

Friday, October 7, 2016

Volume 12, Number 18

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## THE BUZZ

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.+

~ Helen Keller



### **OCTOBER IS BREAST CANCER AWARENESS MONTH: GET THE FACTS by Pat Williams**

October is **Breast Cancer Awareness Month**. Since mammograms were introduced in the 1960s, the incidence of breast cancer has declined significantly. According to the **National Breast Cancer Foundation, Inc.**,

when breast cancer is detected early, the 5-year survival rate is almost 100%. If you are a woman over 40; have been previously diagnosed with breast or ovarian cancer; have a family member (mother, sister or daughter) who has been diagnosed with breast cancer; or have been tested for a gene mutation that is associated with a higher risk of breast cancer, you have an increased likelihood of developing the disease.

#### **Who gets breast cancer?**

- Excluding cancers of the skin, breast cancer is the most common cancer in U.S. women. The disease accounts for 29% of newly diagnosed cancers. Men are generally at low risk for developing breast cancer;
- Your chance of getting breast cancer increases with age. From 2008 to 2012, the median age at the time of breast cancer diagnosis was 61;
- Women living in the U.S. have a 12.3%, or a 1 in 8 lifetime risk of being diagnosed with breast cancer. According to the **World Health Organization**, worldwide incidence rates vary from 19.3 per 100,000 women in East Africa to 89.7 per 100,000 women in Western Europe. Survival rates also vary, from 80% or over in North America, Sweden and Japan to around 60% in middle-income countries and below 40% in low-income countries. The low survival rates in less developed countries are associated with the lack of early detection programs; and
- Breast cancer rates are higher in white women than black women, however black women have a higher incidence rate before age 45 and are more likely to die from breast cancer at any age. Asian/Pacific Islander women have the lowest incidence and death rates.

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**THE WORD**  
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## ***THE BUZZ (cont'd)***

### ***OCTOBER IS BREAST CANCER AWARENESS MONTH: GET THE FACTS (Continued from Page 1)***

Early detection provides the greatest possibility of successful treatment. The following steps will help increase your chance of detecting cancer early:

**Breast Self-Awareness.** Becoming familiar with how your breasts normally look and feel will help you identify any changes in your breasts. If you find a lump or any other changes in your breasts, notify your health care professional immediately. Breast self-awareness should start at 18 years of age and be done on a regular basis. Changes to look for include:

- A lump or thickening in or near the breast or in the underarm area;
- A change in the size or shape of the breast;
- Dimpling or puckering in the skin of the breast;
- A nipple turned inward into the breast;
- Discharge from the nipple; or
- Scaly, red or swollen skin on the breast, nipple or areola.

**Well-Woman Exam.** At your annual physical, ask your doctor to perform a breast exam to check for abnormalities.

**Mammogram.** A mammogram is a safe way to detect cancerous tumors and other abnormal breast conditions. Mammograms can detect cancer or other problems before a lump becomes large enough to be detectable and provides an effective way to find breast cancer in its early stages when treatment is usually the most successful. The **American Cancer Society** recommends that breast cancer screening start at 40 years of age. Women age 45 to 54 should get mammograms every year and women over 55 should be screened every two years.

Ever heard that an ounce of prevention is worth a pound of cure? At least one-third of all cancer cases are preventable. Taking the following steps will increase your chances of not getting cancer:

- Avoid excess weight gain;
- Get regular physical activity. Adults should get at least 2½ hours of moderate exercise or an hour and fifteen minutes of vigorous activity each week; and
- Choose foods and beverages that help achieve and maintain a healthy weight. Limit intake of high calorie foods and beverages.

The good news is that the chance that a woman will die from breast cancer is 1 in 36 or around 3%. Breast cancer screening is the most important thing a woman can do to decrease her risk of getting the disease.

#### **Did you know?**

- About 40,450 women will die from breast cancer in the U.S. this year.
- There are currently more than 2.8 million breast cancer survivors in the United States, including women still being treated and those who have completed treatment.
- Death rates from breast cancer have been dropping since about 1989.

# ***THE WORD ON YOUR FINANCIAL FUTURE***

## ***WILL THE ELECTION IMPACT MARKETS AND INVESTMENTS?***

What drives the stock market? Quite often, it is fundamental factors such as the strength of the economy and its impact on corporate profits. At other times it is affected, at least in the short term, by external factors that can upend investor expectations and drive markets in a positive or negative direction.

One of the most obvious external factors that might come into play for markets this year is the upcoming presidential election. This is the kind of election year that has some built-in market uncertainty. It marks the end of the second term for President Barack Obama, which means that a new occupant will sit in the Oval Office in January 2017. Regardless of who wins, the leadership transition will likely result in some policy changes in the near future.

### **Dealing with uncertainty**

This election season has been marked by unusual twists. In the Democratic Party, Hillary Clinton, a longtime party stalwart faced a surprisingly difficult challenge before earning the nomination for the chance to become the country's first woman president. On the Republican side, Donald Trump, a celebrity newcomer to the party captured the nomination, overcoming a number of more experienced politicians.

Even without these twists, it isn't uncommon for the stock market to exhibit a degree of volatility in the run-up to an election, at least until the likely outcome is clearer. One of the key issues that could affect markets is the possibility that control of the White House could change to a different party. According to an analysis by the Ameriprise Investment Research Group, the potential for such a change tends to increase stock market volatility<sup>1</sup>. This can be particularly true in the final weeks leading up to the election. Investors should be prepared for circumstances where the noise generated by the campaign contributes to market fluctuations.

### **Is history a guide?**

Other data may provide clues as to what to expect in the markets. According to Standard & Poor's, since 1900, U.S. stocks have declined by an average of 1.2 percent in the eighth year of a presidential term<sup>2</sup>. There are two points of caution with this statistic:

1. There are a limited number of times when this circumstance has occurred.
2. The last time it happened, in 2008, we were in the midst of the Great Recession. The markets were down 41 percent that year, which dramatically changed the average return for this specific measurement.

What may be a more important consideration for investors than who is the new president is whether we enter the election and post-election season with a great deal of uncertainty about policy direction.

