Free Class: Gardening in the Climate Change Era  
by Susan Lumenello

Gardening can be a great way to enjoy the outdoors, get physical activity, beautify the community, and grow nutritious fruits and vegetables. According to Melissa Roti, professor and director of the exercise-science program at Westfield State University in Massachusetts, gardening is good for physical health and even goes beyond the benefits of physical health. "Gardening has all-around physical benefits in terms of cardiovascular, muscle, and bone health," says Melissa Roti. In addition “Working and being in green spaces provides cognitive rest that can help reduce feelings of stress, depression, and anxiety," says Roti.

Peter Coppola, Master Gardener and Burlington resident, will be conducting “Gardening in the Climate Change Era” on June 19 from 6pm – 9pm at the Murray-Kelly Room. Mr. Coppola will cover all aspects of how to grow a beautiful and bountiful garden, including nutritional needs, the best environment for certain plants, proper soil, correct watering, fertilizer, composting, pruning, lawn care, and pests.

To sign up for this free opportunity, please call the Board of Health at 781-270-1955 or email boh@burlington.org.
Approximately 200 people attended the Burlington Board of Health fourth annual Burlington Community Health Fair on Saturday, May 18. This year's Health Fair was the largest one yet, with fifty nine different exhibitors. New this year was a speaker series. Speakers were located in the wooden gym and every half hour a different topic was discussed. Topics were dementia & reiki by Emily Kearns, Ph.D., substance use disorder and paths to treatment presented by Margie Taylor, PAARI Recovery Coach, and domestic violence prevention presented by Lauren Montanaro, Community Engagement Specialist for REACH Beyond Domestic Violence.

Eighteen BVRC members volunteered to help out at the Health Fair. Volunteers ran a recruitment table, conducted blood pressure screenings, greeted the public as they arrived, oversaw raffle tickets, and provided "Stop the Bleed" training.

BVRC volunteers were also present at the Health Fair in different capacities. Roger Morrison helped out with the Club 55 exhibitor table; Neil Pandit, who interned with the Board of Health, displayed an exhibit on antibiotic resistance; and, Dr. Ed Weiner, BVRC Volunteer and Board of Health Chairman, greeted exhibitors and conducted an interview with BCAT.

Thank you to all our volunteers who helped to make this event a success.
According to the U.S. Department of Health and Human Services, human trafficking, "in addition to being a violent crime, is a public health concern that impacts individuals, families, and entire communities across generations. It requires training and a response from communities, social service providers, health care providers, and other first responders."

Human trafficking occurs when an individual is exploited using force, fraud, or coercion to perform commercial sex (sexual trafficking) or work (labor trafficking). The legal definition of human trafficking is when an individual is recruited by fraudulent means for the purpose of forced labor.

On June 26, members of the MA Attorney General's Office will be coming to Burlington to conduct a presentation on human trafficking. In 2012, legislation entitled An Act Relative to the Commercial Exploitation of People, went into effect. The legislation created new crimes of trafficking and increased penalties for existing crimes, expanded the reporting obligations of mandated reporters, authorized the forfeiture of trafficking offender assets be placed into a trust fund for victims, and created an Interagency Human Trafficking Task Force to continue to address trafficking issues. MA Attorney General Healey has a dedicated Human Trafficking Division that focuses on policy, prevention and prosecution and includes a team of specialized prosecutors, victim advocates and Massachusetts State Police troopers who handle high impact, multi-jurisdictional human trafficking investigations and prosecutions across the state. Through the Human Trafficking Division, the Attorney General's Office has charged more than 50 individuals in connection with human trafficking since the legislation went into effect.

The presentation will be conducted by Assistant Attorney General Elizabeth Keeley, Chief of the MA Attorney General's Human Trafficking Division, and Heather Rowe, Chief of Investigations at the Attorney General's Fair Labor Division and will provide an overview of sex trafficking and labor trafficking in the Commonwealth. Assistant Attorney General Keeley has been in her position since October 2016. Prior to joining the Attorney General's office, Ms. Keeley worked at the Suffolk County District Attorney's Office as the Chief of their Human Trafficking and Exploitation Unit. Heather Rowe has been in her position since 2016. The Fair Labor Division enforces the state's wage and hour, ensures that employers follow prevailing wage and public construction bid laws, and ensures that employers follow child labor
BVRC members are invited to this informative presentation on June 26 from 6 pm – 8 pm at Grandview Farm, 55 Center Street. To RSVP, please call the Board of Health at 781-270-1955 or email boh@burlington.org.

For more statistics on human trafficking in Massachusetts, visit https://humantraffickinghotline.org/state/massachusetts.

from Department of Health & Human Services, 8/31/2017