Chinatown Community Library Opens at Oak Terrace

Many community members and notable government officials turned up at the opening of the Chinatown Lantern Cultural and Education Center on Saturday, April 21 at the Oak Terrace apartment complex.

The space for the new library, for which there is public access on Oak Street, has been made available by the Asian Community Development Corporation (ACDC) with assistance from Maloney Properties.

Aaron Mchleowitz, Democratic member of the Massachusetts House of Representatives from the 3rd Suffolk District, said in his speech at the opening that he is a "great supporter" of a Chinatown Branch Library.

A lion dance, performed by the Wah Lum Kung Fu and Tai Chi Academy, kicked off the celebrations which went from 1 p.m. to 3 p.m. In addition to the new library, children were able to have their faces painted and a tossing game allowed participants to win small prizes.

The new library is open for use for anyone and offers a collection of 6,000 books which is on a rotating schedule. The library will offer free library cards to anyone who would like one, in order to borrow books.

The library also has available for public use: laptops, iPads, and free Internet access, with computer skills and iPad classes available, as well as English conversation practice and many other useful tools for the community.

Mayor Menino Kick-Starts “You Have Rights” Campaign

Mayor Menino made an appearance in Chinatown on April 23 at the Metropolitan Community Room, on Oak Street, to kick-start the Office of New Bostonians’ new “You Have Rights” education campaign, aimed at providing information to residents about their rights to decent housing and report substandard conditions.

“Tenants have powerful rights and they deserve a safe place to live without being subject to unlawful evictions or any violations of their rights,” Mayor Menino said. “I want people to know that there are resources available to help them, if you’re a resident of Boston and you have a housing issue or a housing question, call my 24-Hour Hotline [617-635-4500].”

Over 70 local community organizations, including the Asian American Civic Association, and city departments are participating in the campaign including the Boston Tenants Coalition who specializes in defending and expanding the rights of tenants.
ACDC Inspiration Gala

The Asian Community Development Corporation (ACDC) held its annual Gala at the Taj Boston on April 12.

The event, titled the 25th Anniversary Inspiration Gala, celebrated the organization’s 25th year serving the community. Hundreds of community members and significant figures in the housing, financial and political sectors attended the event which began with a dragon dance performance at around 7 p.m.

The emcee for the evening with Channel 5’s Janet Wu, and an introductory keynote address was given by Governor Deval Patrick.

“I thought it went amazing,” said Michael C. Tow, President of the Board of ACDC, in a phone interview. “It was excellent to have the Governor, Treasurer, Chancellor of UMass Boston and so many prominent members of the community at the event.”

ACDC, formed in 1987, carries the mission to “address the need for affordable, family housing in Chinatown, and to serve and revitalize the neighborhood.” And as the Asian community’s housing needs change, ACDC hopes to meet those needs, says Tow.

“Hopefully, [in the near future] we’ll have Parcel 24 built,” he said. “In the longer term, along with focusing on Chinatown, we also want to look at areas like Quincy and Malden as our community’s needs and demographic have shifted. We want to meet the community’s needs.”

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ACDC is a publication of the Asian American Civic Association
87 Tyler Street, 5th
Boston, MA 02111
Telephone: (617) 426-9492
Fax: (617)482-2316

SAMPAN is New England’s only bilingually English-Chinese newspaper. It is nonprofit and nonpartisan. Founded in 1972, Sampan is published by the Asian American Civic Association. Sampan is distributed free in Chinatown and the Greater Boston area. All donations to the publication are tax deductible. Subscription: $60/year (1st class mail); $30/year (3rd class mail).

Have a news tip? Call the Editor at 617 426 9492 ext. 208 or email: editor@sampan.org!

COPY ARTIST WANTED
Painting multiples of needlepoint canvases locally or in China as an import business.

* We have the designs and can supply canvas.
* Provide both small volume and large volume needs.
* Looking for connection with a painting service company who could handle painting on a wholesale level and large volumes.

Contact Tracy: info@tillitomas.com

The Sampan Newspaper is hiring! Check out our advertisement on page 1 of the Chinese section!

SAMPAN
A Publication of the AACA
www.sampan.org
87 Tyler Street
Boston, MA 02111
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COMIC
ah-Lin!
by Lillian Chan

“Ummm...yes, Dr. Brennan. But it only just got worse recently...”