### **The impact on specific market sectors**

Although it's speculative to try and predict the outcome of the election and all of the policy implications each party would impose, the result of the election is likely to influence key industries. Among the sectors of the market that could be affected in different ways are:

- " Healthcare . what is the future of the Affordable Care Act and the general direction of health insurance coverage in the U.S.?
- " Energy . will production of fossil fuels continue to be encouraged or will greater emphasis be put on alternative energy sources?
- " Security . how will the defense budget be affected given the increased focus on global security?

### **It's about more than the president**

It's true that our president has tremendous influence in the direction our country takes. However, it's important to remember that there are many others who play a role in making policy that can affect the investment environment. These include members of Congress (many who are also up for election this year), local and state legislators, Federal regulators and other officials. For example, the Federal Reserve controls monetary policy, which includes monitoring inflation and the Federal interest rates. Politicians have limited to no influence over policy decisions made by the Fed.

# ***THE WORD ON YOUR FINANCIAL FUTURE***

## ***(cont'd)***

### ***WILL THE ELECTION IMPACT MARKETS AND INVESTMENTS? (Continued from Page 3)***

Also keep in mind that the presidential election doesn't have the same impact over U.S. markets as it once did. External events, many of which are overseas, increasingly affect the markets, and are often out of the control of elected officials. These events include natural disasters, terrorist attacks, financial crises and the financial results of publicly held companies.

#### **What this means for your finances**

While it's natural to think about the impact of the election on your investments, it's only one factor. Stay attuned to the bigger picture of your long-term goals. Review your portfolio diversification and risk tolerance with a financial advisor for an objective perspective on your financial situation.

<sup>1</sup> . Ameriprise Financial: *Brief: Election 2016 . Volatility, Velocity and Voting.* June 14, 2016. Compiled by Steven V. Soranno, CFA, CAIA, Vice President, Director of Equity Research, Investment Research Group.

<sup>2</sup> . CNBC: *Why markets tend to fall during a presidential election year.* Jan. 13, 2016. By Bryan Borzykowski. <http://www.cnbc.com/2016/01/13/why-markets-tend-to-fall-during-a-presidential-election-year.html>.

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Investment advisory products and services are made available through Ameriprise Financial Services, Inc., a registered investment adviser.

# ***HAPPENINGS***

## ***18<sup>TH</sup> CENTURY CHOCOLATE MAKING DEMONSTRATIONS***

Taste the sweeter side of the Revolution at **18<sup>th</sup> Century Chocolate Making Demonstrations** daily from 11:00 a.m. to 5:30 p.m. through **October 31, 2016** at 21 Unity St., Boston, MA. Visitors will be able to touch, taste, smell and experience 18th-century chocolate as it was enjoyed by some of Boston's most famous Revolutionary-era patriots. The costumed interpreters discuss the way colonial Americans prepared and consumed chocolate. Discover where chocolate comes from and how it is made. And after you have learned all there is to know about chocolate, you get a free taste of the delicious drink enjoyed by John and Abigail Adams. For more information, visit <http://oldnorth.com/captainjacksons/>. **This is a FREE event.**

## ***COLLEGE FINANCIAL AID: FSA ID WORKSHOP***

The **College Financial Aid: FSA ID Workshop** will be held every **Saturday** from 10:00 to 11:00 a.m. at the **Central Library in Copley Square** (ASA College Planning Center), 700 Boylston St., Boston, MA. Need help with the college financial aid process? Get assistance by creating a FSA ID, which is the first step in filing your application for Federal Student Aid. For more information, call (617) 536-5400. **This is a FREE event.**

## ***SOWA OPEN MARKET***

The award-winning **SoWa Open Market** is back. Every **Saturday** and **Sunday** from 10:00 a.m. to 4:00 p.m., visitors can sample the region's best collection of local artisans, farmers and specialty vendors. Also explore 90 artists' studios, 60 shops and galleries and the SoWa Vintage Market located adjacent to SoWa Open Market. The SoWa Open Market is located at 530 Harrison Ave., Boston, MA. For more information, visit [www.sowaboston.com](http://www.sowaboston.com).

## ***WENTWORTH INSTITUTE OF TECHNOLOGY STUDENT WORKSHOP SERIES***

**Wentworth Institute of Technology Student Workshop Series** will take place **Friday, October 7, 2016** from 3:00 to 5:00 p.m. at the **Central Library in Copley Square** (Teen Central), 700 Boylston St., Boston, MA. Are you a teen interested in digital and industrial design, mixed media or photography? Meet **Franklin Alvarado** who uses digital programs for online marketing, school work, personal/inspirational work and more. Frank is also a photographer, uses digital programs for mixed media productions and will share his expertise in all these areas each week in a variety of project based workshops. For more information, call (617) 536-5400. **This is a FREE event.**

## ***THE ELEVENTH ANNUAL HONK! FESTIVAL***

The **Eleventh Annual Honk! Festival** will be held from **Friday, October 7 through Sunday, October 9, 2016** throughout Cambridge and Somerville. This awesome three-day festival brings brass bands from all over the United States and the world to Somerville for a celebration of music, community and activism. The festival kicks off on Friday night at 7:00 p.m. with a lantern parade in Davis Square and a band showcase. On Saturday from 12:00 Noon to 9:00 p.m., more than 25 bands take over Davis Square for a giant music and dance party. On Sunday from 12:00 Noon to 6:00 p.m., local community groups, artists and activists working for a variety of progressive causes, economic justice, protecting the environment, world peace and an end to racism, join the brass bands to make a spectacular parade from Davis Square to Harvard Square along Mass. Avenue. For more information, visit [www.honkfest.org](http://www.honkfest.org). **This is a FREE event.**

## ***TOUR ROXBURY MODERNS***

**Tour Roxbury Moderns** on **Saturday, October 8, 2016** at 9:30 a.m. The **New England Chapter of Docomomo-US** in collaboration with the **Public Archaeology Laboratory, Inc.** presents a walking tour of Roxbury modern architecture. Meet in front of the **Bruce C. Bolling Municipal Building**, 2300 Washington St., Roxbury, MA. The tour concludes at 4:00 p.m. with a social gathering in Roxbury of tour participants and members of the Roxbury, Boston and regional community who have an interest in the social and architectural history and evolution of Roxbury. Location to be announced. For more information, visit <http://historicboston.org/tour-modern-roxbury-on-saturday-october-8th/>. **This is a FREE event.**

