On December 10th, 2011 at Hei La Moon, Kwong Kow Chinese School (KKCS) held an annual fundraising Gala with over 400 distinguished guests and friends from the Great Boston area, raising over $150,000.

Under the theme of "A Bridge to China and the World", this year’s gala opened with cheerful drum performance by the KKCS Dulcimer Ensemble and the amazing Lion Dance by Wah Lum Kung Fu & Tai Chi Academy. The Mayor of Boston, Thomas Menino gave the first speech congratulating the school’s achievement in bridging the western and eastern culture. Janet Wu from WCVB-TV Channel 5 was invited to be the Master of Ceremonies.

During theHonoring session, There-sa Tsoi (Board Chair, KKCS), Frank Chin (Board of Director, KKCS) and Mayor Menino gave Eugene Welch and Professor Zhentian Zhang awards acknowledging their outstanding contribution to the community.

With the professional support from Reagan Communications Group, the gala proceeded with a silent auction. The most exciting part was undoubtedly the Entertainment Program, hosted by Benjamin Yu (Teacher, KKCS). Opening with KKCS classical Dulcimer performance led by Professor Zhentian Zhang, the program was followed by a powerful Shaolin Kung Fu Demonstration featuring Master Hengzhen Shi (Boston Shaolin Kung Fu Center) and the Butterfly Lovers violinists played on the audiences’ heartstrings. KKCS adult Mandarin student Justin Chandler presented a duet—The One I Love, a popular Mandarin song—with his friend Frankie P. The KKCS dance team dressed up in dazzling Chinese traditional dancing dress provided by Boston Chinese Dance and delivered a series of cheerful Chinese dances. The program culminated in the Oriental Elegance, in which the KKCS Mandarin teachers dressed in traditional Qipao and performed a Chinese folk song "Jasmine Flowers".

Afterwards, the gala beautifully ended with a global traditional fashion show by ten KKCS students, featuring symbolic clothing around the world.

For full coverage of this story, and many others, go to sampan.org
Advocates Praise Massachusetts House Action to Aid Fuel Assistance Program
But, Massachusetts Fuel Aid Families Struggle with Reduced Federal Benefits and High Heating Costs

Advocates for the poor have praised recent action by the Massachusetts House Ways & Means committee in providing a $21 million state supplement for fuel assistance for Commonwealth residents, who are being forced by soaring heating costs and federal cutbacks to choose between heat, food, rent and medicine.

“We are grateful to the House leadership, particularly Rep. Brian Dempsey, House Ways & Means Chair, Speaker De Leo, Rep. Paul Donato, Rep. Kate Hogan, Rep. Paul Brodeur and others for their concern and timely action putting significant funding for fuel assistance into the Commonwealth’s budget process,” said ABCD President/CEO John J. Drew. “Almost all of ABCD’s 19,000 applicants have used up their benefits and are facing months of bitter winter weather with few resources.”

The $21 million supplement to the Low-income Home Energy Assistance Program (LIHEAP) now awaits action from the full House, Massachusetts Senate and Governor Patrick. Advocates also applauded the outstanding leadership on this issue of Senators Katherine Clark and Stephen Brewer.

This year federal LIHEAP funding stands at $3.5 billion nationally, down from $4.7 billion appropriated last year. Massachusetts will receive $132 million compared to $181 million last year.

The Commonwealth’s highest heating oil benefit for the poorest families is $1,025 compared to $1,240 in 2009. Compounding the pain is the rising cost of oil, up from about $3 per gallon last year to $4 per gallon today. At this price, the highest fuel assistance benefit will provide only one tank of oil. The average household needs three to four tanks to get through the winter.

Last winter 250,000 Massachusetts residents received fuel assistance. This year applications are running 10 percent higher than last year.

Given ongoing high unemployment rates, especially in lower income regions, the dramatic increase in heating costs and the surge in fuel assistance applications, help from the state as well as increased LIHEAP funding from the federal government is urgently needed. The very young and old, when exposed to the cold, are particularly susceptible to hypothermia where the body loses its ability to regulate temperature with often deadly results. People turn to unsafe methods to stay warm, attempting to heat up cold homes with space heaters or turning up their stoves.

CRIME STATISTICS

The number of the reported crimes in the month of December was as follows:

- Robbery - 2
- Assaults - 1
- Minor Car Breaks - 5
- Larceny from Motor Vehicle - 8

The total number of reported crimes in December was 28, down from November’s 43, and last December’s 30.

The two robberies were both cell phone robberies, one happened on December 4, around 2 a.m. on Tremont Street, the other case happened on Beach Street around 10 a.m. The assault case was also a cell phone-related which happened on December 4, at 6 p.m. on Oak Street. The victim was threatened by two African males with a knife and the victim’s cell phone was robbed.

“Chinatown’s overall crime rate has been decreasing, however, cell phone, iPhone and blackberry, particularly theft-related crime seems to be a concern” said Captain Bernard O’Rourke of the Boston Police Department. Captain O’Rourke urged people to pay attention while using their cell phones while walking around the area, especially those using their headset should pay extra attention. He also stated people should clean out any computers or valuable belongings in their vehicles.

This newly designed, 6-story historic building at 25 Stuart Street, is the first LEED certified hostel in the US, integrated with sustainable ‘green’ technologies,” said Deborah Ruhe, the Executive Director of Hostelling International USA.

The facility will provide a total of 468 beds, with 22 private rooms which can fit 2 to 3 people, and a fully equipped kitchen and laundry room. It will have a library for hostel guests to use, a café on the first floor open to the public, and community spaces for possible community meetings to occur. The $43 million project, which is expected to attract more than 46,000 visitors from 85 different countries each year to the Boston area, offers competitive pricing; a single bed will cost around $40 to $50 per night, while private rooms will be around $150 per night.