Well, Dr. Brennan, the times I do come in, I always get sent home with Tylenol.

I figured I’d save some money on co-pay...”

for more ah-Lin!, check out www.lillianchan.com
MBTA Looking to Hire More Asians: TCC Meeting

At the recent Chinatown Coalition (TCC) meeting on April 12, Pablo Calderon of the MBTA gave a presentation on applying for jobs at the transportation agency, highlighting a need at the agency for more Asian workers.

According to Calderon, Asians only make up about two percent of the workforce at the MBTA, and most are employed in the Information Technology (IT) sector.

Jobs available at the MBTA include: project manager, legal, internships, building trades, customer service, and drivers.

The application process for a job at the MBTA involves filling out two forms: a Massachusetts Department of Transportation profile as well as a job application for each job applied to for the MBTA. Once filled out, the applicant must go to the MBTA’s headquarters and fill out the form in-person. According to Calderon, this process is partly political (as the two agencies have yet to merge) but also to ensure that the person filling out the form is who they state.

Also, almost every department at the MBTA has internships available, says Calderon. “About 80 percent of our summer internships are paid,” he added.

Hostelling International Holds Job Fair for Community

PHOTO BY KANE CARPENTER - AACA students and clients, along with the general public, had the chance to fill out an application and sit down for on-site interviews with staff from Hostelling International, which opens on Stuart Street in Chinatown in June.

Hostelling International USA held a job fair at the Asian American Civic Association headquarters on April 25 aimed at showcasing employment opportunities for the Asian American population in Boston.

Hostelling International USA, a 503(c) (3) non-profit organization which offers inexpensive temporary accommodations for travelers, opened a new location in the heart of Boston’s Chinatown at the beginning of April. The new location, situated at 19 Stuart Street, boasts a total of 481 beds and Leadership in Energy and Environmental Design (LEED) certification.

Hosting a job fair that is aimed at the Chinatown community is a good idea, "given [the new building’s] proximity to the [Chinatown] neighborhood," said Deborah Ruhe, Executive Director of Hostelling International New England, in a phone interview.

Also, Ruhe explained that part of the funding for the new building in Chinatown stipulated that the organization help "stimulate the economy in developing neighborhoods."
Allard’s Grove
Age-Restricted Senior Apartments
760 Nashua Road
www.allardsgrove.com
1- Efficiency, one bath apartment @ $697/month
14 - Two Bedroom, one bath apartments @ $877/month
Heat & Hot Water Included
New Construction
Elevator
Washer and Dryer included in each apartment
Residents for Affordable Units will be selected by lottery

All household members must be aged 62 or older at the time of application and total household income, including income earned from assets, cannot exceed the following 2012 maximum allowable income limits per household size:

- One Person Household $45,500
- Two Person Household $52,000
- Three Person Household $58,500
- Four Person Household $65,000

Informational Meeting to be held at the Dracut Senior Center
Thursday, June 7th, 2012 at 10:00 AM

Attendance at this meeting is encouraged but not required to apply.

An application and/or information packet may be obtained by contacting:
• Debora Forgione, Certified Lottery Agent at (978) 957-1566
• Dracut Senior Center, 951 Mammoth Rd., Dracut, MA (978) 957-2611
• Office of Town Clerk, Dracut Town Hall, 62 Arlington Street, Dracut, MA (978) 453-0951
• Dracut Housing Authority, 971 Mammoth Road, Dracut, MA (978) 957-3515
• Dracut Public Library 28 Arlington Street, Dracut, MA (978) 454-5474

Lottery to be held at the Dracut Senior Center on
Thursday, June 28th, 2012 at 10:00 AM

NEW CONSTRUCTION
READY FOR OCCUPANCY

Unique layouts to choose from! Built by National award winning builder. Spacious 2 BD/2 BA sun splashed corner homes from $320K - $400K. Enjoy an extraordinary community lifestyle just minutes from Boston. Community living boasts private club house, fitness & theater rooms, pool, tennis courts, walking paths. Low Condo Fees. Visit our designer models and hear about our special price incentives! Financing available through our preferred lender.