## ***HAPPENINGS (cont'd)***

### ***AUTHOR READING AND SIGNING / PASTOR FREDRICK CAPITOLIN***

An **Author Reading and Signing** will be held **Saturday, October 8, 2016** from 11:00 a.m. to 1:00 p.m. at the **Grove Hall Branch Library**, 41 Geneva Ave., Dorchester, MA. Meet **Pastor Frederick Capitolin**, author of **Your God is Your Belly**, who will discuss the power and priority of fasting. Light refreshments will be served and books will be available for purchase. For more information, call (617) 427-3337. **This is a FREE event.**

### ***BLUEPRINT CONFERENCE FOR GIRLS PLANNING COMMITTEE INTEREST MEETING***

The **Boston Chapter of the Alumnae Association of Spelman College** will host the **Blueprint Conference for Girls Planning Committee Interest Meeting** on **Saturday, October 8, 2016** from 11:00 a.m. to 1:00 p.m. at the **Central Library in Copley Square** (Commonwealth Salon), 700 Boylston St., Boston, MA. This information session will allow women to understand their obligations and opportunities through their role facilitating and organizing programs for young women of color in Boston. For more information, call (617) 536-5400. **This is a FREE event.**

### ***FREE PROFESSIONAL HEADSHOTS***

Need a simple headshot to use online? Do you have photos but need something more professional for a resume or LinkedIn? Just want a nice picture of yourself? On **Saturday, October 8** from 12:00 Noon to 1:00 p.m. and **Tuesday, October 11, 2016** at 6:30 p.m., have **Professional Headshots** taken at the **Fields Corner Branch Library** (Community Room), 1520 Dorchester Ave., Dorchester, MA. Professional photographer **ShiSha King** will take your picture in front of a backdrop. Photos will be optimized for online use and emailed to you. Dress to impress and put your best face forward. Access to a valid email address is **required** for participation. For more information, call (617) 436-2155. **This is a FREE event.**

### ***QUINCY MARKET HISTORY TOUR***

The **Quincy Market History Tour** will be held **Saturday, October 8, 2016** at 2:00 p.m. at **Café Pulse** (Quincy Market), 141 S. Market St., Boston, MA. Step back in time to learn about Quincy Market's central and ever-evolving role in Boston's history. Discover how Quincy Market was built over the Boston Harbor and explore **Alexander Parris's** thoughtful architectural design. Delve into the political maneuvering behind the market's creation and understand the market's importance in establishing Boston as an international trading center. This public works project was the largest of its kind at the time. For more information, visit [www.faneuilhallmarketplace.com/event/quincy-market-history-tour/2145457040](http://www.faneuilhallmarketplace.com/event/quincy-market-history-tour/2145457040). **This is a FREE event.**

### ***MUSEUM OF FINE ARTS, BOSTON FALL OPEN HOUSE***

The **Museum of Fine Arts, Boston** will host a **Fall Open House** on **Monday, October 10, 2016** from 10:00 a.m. to 4:45 p.m. Hear a medley of musical delights throughout the day including a concert by **Boston Pops** musicians and a performance by Guatemalan choir **Coro Victoria** celebrating National Hispanic Heritage Month. Enjoy a range of art-making activities and tours for families and adults. The Museum is located at 465 Huntington Ave., Boston, MA. For more information, call (617) 267-9300. **This is a FREE event.**

### ***KENNEDY LIBRARY FORUMS***

The **John F. Kennedy Presidential Library and Museum**, Columbia Point, Dorchester, MA is pleased to present the **Kennedy Library Forums**, a series of public affairs programs on a diverse range of historical, political and cultural topics reflecting the legacy of **President and Mrs. John F. Kennedy**. Doors open an hour before each forum begins. For more information or to make a reservation, call (617) 514. 1643 or visit [www.jfklibrary.org](http://www.jfklibrary.org). Reservations guarantee a seat in the building, but not in the main hall. Once the main hall is full, audience members will be seated in an overflow theater where the forum will be streamed live. **This is a FREE event.**

- **Wednesday, October 12** from 2:00 to 3:30 p.m. – **Hemingway's Finca Vigía: The U.S.-Cuban Collaboration in Preservation**. Join **Congressman Jim McGovern**, **Gladys Collazo**, **Bob Vila** and **Susan Wrynn** for a discussion examining U.S.-Cuban collaboration on efforts to preserve documents, photographs and books from Ernest Hemingway's home in Cuba.
- **Thursday, October 20** from 6:00 to 7:00 p.m. – **Lesley M.M. Blume** discusses her new book **Everybody Behaves Badly: The True Story Behind Ernest Hemingway's Masterpiece The Sun Also Rises** with **Susan Beegel**.



# ***HAPPENINGS (cont'd)***

## ***GRUBSTREET WRITING WORKSHOP***

The **GrubStreet Writing Workshop** will be held **Wednesday, October 12, 2016** from 6:00 to 7:00 p.m. at the **Egleston Branch Library**, 2044 Washington St., Roxbury, MA. GrubStreet, one of the nation's leading creative writing centers, is leading a workshop where you'll meet fellow writers and learn to tell your story through fun directed exercises in fiction, nonfiction and poetry. New and practicing writers welcome. To register, call (617) 695-0075. **This is a FREE event.**

## ***URBAN BEEKEEPING***

**Urban Beekeeping** will be held **Thursday, October 13, 2016** from 6:00 to 7:20 p.m. at the **Central Library in Copley Square** (Rabb Lecture Hall), 700 Boylston St., Boston, MA. If you eat food, then you need bees. As pollinators, bees bring us over 100 fruit and vegetable crops and provide feed for our livestock industry. Yet, bees are dying at an alarming rate. Data from urban environments indicate that bees are doing better in cities. Why is this? Learn how to get involved in urban beekeeping and how to save these vitally important creatures. To register or for more information, visit <https://www.eventbrite.com/e/urban-beekeeping-tickets-27046605124>. **This is a FREE event.**

## ***CITY OF BOSTON JOB FAIRS***

Come learn about career opportunities with the City of Boston at the **City of Boston Job Fairs**. Each fair will be held from 11:00 a.m. to 3:00 p.m. unless otherwise noted. For more information, call (617) 635-2011. **This is a FREE event.**