Ruhe said she believes the new facility will help to bring more business to nearby areas, such as Chinatown restaurants, and expects the hostel to be open by April.

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Lunar New Year Financial Resolutions

By Michael C. Tow
CERTIFIED FINANCIAL PLANNER™

In my last article, I wrote about ways to keep your New Year’s financial resolutions. But unfortunately, three weeks or so into the New Year, many of you have probably already broken them. Well, Happy Lunar New Year! Here is your second chance to make and stick with some new New Year’s Resolutions.

Here are my top 5 Financial Resolutions for the Lunar New Year:

1. Do a Net Worth Statement. Before you know where you are going, you need to know where you are at. A Net Worth or Balance sheet statement will tell you the difference between what you own and what you owe. What your statement reveals is how much of your hard earned income you are able to keep. It confirms the thought that it doesn’t really matter how much money you make, but rather what you do with your money and how much of it you are able to save.

2. Create a budget. Everyone of you in one way or another has created a budget at one point in your lives, however I bet that only a very small portion of you have created a budget that was effective. To create a budget that you have a realistic chance of keeping for the long term, you must first figure out where you are spending your money. Once you have everything tracked, observe your spending patterns and then work out a realistic budget that you can keep for the long term. Being realistic is the key. Just like a food diet, there is no point starving yourself on rice cakes and carrot sticks just to inevitably break it by binging on desserts and candy three weeks later.

3. Make sure you have adequate life insurance. This is especially important for those of you who have young children or a spouse or a person that depends on you for financial help. Ask yourself this question: If you were to die today, would there be enough money for those who depend on you to survive? Term insurance can be inexpensive and can cover for premature death.

4. Get out of debt. I’m not talking about mortgage debt or your car loans, but I’m talking about your credit card debt. With credit card interest rates around 15% and money market fund and saving account rates near 1%, it doesn’t take a rocket scientist to realize that keeping a savings while having credit card debt doesn’t make sense. If you have trouble cutting your debt, take a look again at New Year's resolution number 2.

5. Build an emergency fund. Make sure that you have an emergency fund that covers at least six months of living expenses. This emergency fund should be in a separate account that is not part of your day-to-day checking and savings account. I usually recommend an account without an ATM access, to make it as easy to withdraw money in non-emergency situations. An emergency fund like the name says is for emergencies! Happy Year of the Dragon!

If you have a topic that you would like me to discuss in a future article please email me at mtow@newbostonfinancial.com.

CERTIFIED FINANCIAL PLANNER™ Michael Tow is President of New Boston Financial. He is a registered representative of, and offers securities and advisory services through Commonwealth Financial Network- a member firm of FINRA/ SIPC and a Registered Investment Adviser. Fixed insurance products and services offered by New Boston Financial are separated and unrelated to Commonwealth. He is located at 58 Harvard Street in Brookline and can be reached at 617-734-4400 or www.newbostonfinancial.com

Public Hearings

ATTENTION MALDEN CITIZENS

In accordance with U.S. Department of Housing & Urban Development regulations, the City is required to advise residents about the progress of its current federal entitlement programs and it is also required to seek input from its residents prior to drafting the FY13 Action Plan.

In FY13, beginning July 1, 2012, the City’s Community Development Block Grant (CDBG) entitlement will be approximately $1.1 million. The City is also a member of the North Suburban Consortium, comprised of seven adjoining communities for the purpose of accessing a $1.36 million HOME Program entitlement for affordable housing.

Three Public Hearings are scheduled as follows:

1. Tuesday, January 24, 6:30 p.m. at Malden Housing Authority, Community Room, 630 Salem Street, Malden
2. Tuesday, January 31, 6:30 p.m. at Malden Housing Authority, Community Room at Suffolk Manor, 312 Bryant Street, Malden
3. Thursday, February 2, 6:30 p.m. at Malden Government Center, Room 421 (4th floor), 200 Pleasant Street, Malden

All facilities are handicap accessible. Residents with special needs should call Bethany Rosa at the Malden Redevelopment Authority (781-324-5720) as soon as possible.

All requests for CDBG Funding shall be submitted in writing to Gary Christenson, Mayor and Stephen M. Wishotski, Executive Director, Malden Redevelopment Authority, no later than 5 PM, Thursday, February 16, 2012. The mailing address is Malden Government Center, 200 Pleasant Street, Rm 621, Malden, MA 02148.

Groups or individuals needing technical assistance in the preparation of funding proposals is available from the Malden Redevelopment Authority. Contact either Bethany Rosa, MRA Director of Community Development (Bethany@malderedevolopment.com) or Maureen Taylor, (MTaylor@malderedevolopment.com) Housing and Community Development Assistant at 781-324-5720.
South Shore Ymca To Build New Facility In Quincy

The South Shore YMCA announced on January 10 that they have passed another milestone in their effort to build a new state-of-the-art YMCA in Quincy to better serve the community. After an extensive work shop and public review process the Quincy Planning Board and the Quincy Conservation Commission granted the YMCA approval to proceed with the project.

The project is being built to meet the increased demand from the community for critical YMCA programs and quality facilities. The new Y will serve an additional 5,000 children and families in the area, and will include a new aquatic center, a larger gym, a synthetic-turf field for indoor sports, expanded health and wellness areas and a 200-meter indoor track. The project is expected to be complete in 2013.

“We are pleased with our continued progress with this project,” said South Shore YMCA President and CEO Paul Gorman. “The South Shore Y is dedicated to strengthening the Quincy community, and we know that this new complex will allow us to do so much more for the thousands of individuals we serve on a daily basis.”

