fall, at the new Costa Lopez Taylor Park, at Lopez Avenue and Charles Street. The artwork serves as gateway between the seating area and the community gardens. Cambridge holds the unique distinction of being the only city in Massachusetts that requires by ordinance that one percent of construction costs on municipal capital investments, such as improvements to roadways, buildings, parks and other public spaces, be designated for art. In collaboration with the local community, the Cambridge Arts Council commissions artists to create site-responsive artwork for these public spaces.

Take a virtual tour of Cambridge's public art collection, the largest contemporary public art collection in Massachusetts at: [www.cambridgeartscouncil.org/public\\_art\\_tour/index.html](http://www.cambridgeartscouncil.org/public_art_tour/index.html).

## Police News



### Staff Begin Move to New Public Safety Building

As of press time, the Cambridge Police Department and the Emergency Communications/911 Call Center staff were expected to start moving in to the new state-of-the-art Robert W. Healy Public Safety Facility at 125 Sixth Street. Construction build-out of the 110,000 square foot existing building incorporated green building technologies into the design. This included installation of highly efficient mechanical and electrical systems with chilled beam heating and cooling technology, a green roof system, a highly advanced security system design and building management/lighting control systems. It is anticipated that the design of this building will result in a U.S. Green Building Council LEED (Leadership in Energy & Environmental Design) Silver level certification.

### Cambridge Police's New Electronic Daily Public Log

The Police Department is launching an electronic version of its Daily Public Log at [www.cambridgepolice.org](http://www.cambridgepolice.org), as a new way to keep the community informed about crimes and provide easier public access to this information. Citizens can also find breakdowns of crime by neighborhood by clicking on the Neighborhood Crime Log. For those who do not have access to a computer, the Daily

Public Log is still available at Police Department Headquarters. The log is updated daily, on Mondays following weekends, and on Tuesday following a Monday holiday. For more information, call 617-349-3237.

### Bicycle Patrol Officers Increased

In response to community concerns, the Cambridge Police Department has continued to increase bike patrols on City streets and throughout neighborhoods. Utilizing data from the Crime Analysis Unit, officers were deployed to areas with patterns of higher crime activity as well as public areas to increase visibility and interaction with citizens.

Based on conversations with Cambridge residents, Police Commissioner Robert Haas believes that police officers on foot or patrolling on bicycles have a greater impact in our approach to community policing, increased visibility and our effort to deter crime. The walking officers and bicycle officers provide immediate contact with residents, which is sometimes difficult for officers in cruisers to do. Residents expressed their strong opinion that they felt safer when they observed these officers in their neighborhoods in this capacity. Currently there are 37 officers trained and equipped to perform bicycle patrol assignments. The assignment of these officers will continue, weather permitting, and is expected to resume at the earliest possible date in 2009.



Roberley Bell's sculptural gateway at Costa Lopez Park in East Cambridge uses steel rods to create an open trellis allowing flora to intertwine with the art and further connect the park with the artwork. Photo: Lillian Hsu

## 2009 Resident Permits

The Traffic, Parking & Transportation Department announces that 2009 Resident Parking Permits are now available. Although current permits do not expire until January 31, 2009, residents are encouraged to renew early by mail to avoid delays. Residents must renew by mail or in person to provide proof of residency, unless they have lived in the city for three years or greater and qualify for "online renewal." For more information, call 617-349-4700 or visit: [www.cambridgema.gov/traffic](http://www.cambridgema.gov/traffic).



## Cambridge Science Festival

Mark your calendars for the 2009 Cambridge Science Festival, a celebration showcasing Cambridge as an internationally recognized leader in science and technology, April 25 – May 3. Interested persons are also invited to submit a proposal to run a program or host an event during the festival. Programs may include lectures, performances, activities for families, exhibits, tours, debates, workshops or creative new ideas we've never imagined. We are looking for ideas that celebrate science, technology, engineering and math in ways that combine spirit, interactivity and audience appeal. The deadline for proposals is Dec. 12, 2008. Visit [www.CambridgeScienceFestival.org](http://www.CambridgeScienceFestival.org).