- **Friday, October 14** at the **Grove Hall Community Center**, 51 Geneva Ave., Dorchester, MA
- **Wednesday, October 26** at the **Shelburne Community Center**, 2730 Washington St., Roxbury, MA

## ***MFA BOSTON HOSTS FREE OVERNIGHT PARTY: COLLEGE EDITION***

The **Museum of Fine Arts, Boston (MFA)** will host an **Overnight Party: College Edition** on **Friday, October 14** at 9:00 p.m. to **Saturday, October 15, 2016** at 9:00 a.m. at 465 Huntington Ave., Boston, MA (visitors will enter through the **Linde Family Wing** entrance). Live musical performance by **Leah V** featuring local hip hop and DJs; live graffiti by **Brian Life**; art-making and other activities throughout the night by **MIT Hacking Arts**; and **metaLAB** will present interactive installations. **MassVOTE** will host a booth with voter registration and information about the upcoming presidential election. The **Heartbreak Hill Running Company** will lead a late-night run around the Museum's campus and **RUNFELLOW Run Club** will host one in the early morning. For more information, visit [www.mfa.org](http://www.mfa.org). **This is a FREE event.**

## ***THE 8<sup>TH</sup> ANNUAL BOSTON BOOK FESTIVAL***

The **8<sup>th</sup> Annual Boston Book Festival** will be held **Saturday, October 15, 2016** at locations in and around Copley Square. The Boston Book Festival offers a wide variety of activities for the entire family. Festival events will include panels featuring internationally-known writers; programming for children, teens and families; and writing workshops. Exact times and locations for panels and speakers can be found by visiting [www.bostonbookfest.org](http://www.bostonbookfest.org). **This is a FREE event.**

## ***PLAY READING BOOK CLUB***

The **Play Reading Book Club** will be held every **Saturday** at the **Dudley Branch Library**, 65 Warren St., Roxbury, MA. Gain unique and radical access to plays, artists and conversations at weekly sessions which include reading scripts, discussing artistic and production values and putting on your own showcase for family and friends. No prior knowledge or reading of plays is necessary. To register or for more information, call **Akiba Abaka** at (617) 824-3071, email [akiba\\_abaka@emerson.edu](mailto:akiba_abaka@emerson.edu) or visit <http://bit.ly/DUDLEYPRBC1617>. To learn more about each play, visit [www.artsemerson.org](http://www.artsemerson.org). **This is a FREE event.**

- **October 15 through November 5** . **Mala** by **Melinda Lopez**
- **January 7 through 28, 2017** . **Our Secrets** by **Bela Pinter and Company**
- **March 11 through April 1** . **Octavia Butler's Parable of the Sower** by **Toshi Reagan**

# ***HAPPENINGS (cont'd)***

## ***MARCELLA PLAYGROUND OPENING***

The **Marcella Playground Opening** will be held **Saturday, October 15, 2016** at 9:45 a.m. at 260 Highland St., Roxbury, MA. Join **Mayor Martin J. Walsh** to officially open Marcella Playground. Ribbon cutting celebration will include refreshments by **HP Hood** and face painting. **This is a FREE event.**

## ***ASHMONT VALLEY NEIGHBORHOOD FALL HARVEST FESTIVAL***

The **Ashmont Valley Neighborhood Fall Harvest Festival** will be held **Saturday, October 15, 2016** from 1:00 to 5:00 p.m. at the **Unity Cultural and Sports Club**, 10 Dunbar Ave., Dorchester, MA. There will be live music, arts and crafts, games, pumpkin decorating and more. **This is a FREE event.**



## ***SPA WEEK***

**Spa Week** will be held from **Monday, October 17 through Sunday, October 23, 2016** at day spas in Boston and vicinity, Massachusetts and in states across the country. Participating spas will offer full service spa treatments at \$50 each. For a list of participating spas, visit [www.spaweek.com](http://www.spaweek.com).

## ***IS NECAT'S CULINARY ARTS TRAINING PROGRAM RIGHT FOR YOU?***

**New England Center for Arts & Technology (NECAT)** will hold a tuition-free **Culinary Arts Training Program** starting on **Monday, October 17, 2016**. The program is designed for individuals who are: unemployed or underemployed (earning a low income) with limited access to training opportunities; dedicated to working hard and securing a permanent job after the program; interested in a career in the hospitality or food services industries; able to commit to the 16-week program, Monday through Friday from 9:00 a.m. to 3:00 p.m.; at least 17 years old; legally able to work in the state of Massachusetts; able to show proof of a high school diploma or GED/HiSet; and committed to staying in touch with NECAT for at least two years after the program. To learn more about the program and to begin the application process, attend a required information session which are held every **Tuesday** from 9:30 to 10:30 a.m. at 23 Bradston St., 2<sup>nd</sup> Floor, Boston, MA. To apply, visit <https://ne-cat.org/apply/>. **This is a FREE event.**

## ***AAUW WORK SMART IN BOSTON FREE SALARY NEGOTIATION WORKSHOP***

The **AAUW Work Smart in Boston Free Salary Negotiation Workshop** will be held **Monday, October 17, 2016** from 6:00 to 8:00 p.m. at the **Central Library in Copley Square** (Commonwealth Salon), 700 Boylston St., Boston, MA. AAUW Work Smart in Boston is a partnership between AAUW and the City of Boston to offer salary negotiation workshops to every woman who lives or works in Boston. In this workshop you'll learn tools to help you successfully negotiate for a new salary, ask for a raise and build your confidence. For more information, call (617) 536-5400. **This is a FREE event.**

## ***PUMPKIN CARVING***

**Pumpkin Carving** will be held **Tuesday, October 18, 2016** from 6:30 to 7:30 p.m. at the **Central Library in Copley Square** (Rabb Hall), 700 Boylston St., Boston, MA. **Carl Prindle's** pumpkins have been a Halloween fixture in the South End's Union Park for over a decade. Launched when his son was born in 2000, each Halloween pumpkin has reflected his son's evolving interests and increasingly complex and refined carving techniques. In this session, Carl and his son Carson offer a retrospective of their pumpkins past and a detailed how-to on their unique carving and lighting techniques, enabling you to start a Halloween tradition of your own. To register, visit <https://www.eventbrite.com/e/pumpkin-carving-tickets-27412711157>. **This is a FREE event.**