The new building, which will be locate next to the current facility on Codington Street, will be 118,000 square feet. It will offer the 20,000 adults and children who are active with the Quincy branch of South Shore Y more than twice the usable space offered by the current facility. Escalating repair and maintenance costs have made the current location, which was built in the early 1950’s, financially unsustainable and no longer adequate for the increased demands of the growing community.

Once complete, the new facility will house the largest swimming pool and indoor track available to the public in the region. In addition to the athletic amenities, it will house an expanded Early Learning Center, with eight class rooms and an outdoor playground. There will be additional space for the arts, wellness and leadership programs that have become a leading focus of today’s YMCA. The new building will also allow the Y to enhance its unique focus on those individuals in the region with developmental and physical disabilities, something the current facility has been unable to fully accommodate.

The new facility will be funded directly by the South Shore Y and private donors. The South Shore Y has already secured close to a third of the cost of the project in the early stages of its Capital Campaign.

South Cove Manor To Relocate to Quincy

South Cove Manor Nursing and Rehabilitation Center, Inc. is looking to relocate to Quincy, and in the process expand into a 141-bed, state-of-the-art facility.

South Cove Manor, which is currently located in Boston at 120 Shawmut Avenue, has proposed to buy the Hassan Automotive property on Washington Street in Quincy and, in addition to expanding the number of beds at the facility also increase the number of full-time and part-time staff to 200 from 150.

“We’ve wanted to expand our facility for a while,” said Richard Wong, South Cove Manor CEO, via phone interview. “We’ve been looking [for a new location] for the last seven years.”

The new facility would boast many improvements, according to Wong, by incorporating a new, non-institutionalized concept, larger rooms, more living and dining areas, and three courtyards on three floors, providing ample space for residents.

“The new facility will be two and a half times as big as the current facility,” said Wong. “There will be more parking, too.”

Among the big factors in drawing South Cove Manor, which up until now has made its reputation as a full-service nursing and rehabilitation facility, providing quality, compassionate care, with a special emphasis on creating a warm, welcoming culture for its residents, their families, staff and the entire community, to Quincy was the ever-increasing Asian population that has “moved into the area in the last 20 to 25 years,” said Wong. Public transportation was also a big draw.

“The new location is a 10 to 15 minute walk from Quincy Center [station],” said Wong. “We wanted to be in a location that is easily accessible by public transportation.”

The project, pending approval from the city of Quincy and the Department of Public Health, is expected to cost somewhere in the region of $25 - $30 million, and take between 12 and 15 months to complete.

“Even though we are looking to move to Quincy,” said Wong. “We are still looking to serve Boston, too.”

Samuel Tsoi’s

INalienable Rights

The immigration debate, like virtually all political debates nowadays, is filled with toxic rhetoric and misinformation. Those who cover the issue, also tend to focus on the negative and tragic, not enough on the uplifting and optimistic.

For 2012, and the year of the dragon, I offer these eight (the Chinese number for fortune) resolutions that tap into the tremendous richness and tenacity of immigrant communities for a positive and prosperous new year.

1. Immigrants should be treated as people, not corporations.
2. Speaking of capitalism, as noted by the recent study by the American Enterprise Institute, immigration complements and boosts native employment. Businesses, policymakers, and planners should pay attention, invest in immigrant entrepreneurs, and welcome foreign talent.
3. While we look at the global economy, immigrants not only bring a persistent work ethic, but also transnational networks, cultural know-how and trusted relationships that can expand markets, transmit ideas, and create products.
4. Immigrant students (unlike visiting foreign students), are most likely to stay in the local economy, so investing in public higher education, for all regardless of immigration status, not only extends the logic of our K-12 system, but also cultivate tremendous competitiveness for our stake in the innovation economy.
5. It is often said, almost to a cliché, that children are our future. To be more precise, immigrant children are our future. As recent Census data has again revealed, foreign-born and children born of immigrant parents are the fastest growing segment of the nation’s child population. At the same time, the second generation often outperforms their parents in educational achievement. How we educate these young minds, engage their parents, and enhance their bilingualism is critical.
6. For immigrant adults, ongoing investment in education, re-credentialing and workforce development, which many community organizations and public institutions are already doing, need to be celebrated, increased and included in broader debates about education reform and economic development.
7. Another overlooked area where immigrants are critical is the housing market. Immigrants, with higher-than-average savings rate, large households, and in their pursuit of what many see as “the American Dream” are among the fastest growing group of homeowners. Many banks have already noticed this trend, policies that can encourage more immigrants to purchase homes (with prime loans of course), will not only revive the real estate sector, but keep the American Dream alive.
8. Finally, instead of the tenth of one percent spent by Homeland Security on immigrant integration, far more effective spending can be allocated in collaboration with other government agencies and public-private initiatives, to leverage the global, dynamic, and indispensable community that is immigrants.

Samuel Tsoi is the Policy Associate at the Mass. Immigrant & Refugee Advocacy Coalition
City of Malden’s Field of Dreams
Discussions held on possible Minor-League Baseball Stadium in Malden

On January 12, over 200 people filed into the City Council Chambers at Malden Government Center for the first public meeting regarding Malden Park, a minor league baseball stadium, which if approved, could be completed by April 2014.

The meeting was led by Attorney Alexander Bok, Boston Field of Dreams (BFOD) president, who proposed to construct a capacity-6,372 seater stadium on an 8-acre site in downtown Malden. The site will be at the corner of Route 60 and commercial streets, a vacant space owned by National Grid.

“It’s an ideal location, large enough to build a stadium, with easy access to the highway, and it also located on the MBTA Orange Line,” said Bok.