## TV Converter Box Coupons Available

On February 17, 2009, television stations across the nation will cease broadcasting via analog signals and only use digital signals. Older televisions without digital tuners that receive broadcast signals "over the air" and not from a Cable TV or satellite provider, will go blank on that day. The Federal Government has authorized a special program to enable households to receive up to two coupons, each worth \$40, that can be presented to retail stores selling electronics in exchange for a special converter box that can easily be connected to analog televisions in order to enable it to receive a digital signal. To request a coupon for a converter box, call 1-888-DTV-2009 or visit [www.DTV2009.gov](http://www.DTV2009.gov).



## Cambridge Resource Guide 2008-09 Dept. of Human Service Programs

This handy guide contains information on the various programs and services offered by the Dept. of Human Service Programs, including Out of School Time services (includes Community Schools, Youth Programs and Child Care After-school Programs), Adult/Family Education & Employment, Youth Employment, Recreation, Senior Services, Community Services, with cross referencing and programming by age group or geographic area.

For more information or to obtain a copy, call 617-349-6200, or visit [www.cambridgema.gov/DHSP2/](http://www.cambridgema.gov/DHSP2/).



## Cambridge Life Magazine & City Resource Guide

The City of Cambridge recently published the fall/winter 2008-09 edition of *The Cambridge Life*, a biannual magazine that features new programs and initiatives and also includes a helpful City resources section, plus information for newcomers. This free publication can be picked up at a news boxes in the City's major squares, at Cambridge City Hall and at most library buildings.

It can also be found online at [www.cambridgema.gov](http://www.cambridgema.gov) To request copies, contact Ini Tomeu, Public Information Officer at [itomeu@cambridgema.gov](mailto:itomeu@cambridgema.gov) or at 617-349-4339.

## NEED HELP CONNECTING TO SERVICES OR RESOURCES?



[CambridgeSomervilleResourcesGuide.org](http://CambridgeSomervilleResourcesGuide.org)

Call Marianne at 617-349-6966 or visit

[www.cambridgesomervilleresourceguide.org](http://www.cambridgesomervilleresourceguide.org)



## Alternative Heating Measures Can Pose Fire Risk

Due to the expected spike in winter heating costs, fire officials are concerned about the potential for an increase in fires and injuries this year. There is a very real fear that people will seek alternative and often unsafe methods of heating their homes. Please observe the following tips to prevent fires and carbon monoxide poisoning:

- Have furnaces and chimneys cleaned and checked annually
- New wood or coal stoves require a building permit for installation
- If using a space heater, make sure it is labeled by a recognized testing laboratory such as UL (Underwriters Laboratories). Keep heating units at least 3 feet from draperies and other combustibles. Kerosene fired unvented space heaters are illegal in Massachusetts.
- Homeowners should have working smoke alarms as well as Carbon Monoxide detectors in place. All residents should practice an evacuation plan with a designated outdoor meeting place.

## Community Preservation Act continued from page 1

Cambridge Housing Authority and City staff. Based upon public input gleaned through advertised public meetings, this volunteer group makes annual recommendations on how the CPA funds should be used. Below is an overview of projects to date.

### Affordable Housing Projects

The \$57.8 million in CPA funds raised between FY02-08 for affordable housing initiatives has already been leveraged to support the creation or preservation of approximately 578 units of affordable housing throughout the city. CPA funds are used in the preservation of expiring use units, acquisition and creation of rental units and creation of first-time homebuyer units. It is important to note that the City, through the Affordable Housing Trust (which administers CPA funds for affordable housing), has been able to leverage the amount it has received with over \$121 million from other funding sources. For FY09, \$8.7 million has been allocated to affordable housing initiatives from CPA funds. Some examples of current and planned projects include:

- Creation of 13 affordable homeownership units recently completed at Columbia Court;
- Creation of 14 affordable single-room-occupancy rental units on Concord Avenue;
- Construction of 24 affordable homeownership units under way on Harvard Street;
- Construction of 10 affordable homeownership units under way on Main Street;
- Renovation of 16 affordable rental units on Marcella Street;
- Renovation of 16 affordable rental units on Harvey Street;
- Acquisition of 41 affordable units through the City's First-time Homebuyer programs.