## ***QUESTIONS ON QUESTION 2: CHARTER SCHOOLS***

**Ford Hall Forum** presents **Questions on Question 2: Charter Schools** on **Thursday, October 20, 2016** from 6:30 to 8:00 p.m. at **Modern Theatre**, 525 Washington St., Boston, MA. Two supporters of Question 2, **Shane Dunn** and **Thabiti Brown** and two detractors, **Tito Jackson** and **Harneen Chernow**, will be a part of the discussion. **Mike Deehan** will moderate. For more information, visit [www.fordhallforum.org/](http://www.fordhallforum.org/). **This is a FREE event.**



# ***HAPPENINGS (cont'd)***

## ***MAHA HOMEBUYER CLASSES***

**MAHA HomeBuyer Classes** are held monthly at a variety of locations. Graduates from the MAHA classes will receive a certificate which will allow the participant access to a number of programs that assist first-time homebuyers. The certificate is also a requirement for acquiring lottery property and certain mortgage products in Boston and other cities and towns. Graduates are eligible for free one-on-one credit and homebuying counseling. The classes are 12 hours by either attending four evenings or two Saturdays and the cost is \$50 per person and \$75 per couple. For more information, email **Hilda Fernandez** at [hfernandez@mahahome.org](mailto:hfernandez@mahahome.org) or visit [www.mahahome.org](http://www.mahahome.org). The class schedule is as follows:

- **Saturday, October 22 and 29** from 9:00 a.m. to 3:00 p.m. at **MAHA**, 1803 Dorchester Ave., Dorchester, MA
- **Tuesday and Thursday, November 15 and 17** from 5:30 to 8:30 p.m. and **Saturday, November 19** from 9:00 a.m. to 3:00 p.m. at **Boston Medical Center** (East Newton Campus), 88 E. Newton St., Boston, MA
- **Tuesday and Thursday, November 29 and December 1** from 6:00 to 9:00 p.m. and **Saturday, December 3** from 9:00 a.m. to 3:00 p.m. at **MAHA**, 1803 Dorchester Ave., Dorchester, MA

## ***THE 18<sup>TH</sup> ANNUAL AUDRE LORDE CANCER AWARENESS BRUNCH***

Join **Fenway Health** for the **18<sup>th</sup> Annual Audre Lorde Cancer Awareness Brunch** on **Saturday, October 22, 2016** from 10:00 a.m. to 1:00 p.m. at 1340 Boylston St., 9<sup>th</sup> Fl., Boston, MA. There will be a musical performance by **Zili Misik**, an interactive dance session, spoken word performances, resource tables and a raffle. To RSVP, call **Tanekwah Hinds** at (617) 927-6199 or email [thinds@fenwayhealth.org](mailto:thinds@fenwayhealth.org). **This is a FREE event.**

## ***21<sup>ST</sup> ANNUAL BOSTON VEGETARIAN FOOD FESTIVAL***

The **21<sup>st</sup> Annual Boston Vegetarian Food Festival** takes place on **Saturday, October 22** from 11:00 a.m. to 6:00 p.m. and **Sunday, October 23, 2016** from 10:00 a.m. to 4:00 p.m. at the **Reggie Lewis Track and Athletic Center**, 1350 Tremont St., Roxbury, MA. This festival brings together an amazing array of vegetarian natural food providers, top national speakers on nutrition, health, care for animals and the Earth, cooking demos, kids activities, food sampling, shopping specials and over 100 exhibitors. For more information, call (617) 424-8846. **This is a FREE event.**

## ***FALL PUMPKIN FLOAT***

The **Fall Pumpkin Float** will be held **Sunday, October 23, 2016** from 4:30 to 6:30 p.m. at the **Boston Common** (Frog Pond), 38 Beacon St., Boston, MA. Hundreds of illuminated jack-o-lanterns will float on the water and festive family activities will be offered. Attendees are asked to bring an 8-inch or smaller carved pumpkin that will be lit and then floated on the Frog Pond. Adults and children are encouraged to wear Halloween costumes! Children will be able to decorate luminary bags which will be displayed and illuminated along the edge of the Frog Pond. For more information, call (617) 635-4505. **This is a FREE event.**

## ***BABY DIAPER BANK***

A **Baby Diaper Bank** will be held **Saturday, November 5, 2016** from 1:00 to 3:00 p.m. at the **Grove Hall Branch Library**, 41 Geneva Ave., Dorchester, MA. If you are a parent of a baby and cannot afford diapers, the Baby Diaper Bank may be for you. The Baby Diaper Bank seeks to meet the needs of income-challenged parents to make sure that they have clean diapers for their babies. For more information, call (617) 427-3337 or visit [www.lanniesneighborhood.org](http://www.lanniesneighborhood.org). **This is a FREE event.**

## ***HAZARDOUS WASTE DISPOSAL EVENT***

A **Hazardous Waste Disposal Event** will be held **Saturday, November 19, 2016** from 9:00 a.m. to 2:00 p.m. at the **West Roxbury Public Works Yard**, 315 Gardner St., West Roxbury, MA. The City will collect and safely dispose of hazardous waste (no commercial waste will be accepted). For Boston residents only (proof of residency is **required**) and the City reserves the right to reject materials. For more information, call (617) 635-4500. **This is a FREE event.**



## **FRIDAY, OCTOBER 7**

7:30 p.m.

**East Coast to West Coast – Women in Brazilian Music** at the **Regattabar** at the **Charles Hotel**, One Bennett St., Cambridge, MA. For tickets, call (617) 395-7757 or visit [www.regattabarjazz.com](http://www.regattabarjazz.com).