OPEN HOUSE SAT/SUN 11-3 PM
JONATHAN’S LANDING
400 John Mahar Highway
781-848-3605

AFFORDABLE FIRST-TIME HOMEOWNERSHIP OPPORTUNITY

Lowell Place
131 Lowell Road
Pepperell, Massachusetts

One three-bedroom colonial style home featuring one and one half baths, deck, farmer’s porch, one-car attached garage
1,546 square feet, $199,900

NEW CONSTRUCTION

Buyers will be selected by lottery

In order to qualify, total household income cannot exceed the following maximum income limits per household size:

- 1 person household: $45,500
- 2 person household: $52,000
- 3 person household: $58,500
- 4 person household: $65,000
- 5 person household: $70,200
- 6 person household: $75,400

Household Asset Limit of $75,000

To request an application and information packet, please contact: Housing Resource Group, LLC at (781) 820-8797 or visit the Lawrence Library, 15 Main Street, Pepperell

Completed applications must be returned to the
Housing Resource Group, LLC
postmarked by June 1, 2012.

An informational meeting will be held at the Lawrence Library Meeting Room, 15 Main Street, Pepperell at 1:00 p.m. on Saturday, May 12, 2012.

Modest Income Subsidized Waiting List Open

Waiting list for one and two bedroom subsidized apartments open at
BEDFORD VILLAGE APARTMENTS, BEDFORD MA.

For one-bedroom, rents start at $777 and up. Two bedroom apartments start at $934 and up. Income Restrictions Apply. Includes heat, h/w, and cooking gas.

781-275-1038
EHO

LOOK OUT FOR UPCOMING SAMPAN SPECIAL ISSUES!

Asian American Heritage Issue - May 25
Diabetes Issue - June 22
The "Green" Issue - July 20
Obesity Issue - August 24
August Moon Issue - September 29
Smoking Issue - November 9
Real Estate Issue - November 30
Step into the Barking Crab, located at 88 Sleeper Street in Boston, and you’ll feel a mixture of pirate and little mermaid. Situated on the outskirts of the financial dis-trict, just across Fort Point Channel, this fisherman-themed seafood joint caters to both the tourist and the local. Whether you’re looking for some crustacean cuisine, a steak, or just some finger food, the Barking Crab is a nice fit.

Decorated from tip-to-toe with funky (what I would call) pirate memorabilia, the ambiance and atmosphere at the Barking Crab is casual, talkative and light-hearted. The wait staff was pleasant and took care of my girlfriend and I very well, offering to explain the menu and the intricacies in taste of each dish.

For our appetizer, we ordered Barking Crab Cakes. I mean, we had to see as to the name of the restaurant had the crusta-cean in it. For the most part, the crab cakes were nice. I’ve only ever eaten crab cakes once previously, and they were of the frozen supermarket variety, so I didn’t really know what to expect. The Barking Crab’s crab cakes were superior to the frozen ones I’ve had in the past. Perhaps, I’m just not a massive fan of crab cakes?

For our main courses, we ordered the Alaskan Bairdi Legs and the Fisherman’s Platter. Here’s a caveat for you, the portion sizes at the Barking Crab are plentiful and indicative of freshness. So, after stuffing ourselves silly, our waiter asked us if we wanted desert. Now, as a writer I know that a well-rounded restaurant review should include the finishing note, but just couldn’t do so. Along with recommending this restaurant if you’re ever in the mood for a casual, good time and seafood, I’ll also say that sharing is caring, and a good idea at this joint. I enjoyed myself, and I know my girlfriend did, too. I’m certain we’ll be back to the Bark-ing Crab sometime soon.

The Alaskan Bairdi Legs were exquisite. I’ve never eaten crab so large and tasty in my entire life. Not that I’ve eaten a whole lot of crab before, but these were superb. The crab legs are served in a plastic bucket and wrapped in some sort of netting, which is slightly off-putting. But never would you have imagined plain crab legs could taste so good! I’d definitely recommend this dish if ever make your way to this re-restaurant.

The Fisherman’s Platter is served with French fries and a tub of coleslaw. This dish, too, was great. I’d disclose that, despite what my better judgment keeps telling me, I’m a fan of my fair share of fried food. But that wasn’t even the part of the platter that excited me. This platter includes friend oysters, scallops, shrimp, fish, and clam (I think!). That in itself should be enough to excite you! The seafood was, for all I know, quite fresh and tasted like the bottom of the ocean (which I’ve always thought was indicative of freshness).