### Historic Preservation Projects

CPA funds also help support the Cambridge Historical Commission's Preservation Grants program, providing funds to restore historic exteriors on affordable housing projects and non-profit institution facilities throughout the city. CPA eligible activities include the acquisition, preservation, rehabilitation or restoration of historic resources. Approximately \$7.2 million in CPA funds allocated

between FY02-08 has been obligated for: residential and non-profit institutional preservation grants; to support the renovation of Cambridge Public Library's historic interior and exterior spaces; floor and stair replacement in public areas of City Hall; repairs to the Sullivan Chamber at City Hall; restoration of the historic Cambridge Common; restoration of the historic Cambridge Cemetery fence, chapel, granite steps and curbs; Brattle-Craigie historic wall repair; restoration of Fresh Pond Golf Course Clubhouse cupola and clock; accessibility upgrades to Collins Library; window repairs at O'Connell Library; restoration of the fence at Fort Washington Park; fire station restoration; restoration of the Old Burying Ground; and restoration of City archival collections. Additional Historic Preservation projects funded by FY09 CPA funds totaling \$1.1 million include:

- Historic Preservation Grants Program;
- Cambridge Cemetery tomb and stairway repairs;
- Collins Branch Library access;
- Old Burying Ground headstone restoration;
- Restoration and preservation of Archival Collections; and
- Shady Hill Square preservation restriction.

### Open Space Projects

It is important to note that the CPA legislation currently restricts communities from spending the first 10% of CPA open space funds on active and passive recreation-related open space projects; however, the City regularly dedicates other sources of funds for the renovation and maintenance of its many parks and recreation areas and has expended over \$33 million on these efforts since FY02.

Major open space initiatives funded through CPA from FY02 through FY08 included \$7.2 million allocated, in part, for the following: implementation of the Fresh Pond Reservation Master Plan (including the Northeast Sector Habitat Restoration Project and Little Fresh Pond shoreline restoration; soil stabilization and stormwater swale restoration schematic design projects; restoration of the Old Birch Grove and associated bio-swales; slope stabilization efforts for Kingsley Park and Glacken slopes; installation of an earthen berm within the Fresh Pond Reservation for watershed and stormwater management; and

improvements to Black's Nook access), and the purchase of a 16 acre parcel in Lincoln, Massachusetts adjacent to Stony Brook (part of Cambridge's public water supply). Open Space funds were also used to purchase a parcel of land at 12-14 Watson Street to retain a community garden.

In FY09, upon the recommendation of the Open Space Working Group, \$1.1 million was appropriated to continue the Fresh Pond Reservation Master Plan implementation, including: slope stabilization projects and invasive species removal; restoration of Kingsley Point scenic vista; design of the Fresh Pond Reservation Circulation and Access Plan; and watershed drainage improvements. In addition, funds were allocated for an ecological inventory of City owned property in the upland watershed in Lincoln and Lexington as well as to the Open Space Reserve for future open space acquisition and restoration, which totals \$2.4 million. ■

## Domestic Violence Vigil



Members of the community gathered at City Hall for a candlelight vigil as part of Domestic Violence Awareness Month. This year's message was "Silence Hurts" reminding us that domestic violence happens in our community every day and we all need to talk about it. For more information contact the Cambridge Woman's Commission at 617-349-4697.

## Kwanzaa Celebration

### The Art of Black Dance & Music

Saturday, Dec. 6, 4-6 p.m.

M.L. King School Auditorium  
100 Putnam Ave., Cambridge

For Info. Call 617-349-6269

# Let's All Dig in and Dig Out

## Ice and Snow-Free Sidewalks are Everyone's Responsibility

With winter just around the corner, we wanted to provide Cambridge property owners, residents and businesses with a few important reminders.

### Keep Sidewalks Clear!

Property owners are required by City Ordinance to remove snow from sidewalks next to their property or business within 12 hours of daytime snowfall and before 1 p.m. when it has fallen overnight. They must also remove or melt all ice within 6 hours of the time it forms. Please note that there is a fine for each day of non-compliance. If you are away, it is still your responsibility to ensure that someone clears sidewalks next to your property. Remember to:

- Shovel your sidewalk on all sides of your property, down to bare pavement
- Make path at least 3 feet wide
- Clear ramps at corners and crosswalks
- Chop or melt all ice
- Keep street drains clear of snow
- Consider helping neighbors who may have difficulty clearing their walk.