## **SATURDAY, OCTOBER 8**



**HONORING  
MALIK YOBA**  
Actor | Activist

Special Performances by Guest  
Choreographer



### **Featuring**

**NIA DANCE TROUPE, GIRLZ OF IMANI, IMANI, JR. and ALEYE** in new works by **SHAUMBA-YANDJE** and **MUADI B. DIBINGA**

**SATURDAY, OCTOBER 8, 2016**

6:30 PM VIP Reception | 8PM Performance

**Roxbury Community College Mainstage Theater**  
1234 Columbus Avenue  
Roxbury, MA 02119

### **TICKETS**

\$100, \$75, \$50

For more information:  
(617) 522-3900  
[www.OriginationInc.org](http://www.OriginationInc.org)

**SATURDAY, OCTOBER 8 (cont'd)**

***Conversations with Joan Watson-Jones and Friends  
Concert***



[www.joanwatsonjones.com](http://www.joanwatsonjones.com)

**Saturday, October 8, 2016**

**8:00 - 10PM**

**Frank Wilkins - Piano Herman Hampton - Bass  
Alvin Terry - Drums**

**Chelmsford Center for the Arts  
1A North Rd  
Chelmsford MA 01824**

**Tickets \$15.00**

**Call (978)250-3780**

**On Line**

**[www.chelmsfordarts.org/performances/jazz/](http://www.chelmsfordarts.org/performances/jazz/)**

*.....Watson-Jones has perfect phrasing. For  
budding singers this is a master class in how to  
do what you do!*

**Chris Spector- Midwest Record**



Scan this code to order tickets

***Najee***

**Sat. & Sun.,  
Oct. 8 & 9**

**Sat: 8 & 10pm  
Sun: 4 & 7pm**



**SCULLERS JAZZ CLUB**



**DOUBLETREE SUITES BY HILTON  
BOSTON - CAMBRIDGE**

**RESERVATIONS: (617) 562-4111 • ON-LINE TICKETING: [www.scullersjazz.com](http://www.scullersjazz.com)  
SHOW TIMES: Tu--Sat 8 & 10:00 pm**



SUNDAY, OCTOBER 9

**PERFORMANCE FITNESS & TRAINING, LLC &  
the JUST LOVE FOUNDATION  
ANNUAL SCHOLARSHIP  
5K RUN & WALK**

**WHEN : SUNDAY OCTOBER 9, 2016**

**WHERE : JAMAICA POND  
(Near Boat house)**

**TIME : ON SITE REGISTRATION 9 AM - 9:45 AM  
RACE START TIME - 10 AM! !!!**

**REGISTRATION FEE : \$35**

**PLEASE DONATE OR REGISTER AT :  
[www.performanceft.com/events/html](http://www.performanceft.com/events/html)**

**Call or Text Yvel for  
additional info: 617 970 1916**



Excellence in Strength Conditioning



Performance Fitness & Training, LLC (PFT), invite you to participate in the 3rd Annual PFT/JLF Scholarship 5K Run/Walk. This event is to benefit The Just Love Foundation's Scholarship fund (501c3) towards HS scholarships through Omega Psi Phi Fraternity, Inc., Gamma Chapter. We look forward to your participation or your tax deductible donation to the HS scholarship fund

**SUNDAY, OCTOBER 9 (cont'd)**



**Jeannette Farrell Presents  
Gigantic Gospel Extravaganza &  
Anniversary Celebration For**

**THE BLUE HILL GOSPEL MC'S**

**Global Ministries  
Christian Church**

**670 Washington Street • Dorchester, MA**

**Pastor: Bruce Wall**

**Sunday 9**  
**October 2016**

**3:30 PM**

**Senior Tickets (Over 62) \$20.00 • Advance Tickets \$25.00 • At Door \$28.00 •  
Child (Under 12) \$10.00 At Door**

Tickets On Sale: JEANNETTE FARRELL 617-298-1906 – LAWSONS BARBER SHOP, Mattapan Sq. Bro. Curry  
Ben G 617-304-4295 – Philly Area: LITTLE SAMMY 267-250-7481 – CHURCH 617-282-7794 – All Groups Have Tickets

*Featuring*



**The SMALLEST  
MEN IN GOSPEL  
Donnie, Darryl  
& The Joy Boyz**  
OF NASHVILLE, TN



**TOMMY ELLISON'S  
Legendary  
Singing Stars**  
OF ELKO, SC



**LITTLE SAMMY & THE  
New Flying  
Clouds**  
OF PHILADELPHIA, PA



**The Spiritual  
Souls**  
OF WATERBURY, CT

**The Bells of Harmony**  
OF SYRACUSE, NY

*Also Appearing*

**The Lincoln Men of Witness**  
OF BROCKTON, MA  
**Saxophonist Bro. Quinn Mitchell**  
OF MERIDEN, CT

*Boston's Own*

**The Spiritual Encouragers  
The Spiritual Wonders Phase II  
Bishop Harold Branch**

**Emcee: Pastor James Ruffin**

Benton Card Co., Benson, N. C. 27504 — (919) 894-3661 www.bentonprint.com



**MONDAY, OCTOBER 10**



**THURSDAY, OCTOBER 15**

A poster for Vincent's Thursdays. The top half features a mirrored image of a woman with long, curly hair, wearing a yellow dress and a black corset, sitting on a red chair. The text 'Vincent's' is written in a large, white, cursive font, and 'THURSDAYS' is written in a smaller, white, sans-serif font below it. Below the image, there is a yellow banner with the text 'OLD SCHOOL | NEW SCHOOL | REGGAE | INTERNATIONAL' and a dark red banner with the text 'THE LIBRA AFFAIR'. The bottom section contains the Vincent's Nightclub logo, the date and time 'THURS. OCT. 13TH 9PM | UPSCALE ATTIRE', the text 'VIP | GLIST | FREE BEFORE 11PM', the email 'EDDIECUE@AOL.COM', the phone number '617.908.3790 / 508.944.9969', the address '6 BILLINGS ST, RANDOLPH, MA', the list of DJs 'DJ DEX, DJ DRU NYCE, DJ WARLOCK', and a small logo for 'The Libra Affair'. At the bottom, there is a small text 'Flyer: EyePopVip.com | 305-804-7946'.

## **FRIDAY, OCTOBER 14**

7:30 p.m.

The **Pierre Hurel Trio** at the **Regattabar** at the **Charles Hotel**, One Bennett St., Cambridge, MA. For tickets, call (617) 395-7757 or visit [www.regattabarjazz.com](http://www.regattabarjazz.com).

8:00 p.m. and 10:00 p.m.

**Maceo Parker** appears at **Scullers Jazz Club** in the **DoubleTree Guest Suites Hotel**, 400 Soldiers Field Rd., Boston, MA. For more information, call (617) 562-4111 or visit [www.scullersjazz.com](http://www.scullersjazz.com).