“Other site we found met our criteria in Greater Boston” he added.

The team presented a 3-D presentation, and answered questions raised by an internal committee which was formed by business people, city officials, and from the MRA director Wisniski , in the more than two hours meeting.

The stadium, which in the first 10 years of operation is projected to make between $4.8 million and $6.6 million, will only have to operate at 77 percent of its capacity.

Bok said that there are misconception about the proposal. “The project is not looking for any assistance from the city to build the stadium,”

CONTINUED ON PAGE 7

Chinese New Year Memories
Growing up in my Chinese family on Cape Cod had its ups and downs. My parents who hailed from the Canton Province tried their best to instill traditional Chinese customs and culture to myself and my siblings. But my favorite Chinese holiday that was more important to us than even Thanksgiving and Christmas was the Lunar New Year Celebrations, and most importantly our big feast. I always tell my friends, if you are invited to a Chinese Wedding banquet or Chinese New Year meal then be extremely excited for an awesome meal!

Our parents took their time beforehand to make many preparations. From cleaning the house top to bottom, making sure we wore new clothes, had our new haircuts before the New Year and making sure we ate the appropriate foods. For us kids, we loved receiving our lucky money or “laiz see” after saying, “Gung Hay Fat Choy” or “Congratulations/Best wishes and have good luck and prosperity.”

We always made sure we had an eight compartment prosperity tray or red box filled with sweetened candied fruits and red melon seeds. Each item inside has a special meaning. My fave are the coconut which symbolizes togetherness, kumquats are for prosperity, candied melon meant good health, lychee nuts symbolize family ties, longan represents fertility (in particular for bearing sons), lotus seeds mean the wish to have a big family, peanuts are for a long life and the red melon seeds mean happiness and truth. All these candies also wish for long term sweetness for you.

Whenever someone came over during the Lunar New Year period, they were offered this tray along with orange and tangerines.

Among my favorite fruits are the oranges and tangerines which are passed out (plus they are at their sweetest during this time of year). Both fruits represent wealth and good luck. Tangerines when they have leaves are associated with “longevity.” These are freely served and offered during the Chinese New Year as well. The pomelo (ancestor to the grapefruit) is also served and this fruit symbolizes prosperity and status. Nothing is served with the number four as it sounds like “death” in Chinese. Instead, the number eight is widely desired as it is associated with good luck.

My father would prepare an elaborate multi-course meal that we would eat slowly over the next few days. (The left-overs were always yummy!) Cutting with a cleaver was not allowed as this might cut off your good luck. A whole fish usually steamed with scallions, ginger, in the New Year. In the meal, we had to have a whole uncut chicken for family togetherness. A whole fish usually steamed with scallions, ginger, in the New Year. In the meal, we had to have a whole uncut chicken for family togetherness. A whole fish usually steamed with scallions, ginger, in the New Year. In the meal, we had to have a whole uncut chicken for family togetherness. A whole fish usually steamed with scallions, ginger, in the New Year. In the meal, we had to have a whole uncut chicken for family togetherness. A whole fish usually steamed with scallions, ginger, in the New Year. In the meal, we had to have a whole uncut chicken for family togetherness. A whole fish usually steamed with scallions, ginger, in the New Year. In the meal, we had to have a whole uncut chicken for family togetherness. A whole fish usually steamed with scallions, ginger, in the New Year. In the meal, we had to have a whole uncut chicken for family togetherness. A whole fish usually steamed with scallions, ginger, in the New Year. In the meal, we had to have a whole uncut chicken for family togetherness.

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So eating this delicious meal was the only one we ate late at night, but it sure was the most delicious for us. We kept our New Year’s meal celebration very simple, but it will always be a warm and loving memory of my childhood years.
Build an Understanding of DIABETES

In the next issue of Sampan’s Health Page, we’ll explore symptoms, tips, and prevention techniques to ensure that whether you currently live with diabetes or not, you can continue to live a prosperous and healthy life.

Diabetes (diabetes mellitus) is a metabolism disorder that affects the way the glucose that the food we eat produces is moved in our bloodstream. Our bodies produce insulin, a hormone created in the pancreas, which helps keep our blood sugar levels in check. A person with diabetes either does not produce insulin, doesn’t produce enough insulin, or has cells that do not respond properly to the insulin the pancreas produces.

What is Glucose?
Glucose is the sugar that is produced when we chew and digest our food. In fact, if you chew bread for long enough without swallowing, you’ll begin to notice that it will start to taste sweet.

What is Insulin?
Insulin is a hormone that is produced by the pancreas. It is vital because after we eat, the pancreas automatically releases an adequate quantity of insulin to move the glucose present in our blood into our cells, which lowers the blood sugar level.

Type 1 – Diabetes
Type 1 - diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. For people with type 1 - diabetes, their bodies do not produce insulin.

Insulin is so important in converting the sugar, starch and food that we eat because these foods are the energy we use for daily life. Only 5 percent of people with diabetes have this type. However, with the help of insulin therapy and other treatments, even young children with type 1- diabetes can learn to manage their condition and live long, healthy, happy lives.

Type 2 – Diabetes
Type 2 - diabetes is the most common form of the condition. Millions of Americans have been diagnosed with type 2 - diabetes, and many more are unaware that they are at high risk of developing the condition if they do not change the way they live. Type 2- diabetes is more common in African Americans, Latinos, Native Americans, and Asian Americans, Native Hawaiians and other Pacific Islanders, as well as the aged population.

For people with type 2 - diabetes, their bodies either do not produce enough insulin or the cells and the insulin do not work together.