This April 22-28 the National Associa-tion for the Education of Young Children (NAEYC), the world’s largest early child-hood education association, celebrates The Week of the Young Child™ with the theme: Early Years are Learning Years®. Why do we need a whole week, every year, to call attention to the needs of young chil-dren? NAEYC says:

“The Week of the Young Child™ is a time to recognize that children’s opportunities are our responsibilities, and to recommit ourselves to ensuring that each and every child experiences the type of early envi-ronment—at home, at child care, at school, and in the community—that will promote their early learning. [http://www.naeyc.org/wyc]

Whatever it is, with grandparents, at a babysitter’s, or in a day care center or preschool, children need several things to be sure that they have the opportunity to grow to their full potential. The love of a primary person or group of people is essential. Safe environments, adequate health care, good nutrition, and access to clean air and drinking water are the basics, of course. In addition we can look for ways to make sure our children have:

**Time to play:** children learn through play. Children need many hours every day of ex-ploring and pretending. Let children have access to ‘stuff!’ They don’t need expensive toys if they can mess around with pots and pans, boxes, paper, water, some old clothing, and all things from nature. Let your children have some messy time when they can just ‘fool around’ with whatever is around.

**Time to move:** children need to exer-cise their bodies and have many different kinds of physical activities. They need to crawl and climb, roll and jump. They need to practice balancing and climbing stairs. Time at a playground helps, but making use of the neighborhood can make all the difference. With you nearby to keep things safe, your child can try walking on a curb, jumping over cracks in the sidewalk, and climbing up and down stairs in your build-ing.

**Time to discover the natural world:** chil-dren need to understand the world they live in, but too often our children are cut off from nature. Jumping in puddles, play-ing with mud, smelling flowers, chasing sea gulls...all of these things provide chil-dren with opportunities to discover how things work. An hour in a park is an hour well-spent!

Time away from screens: children under three do not learn from watching, they learn by doing! Children under two years of age do not need to watch TV, videos, or computer screens. Limit ’screen time’ for older children to an hour a day.

And do take time during The Week of the Young Child™ to thank the people who take care of your children. Spending time with children and taking the time to give them what they need is demanding work! Let your caregivers know you appreciate what they do. You’ll make them smile!

COLUMNS

**Barking Crab**

**RESTAURANT REVIEW**

Concord MEWS APARTMENTS

**AFFORDABLE HOUSING LOTTERY**

88 New Affordable Apartments with rents starting at $1,203 (1BR), $1,316 (2BR) and $1,444 (3BR)

Maximum Income Limits are as follows:

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The apartments will first be ready for occupancy in June 2012 and the second at 4:00 pm, May 9th, 2012.

Applications and Required Income Documentation must be received (not postmarked) by May 1st, 2012.

A Public Info Session will be held on April 11th at 6 pm in the meeting room in the Offices of the Planning Board, 141 Keyes Rd., Concord, MA

For Lottery Information and Applications call (617) 426-3100 ext. 206

**CONCORD MEWS APARTMENTS**

**AFFORDABLE HOUSING LOTTERY**

88 New Affordable Apartments with rents starting at $1,203 (1BR), $1,316 (2BR) and $1,444 (3BR)

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For Lottery Information and Applications call (617) 426-3100 ext. 206

Applications and Information also available at the Concord Planning Office, the Concord Free Public Library (Th-Sa 9-1:30, Su 1-5), the Maynard Public Library (M, W, F 10-5, Tu, 2-9) and the Acton Memorial Library (M-Th 9-9, Fr-Sa 9-5, Su 2-5).

**APPLICATION DEADLINE**

The Lottery will be held on May 9th at the Concord Town Hall.

For Lottery Information and Applications call (617) 426-3100 ext. 206

Clay Pond Cove Apartments, located just south of the Bourne Bridge – 101 Harmony Hill Drive, Bourne, Massachusetts. This is a newly constructed rental community. The unit mix will consist of 33 one-bedroom units and 12 two-bedroom units all beautifully appointed with custom kitchens and baths. Other community amenities will include a management office, on site storage and laundry facilities, library, garden patio, and walking paths.

All units are subject to the IRS Section 42 tax credit program. 11 units are subject to the HOME Program requirements with 8 of those subject to HUD Project Based Section 8 program. In addition, 5 of the Project Based Section 8 program units will be Community Based Housing (CBH) Units (Housed to Persons with Disabilities).