## **SATURDAY, OCTOBER 15**



The Sustainable Business Network of Massachusetts Presents  
**LOCAL CRAFT SPIRITS FESTIVAL**  
Distilleries | Artisan Beverages | Craft Beer | Cider | Local Food

**October 15  
4-7 PM**

[bostonlocalfood.org](http://bostonlocalfood.org) | [#localcraftspirits](https://twitter.com/localcraftspirits)

TICKETS: [WWW.LOCALCRAFTSPIRITS.EVENTBRITE.COM](http://WWW.LOCALCRAFTSPIRITS.EVENTBRITE.COM)

**EAT LOCAL. DRINK LOCAL. BE LOCAL.**  
CRAFT SPIRITS, CRAFT BEER, CIDER, MEAD, LOCAL FOOD, RAW BAR, COCKTAIL DEMOS,  
COCKTAIL THROWDOWN COMPETITION, FOOD PAIRINGS, VIP TIX AVAILABLE

**WORD FANS SAVE \$15 WITH "WORD15"**

## **FRIDAY, OCTOBER 21**



**SpeakEasy**

**THE SCOTTSBORO BOYS**

MUSIC & LYRICS BY  
**JOHN KANDER & FRED EBB**

BOOK BY  
**DAVID THOMPSON**

ORIGINAL DIRECTION & CHOREOGRAPHY BY  
**SUSAN STROMAN**

**STARTS OCT 21**

**617-933-8600 • SPEAKEASYSTAGE.COM**

**TICKETS FROM \$25**



**FRIDAY, OCTOBER 21 (cont'd)**

2016 Black New England Conference

# Politically In-Correct: Humor, Satire and Black Consciousness











October  
21 - 22

With Special Guest & Honoree  
**Mr. Dick Gregory**

University of New Hampshire, Huddleston Hall Ballroom, Durham

## PRESENTERS

*Exploring ways in which African Americans have traditionally used humor as a tool for social and political critique*

|  |  |  |   |   |
|--|--|--|---|---|
| <br>Warrington Hudlin | <br>Donjuan Clark | <br>Glenda Carpio   | <br>Louis Ramey   | <br>Daryl Dance  |
| <br>Darryl Littleton  | <br>Mugga         | <br>Juston McKinney | <br>Delia Konzett | <br>Justin Lorts |

IN ADDITION:  
Bijan Bayne, Joel Christian Gill, Samuel James, Sharon McCoy, M.J. (Mwalim) Peters, Carolyn Riley  
Alex Simmons, Greg Boggis, Gabby Greaves, Dottie Morris, Cait Vaughan, David Watters

View Schedule at [www.coli.unh.edu/cnec/bnec2016](http://www.coli.unh.edu/cnec/bnec2016) Register On-Line or call 603-436-8433  
Conference fee: \$55 | Awards Dinner : \$35 (\$75 All Conference Activities)

The Black New England Conference is sponsored by Eastern Bank, The Center for the Humanities, Engagement and Academic Outreach, Office of Community Equity and Diversity, Office of Multicultural Students Affairs, President's Commissions on the Status of People of Color, Portsmouth Historical Society, The Center for New England Culture and the Portsmouth Black Heritage Trail

**SATURDAY, OCTOBER 29**



**FJCMC**

*Friends of John Coltrane  
Memorial Concert and the  
Center for the Arts  
at Northeastern present*

**39th John Coltrane Memorial Concert**

**Saturday, October 29, 2016**  
7:30pm, Blackman Auditorium  
Northeastern University

*An evening of*  
**Ballads  
& Blues**

Photo: Hakim Raquib

**FJCMC**

Celebrating 30 years at Northeastern University!  
*Friends of John Coltrane Memorial Concert and  
the Center for the Arts at Northeastern present*  
**39th John Coltrane Memorial Concert**

*An evening of*  
**Ballads  
& Blues**

Enjoy an evening rich with music composed or  
made famous by John Coltrane, performed by the  
JCMC ensemble, featuring **Carl Atkins, Consuelo  
Candelaria, Jeff Galindo, Jason Palmer,  
Bill Pierce, Ron Savage, Avery Sharpe,  
and Stan Strickland.**

Hosted by **Eric Jackson**, co-produced by  
**Leonard Brown and Emmett G. Price III.**

Use code **FJCMC10** for 10%  
off general admission. Good  
through 09/30/2016.

All photos: Hakim Raquib

Saturday, October 29, 2016 • 7:30 pm  
Blackman Auditorium, Northeastern University  
360 Huntington Avenue, Boston, MA 02115  
(MBTA: Ruggles/Orange and NEU/Green lines)  
Info: 617.671.0789 • [www.friendsofjcmc.org](http://www.friendsofjcmc.org)

General admission: \$30  
Students & seniors: \$25 VIP: \$40  
<http://tickets.neu.edu>  
Box Office: 617.373.4700  
*All ticket prices include service fee.*

 [facebook.com/FriendsofJohnColtraneMemorialConcert](https://www.facebook.com/FriendsofJohnColtraneMemorialConcert)  [@FJCMC](https://twitter.com/FJCMC)



**SATURDAY, OCTOBER 29**



On his next  
journey he  
will be  
launching  
the



**Francis O'Bryant**  
**Mentorship Program**

*Making a difference, one life at a time.*

COME CELEBRATE WITH US AT THE...  
**FRANCIS O'BRYANT**  
SEMI FORMAL RETIREMENT PARTY ROAST  
and MENTORSHIP PROGRAM LAUNCH

Francis has worked as a court officer at the  
**MIDDLESEX SUPERIOR COURT**  
FOR OVER 36 YEARS, JOB WELL DONE!