Gestational
Many women develop gestation diabetes during pregnancy, and usually around the 24th week. Those who are diagnosed with gestational diabetes doesn’t mean that they had diabetes before they conceived, or that they will have diabetes after giving birth. But for those of you who do have gestational diabetes, it is important to check with a doctor and understand the necessary precautions you need to take to control the condition. Also, heed your doctor’s advice regarding blood glucose (blood sugar) levels while you’re planning your pregnancy, so you and your baby both remain healthy.

Stop Yielding to Winter!
Many seniors have to deal with brutal winters every year. Fortunately, bad weather barely makes a dent in day-to-day life for those who live at Linden Ponds. Since there’s easy access to on-site health care services right on campus, you have peace of mind knowing you’ll never miss another appointment again. The climate-controlled walkways allow you to access all parts of the community without ever having to set foot outside during bad weather.

From now on, why not put yourself in the driver’s seat when the snowy season rolls around?

Don’t Let Winter Slow Down Your Retirement
Call 1-800-715-6943 for your free brochure.

Linden Ponds values diversity. We welcome all faiths, races, and ethnicities, and housing opportunities are available for low and moderate-income households.

Greater Boston Chinese Golden Age Center
The Boston Chinese Golden Age Center, a fellow Asian Health Initiative grant-recipient, has published an informative diabetes handbook that the organization provides for its residents and the general public.

The educational handbook provides much of the information needed to understand diabetes, and tips on how to control the disease – including recipes that are diabetes-friendly, instructions on insulin intake, and a logbook that allows tracking of one’s own blood glucose levels at certain time intervals during the day.

According to the organization’s website, the Greater Boston Chinese Golden Age Center is committed to promoting the general welfare of Chinese-speaking Asian elders including their psychosocial and economic well-being. A comprehensive network of programs and services assists elders to maintain their independence and remain at home.

Asian Health Initiative Grantee

South Shore EricksonLiving.com

Linden Ponds values diversity. We welcome all faiths, races, and ethnicities, and housing opportunities are available for low and moderate-income households.
Malden

Continued from Page 5

Bok believed the more information they put out there, the more it will help people think it’s a good project.

“This is a unique opportunity for our city, it’s a once in a life time chance to transform Malden forever,” Mayor Christenson who organized the public meeting, later told Sampan. “We have to really carefully review this proposal, so that we can get as much of the consensus as we possibly can in whether to move forward or not to move forward.” He continued to say.

The proposed red-brick stadium is suggested to hold 68 home game per year, a restaurant that would be open year-around, 360-degree concourse, parking, an electronic copy of the proposal submitted by BFOD, news coverage, a video recording of the meeting, electronic copies of the request of the proposals (RFP) issued by the Malden redevelopment authority, an electronic copy of the proposal submitted by BFOD, news coverage, and a simple post-presentation survey for citizen to voice out their views on whether this is the right path forward. “said Mayor Christenson.

As promised, five days after the initial meeting, he posted information about the meeting, including a REP Response from Developers (70 page document), a video recording of the meeting, electronic copies of the request of the proposals (RFP) issued by the Malden redevelopment authority, an electronic copy of the proposal submitted by BFOD, news coverage, and a simple post-presentation survey for citizen to voice out their views on one of the largest developments ever proposed for downtown Malden.

If your New Year’s resolutions haven’t gone according to plan, here’s your opportunity for a do-over! January 23, 2012 marks the beginning of the Chinese New Year, ushering in the Year of the Dragon. The Chinese zodiac is the most widely known symbolic art form to originate from China. The animals represented in the zodiac are not merely concepts. Each animal is associated with deep and innate characteristics, and all are a prominent part of the Chinese culture.

The Dragon is the most unique and the most supreme because it is a mystical creature rather than an earthly animal. It is regarded as an ancient and divine, symbolizing prosperity, wisdom, and power. In this context, 2012 will likely be dynamic, bringing new energy, excitement, and unpredictability.

Still unsure how a fictional animal relates to your life? GET REAL! Be bold like the Dragon and harness this year’s new opportunities by applying some of the Dragon’s characteristics to fuel and conquer your real estate goals.

Be passionate and fearless! If you’ve been on the fence about buying or renting, make a decision. If you’ve decided to buy a home, hire a professional real estate agent and go look at homes. 2012 may be the BEST year EVER to buy a home. Prices and interest rates are low, and will likely remain so through the year. Job creation is also looking more positive.

Feeling more ambitious? Think investment property. Boston’s rental market remains one of the tightest and priciest in the country, with low vacancy rates, particularly in neighborhoods that are desirable to young professionals and students. This is not likely to change amid a strong demand for apartments and a short supply of inventory. Go big or go home!

But it can go either way – success or failure. GET REAL! The key to the Dragon personality is that the Dragon is confident, enjoying inevitable success. Be confident in your agent and your support system to ensure success in your real estate goals.

Embrace the Dragon! Happy New Year, Everyone! Gung Hay Fat Choy!

Affordable Housing

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Income Restrictions Apply – See Application for Details

Application Deadline for Selection Lottery is 5/12/2012

Five Units Available For Households Requiring Accessible Apartments

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Applications may be picked up in Provincetown at:
- Town Hall (lower level) Council on Aging
- Unitarian Universalist Meeting House
- Methodist Church
- Helping Our Women (HOW)
- AID’s Support Group and Library
- In Truro at the Library and Council on Aging.

Province Landing

For apartments and a short supply of inventory.