Clay Pond Cove Apartment is anticipated to be ready for occupancy in July 2012. There is a Local preference for residents as well as preferences for those 55 and older and 62 and older. All are strongly encouraged to apply!

Workshop will be held on April 3rd and April 24th, 2012. The first session will be at 11:00 a.m. and the second at 6:00 p.m. at:

**JONATHAN BOURNE PUBLIC LIBRARY**

19 SANDWICH ROAD, BOURNE, MA 2532

Income restrictions for Clay Pond Cove Apartment Homes (subject to change):

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<tr>
<td>$56,240</td>
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Application for Housing will be available on the day of the workshop.

To Place Your Ad

Call (617) 426-9492 ext. 206

**NOTICE OF AFFORDABLE HOUSING LOTTERY**

For more information and applications visit (http://www.concordmews.com)
NOTICE TO BIDDERS

Sealed bids for MBTA Contract No. G67CN02, FITCHBURG COMMUTER RAIL LINE IMPROVEMENT PROJECT, FITCHBURG LINE BRIDGES, SOMERVILLE TO FITCHBURG, MASSACHUSETTS (CLASS 1 GENERAL TRANSIT CONSTRUCTION $17,368,000, CLASS 4A STEEL SUPERSTRUCTURES $14,425,000 and CLASS 4B CONCRETE SUPERSTRUCTURES $2,590,000), TOTAL PROJECT VALUE - $17,368,000, will be received by the Director of Contract Administration at the Contract Administration Office, 6th Floor, Room 6720, Transportation Building, 10 Park Plaza, Boston, Massachusetts, 02116-3975, until two o’clock (2:00 p.m.) on May 24, 2012. Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

The Work to be performed under this Contract consists of repairs or replacement of seven (7) bridge structures, and one (1) culvert, slope stabilization and miscellaneous earthwork and grading at various locations in support of new or relocated track work that will be installed by the Commuter Rail operator Massachusetts Bay Commuter Railroad (MBCR). The work shall be performed without any impacts to the revenue service except during approved service diversions. All work shall be performed by and shall be the full responsibility of the Contractor. All Work shall be performed as described in these Specifications, shown on the Contract Drawings and in accordance with approved Project submittals.

This Contract is subject to a financial assistance Contract between the MBTA and the Federal Transit Administration of U.S. Department of Transportation. FTA Participation 80 percent.

Each prospective bidder proposing to bid on this project must be pre-qualified in accordance with the Authority’s “Procedures Governing Classification and Rating of Prospective Bidders.” Copies may be obtained from the Contract Administration Office at the above address. Requests for prequalification for this Project will not be accepted by the Authority after the tenth (10th) day preceding the date set for the opening of bids.

Pre-qualified bidders may obtain from the Contract Administration Office a “Request for Bid Form” which must be properly filled out and submitted for approval.

Bidding documents may be obtained from the Contract Administration Office at the address above from 8:30 a.m. to 4:00 p.m., beginning on April 19, 2012, Monday through Friday, at no charge. Copies of the Bidding Documents will be available in electronic format (CD). Contract Specifications shall be available in portable data file (.pdf) format and Contract Drawings shall be available in Tagged Image File (.tif) format. If requested, Bidding documents will be shipped for a fee of $25.00, made payable by check to MBTA. For overnight mail service, a completed mailing label, with an approved carrier account number (i.e. Federal Express), must be included. All bidding documents requested by check will be shipped via U.S. Postal Service. NONE OF THESE CHARGES ARE REFUNDABLE.

Bidder’s attention is directed to Appendix 1, Notice of Requirement for Affirmative Action to Insure Equal Employment Opportunity; and to Appendix 2, Supplemental Equal Employment Opportunity, Anti-Discrimination, and Affirmative Action Program in the specifications. In addition, pursuant to the requirements of Appendix 3, Disadvantaged Business Enterprise (DBE) Participation Provision, Bidders must submit an assurance with their Bids that they will make sufficient and reasonable efforts to meet the stated DBE goal of 18 percent.

Bidders will affirmatively ensure that in regard to any contract entered into pursuant to this solicitation, minority and female construction contractors will be afforded full opportunity to submit Bids and will not be discriminated against on the grounds of race, color, religion, sex, age, or national origin in consideration for an award.