### Snow Emergency Parking Bans

During substantial storms, the City may declare a Snow Emergency. Information is placed as soon as possible on a recorded message at 617-349-4700 (this is answered live on weekdays), posted online at [www.cambridgema.gov](http://www.cambridgema.gov) and on City TV-8. For information on school closings, call 617-349-6513. Sign up for Cambridge E-Line at [www.cambridgema.gov](http://www.cambridgema.gov) to get an E-mail notice when the City declares a snow emergency.

When a Snow emergency is declared, parking is prohibited on streets signed "No Parking during Snow Emergency." Check signs carefully. A list and a map of these particular streets can be viewed at [www.cambridgema.gov/traffic](http://www.cambridgema.gov/traffic). Some parking garages will provide free parking for a limited time during a declared snow emergency. Call 617-349-4700 or visit above website.



### Plowing Operations

Following a major snowstorm, DPW will clear streets as soon as possible, starting with major arteries. Please don't take it personally if we plow snow back into your driveway, but as we work to keep streets passable, it is often unavoidable. The City's goals of keeping streets open, returning streets and sidewalks to safe, travelable conditions quickly and keeping them clear and accessible can only be accomplished with your participation.

**If you have a disability or are elderly** and qualify as a low-income resident, you may be eligible for an exemption. Call the Cambridge Council on Aging, 617-349-6220 (voice) or 617-349-6050 (TTY) to learn more.

**For more information**, visit the Department of Public Works (DPW) website: [www.cambridgema.gov/TheWorks/services/snow.html](http://www.cambridgema.gov/TheWorks/services/snow.html).

**A new feature on this site will allow you to report unsafe sidewalks.**

*Let's keep Cambridge a walking city all year long!*

## Recycle More Bottles & Cans!



The Department of Public Works (DPW) is pleased to announce that residents may now place glass, metal and plastic containers in any 32-gallon barrel for curbside recycling collection. Remove lids and caps, and place them with rinsed containers loose in a barrel marked with blue City stickers, facing the street. Call 617-349-4800 to order stickers.

The following can be recycled:

- Aluminum (pie plates, trays & foil)
- Metal cans (tin, steel & aluminum)
- Aerosol cans (empty, no spray paint or oil cans)
- Plastic containers & pots (marked #1-7, stiff plastic only, no bags)
- Glass bottles & jars (any color)

Plastic bags and Styrofoam are not accepted.

Visit [www.cambridgema.gov/recycle](http://www.cambridgema.gov/recycle) for more information. Please keep recycling! A little effort makes a big difference.





# Health Beat



## Protect Your Family from the Flu!

Very young children, seniors and people with chronic illnesses can become seriously ill if they catch the flu. Protect yourself and the ones you love by getting a flu vaccine this fall. Flu vaccine is considered safe and effective for children (6 months or older) and adults. Free flu shots will be available to people (age 9+) at citywide flu clinics through Dec. 10. Free pneumonia vaccine will be offered to adults age 65+. For a clinic schedule, call the Cambridge Public Health Department (617-665-3855) or visit [www.cambridgepublichealth.org](http://www.cambridgepublichealth.org).

## Tips for Preventing Falls

Did you know that falls are the leading cause of injury among older adults in Cambridge? Here are some helpful tips:

- In your home, remove objects you could easily trip over. Keep hallways and stairs clutter-free.
- In the kitchen, keep frequently used items within easy reach to avoid using a step stool.
- In the bathtub or shower, use non-slip mats.
- Get regular exercise.
- Review medications with your doctor as some medicines can make you sleepy or dizzy.
- Get your eyes examined at least once a year. Vision problems can increase chances of falling.

## Cambridge Joins National Debate on Nanotechnology and Trans Fat

Rarely do small cities have the opportunity to influence the national debate on public health issues. Cambridge is an exception to this rule. In July, Cambridge became the second municipality in the country to develop a health and safety policy for limiting risk to workers involved in nanomaterials research and manufacturing. Also in July, Cambridge joined a handful of American cities and towns, including Boston and Brookline, in banning the use of artificial trans fat in food service establishments. The Cambridge trans fat regulation will take effect later next year.

For more information, contact the Cambridge Public Health Department at 617-665-3800 or visit [www.cambridgepublichealth.org](http://www.cambridgepublichealth.org).

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**Resident Postal Customer**  
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# CityView



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