CALL TO READERS: Call or email and your topic could be the next discussion. Mildred Wong is a Licensed Real Estate Agent at City Central Realty, LLC. She can be reached at 617-236-2020 or mildred@citycentralrealestate.com. Follow her on Twitter: @GetRealMildred.
GODDARD HIGHLANDS
Stoughton Affordable Housing

3BR and 4BR single family homes starting at $197,500

Goddard Highlands is a new community that will eventually consist of 104 beautiful single-family homes (42 homes will be built in this first phase) on beautiful wooded lots in Stoughton, Massachusetts. Located only minutes from downtown Boston, Routes 24 & 128, and the Stoughton commuter rail station, Goddard Highlands offers a unique opportunity for the discerning homebuyer who desires ultimate convenience. This is a lottery for the first 10 affordable homes (both 3BR and 4BR) sold at affordable prices to households with incomes at or below 80% of the area median income. The first affordable homes will be ready for occupancy in fall of 2012.

The Lottery for this development will be held at the Council On Aging Wednesday, 7:00 p.m. on FEBRUARY 22, 2012.

The Maximum Income Limits for Households are as follows:
1 Person - $45,500
2 Person - $52,000
3 Person - $58,500
4 Person - $65,000
5 Person - $70,200
6 Person - $75,400
7 Person - $80,600
8 Person - $85,800

Households cannot have more than $75,000 in assets.

For more information on the Development, the Units or the Lottery and Application Process, please visit: www.woe-hc.com/lottery or call 617.782.6900 x4. For more information on the development please visit www.GoddardHighlands.com.

Applications and Information also available at Stoughton Public Library (M-Th 9-9, Fri-Sat 9-5) and The Planning Department in Town Hall.

A Public Information Session will be held on Feb 29th at 6 pm in Stoughton Town Hall. Completed Applications and Required Income Documentation must be delivered, not postmarked, by 2 pm on April 5th, 2012. The Lottery will be held on April 18th, 2012 at 4 pm in Town Hall.

MARRIED GREAT ADDENDS

Bedrooms Sale Price Maintenance Grant Net Price After Grant
1 Bedroom $45,000 $60,000 $85,000
2 Bedroom $60,000 $95,000 $125,000
3 Bedroom $80,000 $130,000 $160,000
4 Bedroom $95,000 $150,000 $185,000
5 Bedroom $110,000 $180,000 $210,000

MAXIMUM HOUSING ALLOWANCE

Maximum Household Income
1 Person $45,000
2 Person $60,000
3 Person $75,000
4 Person $85,000
5 Person $95,000
6 Person $105,000
7 Person $115,000
8 Person $125,000

APPLICANTS ARE REQUIRED TO HAVE AT LEAST ONE FAMILY MEMBER ATTEND AND COMPLETE A HOMEOWNER EDUCATION WORKSHOP.

WOODLAND APARTMENTS

AFFORDABLE UNIT FOR AGE RESTRICTED ADULT HOMEBUYERS

PUDDING HILL DEVELOPMENT

- 1300 SQUARE FEET LIVING SPACE
- 2 BEDROOMS - 2 BATHS
- FIRST FLOOR MASTER BEDROOM
- WALK IN CLOSETS
- DISHWASHER
- “GREEN” BUILDING STANDARDS
- 1300 SQUARE FEET LIVING SPACE
- 2 BEDROOMS - 2 BATHS
- FIRST FLOOR MASTER BEDROOM
- WALK IN CLOSETS
- DISHWASHER
- “GREEN” BUILDING STANDARDS

Applicants must meet income guidelines of $45,500/person: $52,000/two persons and an asset limit of $75,000. (There is a $200,000 waiver if you own your own home now) There will be more of these units available in the future.

All residents must be 55 years or older to qualify. Eligible applicants will be entered into a lottery. 70% preference will be given to people living or working in Marshfield. Applications are available at the Council on Aging, Marshfield Town Hall or the Marshfield Housing Authority, 12 Tea Rock Gardens, Marshfield, MA 02050. Tel. # 781-834-4333.

An informational session will be held at the Council on Aging, Senior Center WEDNESDAY, FEBRUARY 8, 2012 AT 7:00 P.M.

at 230 Webster Street, Marshfield. A Deed Restriction will be applied to all of these units, as these units must be maintained in perpetuity for applicants who are income & asset qualified.

Applicants should be pre-approved for a mortgage. All applications are due before noon FEBRUARY 15, 2012 at the MARSHFIELD HOUSING AUTHORITY, 12 TEA ROCK GARDENS MARSHFIELD, MA 02050, TEL. 781-834-4333.

Selling price will be $158,200.

For more information, please call the Marshfield Housing Authority at 781-834-4333.

The Lottery for this development will be held at the Council On Aging Wednesday, 7:00 p.m. on FEBRUARY 22, 2012.

MARSFIELD HOUSING OPPORTUNITY
PURCHASE PROGRAM

The Marshfield Housing Partnership is accepting additional applications from qualified applicants for grants to assist them in purchasing an existing market rate home or condominium in Marshfield. A deed restriction will be recorded on each unit purchased with a grant to assure affordability in perpetuity.

MAXIMUM GRANT AMOUNTS

Bedrooms Sale Price Maintenance Grant Net Price After Grant
1 Bedroom $45,000 $60,000 $85,000
2 Bedroom $60,000 $95,000 $125,000
3 Bedroom $80,000 $130,000 $160,000
4 Bedroom $95,000 $150,000 $185,000
5 Bedroom $110,000 $180,000 $210,000

MAXIMUM HOUSING ALLOWANCE

Maximum Household Income
1 Person $45,000
2 Person $60,000
3 Person $75,000
4 Person $85,000
5 Person $95,000
6 Person $105,000
7 Person $115,000
8 Person $125,000

Subject to periodic change by the U.S. Department of Housing and Urban Development

Not family units may not exceed $75,000.