Saturday November 26th 2016

6:00pm — 12:00am

Generations Banquet Hall

81 Memorial Dr. Avon MA • [www.generationsavon.com](http://www.generationsavon.com)

**TICKETS: \$45.00**

**FOR TICKETS INFORMATION CONTACT:**

DEBRA MORRIS 617-945-5344

PAM SAUCER-RICHARDSON 617-319-2806

SHARON FREEMAN 857-998-7431

MARYLOU DEPEIZA 617-818-6481

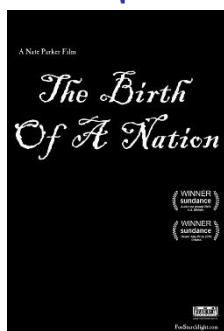
**MUSIC BY DJ Steve Gousby / LIVE JAZZ BAND BY Fred Woodward**

Portion of the Proceeds will go to "The Francis O'Bryant Mentorship Program"



# THE ARTS

## FILMS (In Theaters)



### THE BIRTH OF A NATION

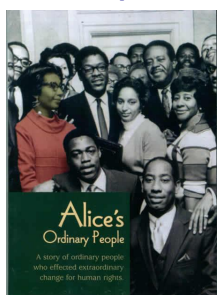
Set against the antebellum South, **The Birth of a Nation** follows Nat Turner (**Nate Parker**), a literate slave and preacher, whose financially strained owner, Samuel Turner (**Armie Hammer**), accepts an offer to use Nat's preaching to subdue unruly slaves. As he witnesses countless atrocities against himself and his fellow slaves, Nat orchestrates an uprising in the hopes of leading his people to freedom. **The Birth of a Nation** also stars **Gabrielle Union**, **Jackie Earle Haley** and **Aja Naomi King**.

### WHAT NOW?

**Kevin Hart** takes center stage in this groundbreaking, record-setting, sold-out performance of **What Now?** Filmed outdoors in front of 50,000 people at Philadelphia's Lincoln Financial Field, the performance marks the first time a comedian has ever performed to an at-capacity football stadium. **What Now?** opens in theaters on **Thursday, October 13**.



## FILMS (Screenings)



### ALICE'S ORDINARY PEOPLE SCREENING AND DISCUSSION

**Alice's Ordinary People** will be screened on **Saturday, October 8, 2016** from 10:30 a.m. to 12:00 Noon at the **South End Branch Library**, 685 Tremont St., Boston, MA. The documentary is about **Alice Tregay** who was a participant in the Civil Rights Movement in Chicago. She worked with **Dr. Martin Luther King, Jr.**, **Rev. Jesse Jackson**, **Mayor Harold Washington** and **President Barack Obama**. Meet the film's director **Craig Dudnick**. For more information, call (617) 536-8241. This is a **FREE** event.

## MUSIC AND DANCE

### LATINO HERITAGE CELEBRATION WITH LA PIÑATA

A **Latino Heritage Celebration with La Piñata** will be held **Monday, October 17, 2016** from 6:00 to 7:00 p.m. at the **Connolly Branch Library**, 433 Centre St., Jamaica Plain, MA. Enjoy an interactive performance of Puerto Rican, Dominican, Mexican and Latin Zumba music and dances. For more information, call (617) 524-2053. This is a **FREE** event.

# ***HEALTH AND FITNESS***

## ***EARTHSEED YOGA'S ADULT YOGA CLASSES***

Earthseed Yoga presents **Adult Yoga Classes** every **Saturday** through **November 26, 2016** from 10:00 to 11:00 a.m. at the **Parker Hill Branch Library**, 1497 Tremont St., Roxbury, MA. This class is for adults ages 55 and older. Wear clothes that you can move in comfortably. Yoga mats and props will be provided. All experience levels are welcome. To RSVP, call (857) 312-9941 or (617) 427-3820. **This is a FREE event**

## ***FRANKLIN PARK TENNIS ASSOCIATION FREE TENNIS LESSONS***

Franklin Park Tennis Association will offer **Tennis for Everyone** every **Saturday** from 3:30 to 5:00 p.m. at **Melnea Cass Recreational Complex**, 120 Malcolm X Blvd., Roxbury, MA. Lessons for beginner/intermediate players, children (ages 5 and older) and adults at the same time, but on different courts. This is a drop-in program designed to introduce and reinforce the fundamental skills. Registration is **required**. For more information or to register, visit [www.franklinparktennis.org](http://www.franklinparktennis.org). **This is a FREE event.**

## ***PROSTATE CANCER SUPPORT GROUP MEETING***

Dana Farber/Brigham and Women's Cancer Center offers a **Prostate Cancer Support Group Meeting** every second **Wednesday** of the month. The next meeting will be held **October 12, 2016** from 5:30 to 7:30 p.m. at the **Dana-Farber Cancer Institute** (Smith Building, Room 308. 309), 44 Binney St., Boston, MA. This support group focuses on the needs of Black men. Meet with prostate cancer survivors, talk with leading medical specialists and understand your treatment options. Everyone is invited, food will be served and parking is **free**. For more information, call **Mark Kennedy** at (617) 632-6694 or visit [www.prostatehealthed.org](http://www.prostatehealthed.org). **This is a FREE event.**

## ***MINDFULNESS MEDITATION INTRODUCTION AND MBSR COURSE ORIENTATION***

A **Mindfulness Meditation Introduction and MBSR Course Orientation** will be held **Thursday, October 13, 2016** from 4:30 to 7:30 p.m. at the **Dudley Branch Library** (Literacy Center), 65 Warren St., Roxbury, MA. Mindfulness is being aware in the present moment, without judgment. Learning and practicing mindfulness based stress reduction or MBSR, can improve health, reduce stress, increase resiliency and improve the ability to cope with anxiety, depression and pain. For more information, call (617) 442-8946 or email [bbjbosma@aol.com](mailto:bbjbosma@aol.com). **This is a FREE event**

## ***BOSTON REACH COALITION MEETING***

The mission of **Boston REACH Coalition** is to promote health equity and eliminate racial and ethnic health disparities in Boston. The Boston REACH Coalition is led by the Boston Public Health Commission in partnership with community residents. The Coalition partners with community groups, health care providers, health experts, businesses and faith-based leaders to improve the conditions in neighborhoods that shape the health and well-being of community residents. The Coalition meets on the first **Monday** of the month. In the case of a holiday, the meeting is held the following Monday. Dinner is served at 5:30 p.m. and the meeting starts at 6:00 p.m. The Coalition membership is open to all and children and youth are welcome. The next meeting will be held **November 7, 2016** at the **Grove Hall Community Center**, 51 Geneva Ave., Dorchester, MA. Refreshments will be served. For more information, call (617) 534-2291 or visit [www.bphc.org](http://www.bphc.org). **This is a FREE event.**