Bidders will be required to comply with Federal Equal Employment Opportunity Regulations and the President’s Executive Order No. 11246 and any amendments or supplements thereto. Bidders will also be required to comply with the Governor’s Executive Order No. 481, prohibiting the use of undocumented workers on State Contracts and any amendments and supplements thereto.

Authorization for the Bidders to view the site of the work on the MBTA’s property shall be obtained from the Project Manager, Mr. Paul Hadley, 500 Arborway, Jamaica Plain, Massachusetts, 02130. The Authority will conduct an inspection tour of the site on 5/9/2012 and 5/10/2012. Bidders are requested to be present at 53 Central Avenue in Ayer Massachusetts at 10:00 a.m. on both days to participate in the tour. Bidders are advised that they should have representation at this tour as no extra visits are planned. Bidders will not be allowed on the right of way without authorization of the operating Railroad MBCR. If authorized, appropriate Personal Protective Equipment and up-to-date Right of Way Protection (RPW) training will be required.

A prebid conference will be held on 5/11/2012 at 10:00 a.m. in Conference Room #1, at 500 Arborway, Jamaica Plain, Massachusetts, 02130. Any request for interpretation of the Plans and Specifications should be submitted in writing at the same time.

Bidders will be required to certify as part of their bids that they are able to furnish labor that can work in harmony with all other elements of labor employed or to be employed on the work.

This Contract is subject to Federal wage and hourly laws and minimum State wage rates as well as all other applicable labor laws.

Bidders are advised that the “Buy America” provisions of the Surface Transportation Assistance Act of 1982 (Pub. L.97-424) as amended, apply to any Contract, procurement or agreement which results from this solicitation.

Bid Guaranty shall consist of a bid deposit in the amount of five (5) percent of the value of the bid, in the form of a bid bond, cash, certified check, treasurer’s or cashier’s check.

The successful Bidder shall be required to furnish a Performance Bond and a Labor and Materials Payment Bond each for the full amount of the Contract price.

The Authority reserves the right to reject any or all Bids, to waive informalities, to advertise for new Bids or proceed to do the work otherwise, as may be deemed to be in the best interests of the Authority. This information may be viewed at the MBTA website:

http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/

M A S S A C H U S E T T S BAY TRANSPORTATION AUTHORITY

Date: April 18, 2012

By: Richard A. Davey

MassDOT

Secretary and Chief Executive Officer

Jonathan R. Davis

& Rail & Transit Administrator

of MassDOT

CLASS 1 GENERAL TRANSIT CONSTRUCTION $17,368,000

CLASS 4A STEEL SUPERSTRUCTURES $14,425,000

CLASS 4B CONCRETE SUPERSTRUCTURES $2,590,000
Mayor Menino Launches “Boston Moves for Health”

On April 23, Mayor Thomas M. Menino and Barbara Ferrer, executive director of the Boston Public Health Commission, launched Boston Moves for Health, an ambitious campaign to improve the health and fitness of the city of Boston. Making the announcement from Blue Cross Blue Shield, Mayor Menino challenged Bostonians to collectively lose one million pounds and walk 10 million miles as part of the initiative.

“Together, we have come a long way toward making Boston a healthier city, and Boston Moves for Health is the next step forward,” said Mayor Menino. “We have added healthier beverages to vending machines and cafeterias in our schools and city buildings, launched the innovative Bounty Bucks program to improve purchasing power at farmers markets, built hundreds of backyard and community gardens, and changed the way we use our city streets through the Hubway bike share program. Now residents can bring even more healthy changes home to their communities by joining Boston Moves for Health.”

While Boston was ranked the third healthiest city in the country in the American College of Sports Medicine’s 2011 America’s Fitness Index, obesity rates remain a challenge. Although rates in Boston are lower than the national average, 56% of Boston adults are overweight or obese, with higher percentages in communities of color. Meanwhile, only 26% of Boston’s adults and only 19% of high school students consume five or more servings of fruits and vegetables daily.

Boston Moves for Health aims to make significant progress in reducing the obesity rate in the city. The initiative has four main goals:

* Increase opportunities for adults to be more physically active, eat healthy foods, and reduce their consumption of sugary drinks;
* Increase opportunities for children and youth in childcare settings, schools, and out-of-school-time programs to be physically active and to be offered water with meals and snacks;
* Increase the number of workplaces that promote and provide healthy beverages and offer employee opportunities to attain/maintain a healthy weight; and
* Increase the number of patients and neighborhood residents participating in programs that promote healthy eating and active living.