Two informational sessions will be held at the following locations:

Thursday, February 2, 2012, 7:00 PM: Gables Town Hall, 291 Gables Street, Marshfield
Saturday, February 4, 2012, 10:00 AM: Marshfield Town Hall, Hearing Room #2, 780 Moraine Street, Marshfield

Successful grant recipients are required to have at least one family member attend and complete a Homebuyer Education Workshop.

For additional information or to receive an application contact the Marshfield Housing Authority (781-834-4333) or the Marshfield Housing Coordinator (781-834-4344). Applications are also available at the Marshfield Town Hall.

All applications must be received and stamped by the Marshfield Housing Authority no later than 5:00 PM (Postmark date, February 24, 2012)

Whitman Woods

第二期

位於Tyngsboro, MA

24個新落成的兩房及兩浴室單位

連暖氣/熱水供應

可以養寵物

有洗衣房、游樂場和特大的停車場

歡迎申請

電話：(978) 640-4990

申請優先次序

將按聯邦稅收信用限額
哥達德高地

哥達德高地坐落在麻省斯托頓市（Stoughton, MA）林木茂盛的美麗地段，是一個擁有144間漂亮單元單位的全新小區，適合各種不同家庭。新小區提供了現代化的設施，如室外暖水游泳池、覆蓋的休閒車庫、遊樂場、私人健身中心和遊泳池。哥達德高地的設施全面，包括四個單位不同的房間數：一個睡房、兩睡房和三個睡房的單位。每間單位均設有FHA（Federal Housing Administration）的符合規定，方便殘疾人士的設施。

哥達德高地將以抽獎形式出售10個經濟房屋(包括3睡房和4睡房)予家園。亦只需數分鐘便能到達波士頓市市中心。哥達德高地坐落於麻省斯托頓市(Stoughton, MA)林木茂盛的美麗地段，設有專業的管理、室外暖水游泳池、遊樂場、私人健身中心和80%至50%的入息標準和70%至30%的入息標準的經濟房屋計劃以及低收入經濟房屋計劃。

哥達德高地的設計和設施均適用於不同的家庭構成，包括單身人士、小家庭和大家庭。每間單位均設有FHA（Federal Housing Administration）的符合規定，方便殘疾人士的設施。

哥達德高地的經濟房屋現正發售，一個單位的售價只需$197,500。申請表格可用傳真、郵寄或電郵遞交至以下地址：

Avalon Andover
C/O Avalon Oaks
One Avalon Drive, Wilmington, MA 01887

電話：978-657-0988或電郵：MAblueskies@avalonbay.com

申請表格可在以下地址索取及遞交：

Avalon Andover
C/O Avalon Oaks
One Avalon Drive, Wilmington, MA 01887

每月租金（%計劃）

- 一個睡房：$706
- 兩個睡房：$1,085
- 三個睡房：$1,434

Avalon Andover的住戶需要自資煤氣、電力、水的供應和排汚、電話和有線電視的費用。

哥達德高地將於2012年1月20日星期五下午6時在市政廳舉行公開諮詢大會。申請表格請在2012年4月5日下午2時前寄出。抽獎將在2012年4月18日星期五下午6時在市政廳舉行。
Empty Bamboo Girl

by Lilian Chan

Celebrating the year of the dragon.

NO sweeping.
NO hair cut. NO sweeping! OK?

Listen to your mother.

And NO hair washing or bathing on New Year's day?

Yes. Bad luck.

Umm, we don't have to follow all the new year's traditions... right?

Eww, that's gross. I draw the line at personal hygiene.

for more ch-LiLiC, become a Facebook fan at www.facebook.com/aterGirlTheComic

移民信息

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PATS PEAK
電話:1-888-728-7732
www.patspeak.com

讓我們 滑雪去!

每週六晚發車時刻表

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返回發車地點 | 1:20pm |
COMMUNITY VISIONING MEETING
REZONING FOR URBAN AGRICULTURE
Come Envision the Future of Urban Agriculture in Boston with Us!
Keynote Speaker: Will Allen
Urban Agriculture Leader, Former Pro-Athlete, and 2008 McArthur “Genius Grant” Recipient
Demonstrations, free food samples, and more!
One of Mayor Thomas M. Menino’s Food Initiatives
WHEN: Monday, January 30, 2012  6-8:30PM
WHERE: Suffolk University, Downtown, 73 Tremont Street, 9th Floor*
* Maximum capacity: 150 persons. Must bring some form of I.D. (Drivers license, credit card) to clear building security; OR, send your full name by January 27 to: john.read.BRA@cityofboston.gov.
STATION: Park Street Station (Red Line); Government Center Station (Green Line)
For translation and interpretation services, call no later than Jan. 23:  (617) 918-4220.
For more information, go to: HTTP://TINYURL.COM/BRAREZONEURBANAGRICULTURE

經過漫長的說明會與答辯會後，昆士計劃委員會及昆士自保委員會終於批准南岸青年旅社在昆士建立新社。南青旅1月10日進行開工宣告，強調昆士對青旅項目及設施的需求日益增長，建立新社目的是滿足當地居民需求。

南青旅將在昆士園區的北端項目給予支持，包括免費食物項目、GED及青少年教育等項目。

南青旅總裁及執行官Paul Gorman對項目進展表示滿意，“南青旅將強化當地的社區服務，有了新社的建立，我們可以對幾千名居民提供豐富的服務。”

118,000平方英尺的新社將建在老社旁邊，接待量是老社的兩倍。老社建於1950年代，設備陳舊，維修費用高，已滿足不了當地居民的需求。新社竣工後，居民可享用該地區最大的游泳場及室內田徑場。除體育場館外，新社將擴建幼兒教育中心，使得該幼教中心擁有教室八間及室外游樂場。其它隨建項目包括藝術中心、醫療衛生及領導才能發展項目等。此外，新社還將建有設施專為智力、體力殘障人士使用。

新社還將對昆士德國鎮的若干項目給予支持，例如免費食物項目、GED及青少年教育等項目。

董事會主席Dan DeMarco認為新社的建設及功能增加顯示出過去幾十年中青年旅社所承擔的多樣社會功能，“很多人以為青年旅社就是個游泳和健身場所，其實我們所做遠不限於此。我們的宗旨是激勵和教育人們操持健康的生活方式、給殘障人士更多的娛樂和活動機會、以及幫助父母和高齡居民了解如何建立健康的生活模式等。”

建設新社的資金來源於南岸青年旅社及若干私人捐助者，其中近三分之一的預算資金已經到位。
建設「摩頓市小型棒球場」之夢

[記者謝婉君於摩頓報道]摩頓市(Malden)的市議會室，在一月十二日(星期四)晚上，聚集近二百多人，召開了一個關於興建「小型棒球場」(minor league baseball stadium)的初步會議，該提案一但獲得批准，可於在2014年四月建成。

這兩天是律師博克Alexander Bok, Boston Field of Dreams (BFOD) 總裁,提出興建工程,一個可容納 6372 坐位,一個可容納 68 場的主場棒球比賽,一個年營業的餐廳,包括16個包廂(private box),和一個供孩子玩耍的區域,又會有 70 頁文件的資料報告,會議經後接受本報訪問時說:「這[...]

市長Christenson 說:「我期待與發展項目有關人士接觸及合作,聽取各人的想法和建議,積極收集民意,決定此計劃的可行性。」市長其後在摩頓市官方網上公佈有關會議的信息,包括附件和錄像片段,由摩頓發展重建局發出的一連串有關興建提案的問卷調查,給予公眾其後在摩頓巿官方網上公佈有關會議的信息,包括附件和錄像片段,由摩頓發展重建局發出的建議要求書(RFP)的電子副本、BFOD 提交的提案、有關此計劃的新聞及了一份簡潔,有關此計劃的新聞及了一份簡潔,有...
糖尿病定義為代謝性失常的疾病。所謂代謝是指我們人體通過消化食物而提供能量和生長發育。我們攝入的大部分食物會在體內分解為糖原。血液中糖是以糖原形式存在的，是人體能量的基本物質。

當食物通過消化變成糖原釋放到血流中，人體細胞會利用糖原以提供能量和生長的需要。然而，沒有胰島素的存在糖原本身並不能進入細胞中。細胞不能吸收糖原。膽固醇是一種可將糖原轉化為能量的關鍵。在進食時，人體將葡萄糖，糖類轉化為糖原，而後者是細胞的基本燃料。糖原將血液中的葡萄糖帶到細胞內，當血糖無法進入細胞而在血液中累積時，便可導致糖尿病並發症的發生。

妊娠糖尿病

在懷孕期間，通常再24周左右，許多孕婦會並發妊娠糖尿病。妊娠糖尿病並不意味著孕婦在懷孕前已經患有糖尿病或者在生產後患糖尿病。更重要的是要按照醫生的建議，根據自身的血糖水平來設計妊娠計劃，以確保孕婦本人及嬰兒的健康和安全。

在舢舨下一期的健康專欄，我們將為您提供糖尿病的常見症狀、常識以及預防措施以保證您是否患有糖尿病，您都可以生活的健康美滿。

大波士頓地區金色年華老年中心

大波士頓地區金色年華老年中心是一家為亞裔健康服務為宗旨的機構，該組織為當地居民和大眾提供一個翔實的糖尿病手冊。這本教育手冊提供了豐富的糖尿病知識以及控制這種疾病的建議。據該組織的網站介紹，大波士頓華人黃金老年中心致力於促進和提高老年華人大眾福利，包括他們的心理和經濟狀況。一個全面的網上治療及服務計劃用於幫助老人保持自己的獨立性，享受愉快的居家生活。
### 過年好

#### SUDOKU

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二零一二年一月二十日

2011年12月10日，中華廣教學校於Hei La Moon餐廳成功舉辦了本年度以「連結中國與世界的橋樑」為題的集資會，會上共募資逾15萬美元，來自大波士頓地區的400余名友好人士参加了本盛會。

集資會特請WCVB-TV第五頻道的Janet Wu為大會司儀，會上，波士市長曼諾寧發表演講，祝賀該校成功架起中西交流的橋樑。廣教學校的董事會主席Theresa Tsoi與董事長Frank Chin同市長曼諾寧一道向Eugene Welch及張震田(音譯)教授頒發榮譽獎，感謝他們為社區作出的貢獻。

在羅根通信公司的技術支持下，集資會進行了無聲拍賣。會上最令人注目的是廣教學校余杰明(音譯)老師主持下的文娛表演。表演由廣教學校的打花鼓拉開序幕，然後是華林功夫太極拳強勁有力的舞獅表演，接下來的《梁山伯與祝英台》小提琴演奏婉約動聽。在廣教學校學習漢語的Justin Chandler同好友Frankie P一起演唱了普通話流行歌曲《我愛的那個》。此外，廣教學校的舞蹈隊手持“波士頓中國民間舞蹈學校”提供的服飾翩翩起舞。學校的漢語老師們也也不示弱，同聲合唱《茉莉花》。集資會的壓軸節目是世界傳統服裝表演，學生們身穿各民族服裝登台展示，真是琳瑯多姿，令人目不暇接。感謝所有的來賓們，本次集資會在大家的支持下，成功舉辦、圓滿結束。

中華廣教學校

2011年籌款晚會

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