Mayor Menino launched “Boston Moves for Health” during his annual State of the City Address. The initiative has four main goals:

* Increase opportunities for adults to be more physically active, eat healthy foods, and reduce their consumption of sugary drinks;
* Increase opportunities for children and youth in childcare settings, schools, and out-of-school-time programs to be physically active and to be offered water with meals and snacks;
* Increase the number of workplaces that promote and provide healthy beverages and offer employee opportunities to attain/maintain a healthy weight; and
* Increase the number of patients and neighborhood residents participating in programs that promote healthy eating and active living.

First proposed in Mayor Menino’s 2012 State of the City Address, Boston Moves for Health has brought together partners from across the city and from different industries to support the health and wellness of residents.

Tufts Medical Center and University

Tufts Medical Center and Floating Hospital for Children is banning smoking and the use of all tobacco products within 25 feet of any buildings owned, leased or occupied by Tufts Medical Center.

Tufts Medical Center is one of ten Boston-area hospitals committed to eliminating tobacco use this year, as part of the Tobacco-Free Hospital Initiative, launched by Mayor Thomas Menino in November.

Tufts University has adopted a similar policy for its Health Sciences campus in Boston.

The ban on smoking essentially creates a tobacco-free zone from Hudson Street to Tremont Street and Kneeland Street to Oak Street.

In the announcement ceremony at Tufts Medical Center on April 12, Chief Executive Officer Eric Beyer said: “[The ban] will help patients and staff to breathe easier when around the medical center.”

May Chin, a registered nurse and project director for the medical center’s Pediatric Asthma Prevention and Management Initiative, who during the announcement spoke about her 20 year, two-pack-a-day smoking habit that she kicked several years ago, urged smokers to “take advantage of the programs that Tufts has to offer today.”

David Vo, Boston Asian Youth Essential Services (Y.E.S) youth councilor, thanked Tufts Medical Center for “all the support” that the institution provides their youth service program.

“Our kids have always had to deal with tobacco smoke,” said Vo, who went on to talk about the benefit of the ban for youths in the community.

Tufts Medical and City Hall Square Hotel

Mayor Menino Launches “Boston Moves for Health”

On April 23, Mayor Thomas M. Menino and Barbara Ferrer, executive director of the Boston Public Health Commission, launched Boston Moves for Health, an ambitious campaign to improve the health and fitness of the city of Boston. Making the announcement from Blue Cross Blue Shield, Mayor Menino challenged Bostonians to collectively lose one million pounds and walk 10 million miles as part of the initiative.

“Together, we have come a long way toward making Boston a healthier city, and Boston Moves for Health is the next step forward,” said Mayor Menino. “We have added healthier beverages to vending machines and cafeterias in our schools and city buildings, launched the innovative Bounty Bucks program to improve purchasing power at farmers markets, built hundreds of backyard and community gardens, and changed the way we use our city streets through the Hubway bike share program. Now residents can bring even more healthy changes home to their communities by joining Boston Moves for Health.”

While Boston was ranked the third healthiest city in the country in the American College of Sports Medicine’s 2011 America’s Fitness Index, obesity rates remain a challenge. Although rates in Boston are lower than the national average, 56% of Boston adults are overweight or obese, with higher percentages in communities of color. Meanwhile, only 26% of Boston’s adults and only 19% of high school students consume five or more servings of fruits and vegetables daily.

Boston Moves for Health aims to make significant progress in reducing the obesity rate in the city. The initiative has four main goals:

* Increase opportunities for adults to be more physically active, eat healthy foods, and reduce their consumption of sugary drinks;
* Increase opportunities for children and youth in childcare settings, schools, and out-of-school-time programs to be physically active and to be offered water with meals and snacks;
* Increase the number of workplaces that promote and provide healthy beverages and offer employee opportunities to attain/maintain a healthy weight; and
* Increase the number of patients and neighborhood residents participating in programs that promote healthy eating and active living.

First proposed in Mayor Menino’s 2012 State of the City Address, Boston Moves for Health has brought together partners from across the city and from different industries to support the health and wellness of residents.
“One generation plants the trees, and another gets the shade.”
*Chinese proverb.*