Some Mass. public schools to increase class time

BY LING-MEI WONG

For thousands of Mass. public school students, their school day is about to get longer.

Massachusetts is one of five states that will add at least 300 hours of learning time at some schools in 2013. The other states include Colorado, Connecticut, New York and Tennessee.

The Mass. schools will receive federal, state and district funds, along with aid from the Ford Foundation and the National Center on Time & Learning. Federal and state education funding for the 2013-2014 school year have not yet been approved.

Massachusetts has an existing state expanded-learning program, so the initiative will not be new at all the schools. For the 2012-2013 school year, the state awarded $12.7 million in noncompetitive grants and $1.3 million in competitive grants for expanded learning at 19 schools.

The expanded learning time initiative is meant to boost student performance and make U.S. schools more competitive. Another purpose is to help students gain knowledge, skills and experiences needed for college and career success.

For more news, please visit Sampan.org

LEARN ABOUT LEAD EFFECTS IN HOMES

BY LING-MEI WONG

Lead is a heavy metal commonly found in paint on the inside and outside of houses built before 1978. The effects of lead poisoning can be severe, harming children and adults alike. Children are most at risk because lead can permanently harm their developing bodies.

In 1978, the United States banned lead from paint. Lead paint is found in almost all homes built before then, which affects many old Massachusetts homes. Lead can also be found in pipes, glass and pottery.

Effects of lead poisoning

Children under age six face the greatest risk from lead poisoning, as it can affect the brain, kidneys, nervous system, hearing and red blood cells. Even at low levels, it could stunt growth and result in development problems. Young children are most at risk because they tend to put objects in their mouth and absorb more lead.

However, adults are not immune to lead poisoning. While they are less likely to lick things about the house, they could still breathe in lead dust, touch objects covered in lead dust or eat paint chips or soil contaminated with lead.

"Many Chinese families like to grow vegetables or herbs in their backyards," said Melody Tsang, Multi-Service Center coordinator at the Asian American Civic Association. "However, they do not realize that the soil may contain lead paint from paint on houses and inadvertently poison themselves."

In pregnant women, lead can affect prenatal development. Adults with lead poisoning can suffer reproductive problems, high blood pressure, stomach-ach problems, nerve problems, memory problems, and muscle and joint pain.

HIGHLIGHTS

Building a stronger city through stronger school communities PAGE 3

Novelist Amy Kwe explores Chinese history PAGE 4

Benefits and concerns from eating fish PAGE 6

How to keep your child healthy with Chinese medicine PAGE 8

For more news, please visit Sampan.org
Event Calendar

Joe Wong Chinese talk show
Saturday, Dec. 29
9 p.m.
The Concord Players Theater
51 Walden St.
Concord, MA 01742

Joe Wong, Chinese American comedian who has been invited to 2010 Radio and Television Correspondents’ Dinner, Late Show with David Letterman, Ellen DeGeneres Show, as well as many other famous television programs in China, will hold his “Looking forward to 2013” talk show in Concord.

Tickets: EIP $48 row 1-3 with backstage access VIP $38 row 1-3 with backstage access General $28
Contact: www.thechineseamerican.org

The Melody Dance Troupe Performance Monday, Dec. 31
7 p.m.
Boston Common Ballfield
Boston, MA 02108

Presented by Mayor Thomas M. Menino and The Mugar Foundation, this will be the 14th year of the celebration for the 102th anniversary of the founding of the Republic of China.

Stage play performance
Thursday, Jan. 3
7:30 p.m.
Boston Center for the Arts
539 Tremont St.
South End
Boston, MA 02116

The Asian Task Force Against Domestic Violence (ATAK) is going to be collaborating with Company One to host its 2013 annual meeting as well as the 20th anniversary series. The meeting will be from 6:7-7 p.m. followed by a stage play performance of Mia Chang’s For You for Me. A post-performance talk back with the playwright and cast will also be included.

Tickets: $28
Contact: www.atask.org/site/component/content/article/300.html

Samhomepage
Some Mass. schools will increase class time next year
CONTINUED FROM PAGE 1

4. Cambridge Public Schools: Fletcher Maynard Academy (P-8)
5. Cambridge Public Schools: Martin Luther King, Jr. School (P-8)
6. Chelsea Public Schools: Joseph A. Brown Middle School (5-8)
7. Fall River Public Schools: Carlton Vocational School (K-6)
8. Fall River Public Schools: Matthew J. Kass Middle School (6-8)
9. Fall River Public Schools: Frank M. Silvia Elementary School (North End) (K-5)
10. Fitchburg Public Schools: Arthur M. Longsjo Middle School (5-8)
11. Greenfield Public Schools: Greenfield Middle School (4-7)
12. Greenfield Public Schools: Newton Middle School (K-3)
13. Malden Public Schools: Ferryway School (1-8)
14. Malden Public Schools: Salemwood (K-4)
15. Revere Public Schools: A.C. Whelan Elementary School (K-5)
16. Revere Public Schools: Garfield Middle School (6-8)
17. Revere Public Schools: William McKinley Elementary School (K-5)
18. Worcester Public Schools: City View Discovery School (P-6)
19. Worcester Public Schools: Jacob Hiatt Magnet School (P-6)

The Asian Cultural Center and the Greater Boston Chinese Cultural Association are performing traditional Chinese dance at Hynes Convention Center.

Fireworks will light up the skies above Boston Harbor at midnight to celebrate the New Year. The display will last for approximately 10 minutes.

Flag-raising for 102th anniversary of the Republic of China
Tuesday, Jan. 1
11 a.m.
90 Lincoln St.
Newton Highland, MA 02461

Youth Symphony Orchestra New Year Concert
Saturday, Jan. 12
7:30 p.m.
Boston Harbor
Boston, MA 02110

This year, again as part of the First Night Boston, the troupe are performing traditional Chinese dance at Hynes Convention Center.

The Asian Task Force Against Domestic Violence (ATAK) is going to be collaborating with Company One to host its 2013 annual meeting as well as the 20th anniversary series. The meeting will be from 6:7-7 p.m. followed by a stage play performance of Mia Chang’s For You for Me. A post-performance talk back with the playwright and cast will also be included.

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SOUTH COVE
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Looking for a Pediatrician to work in a busy Pediatrics Department. Provide medical care for ill or well pediatric patients. Develop and administer quality health care for the Pediatrics Department. Must be capable of working 7 days per week. Massachusetts medical license and board-certified. Bilingual English and Chinese (Cantonese/Mandarin) preferred. Complete benefits package. Salary commensurate with experience.

Send fax or e-mail resumes to Attn: Human Resources, 145 South Street, Boston, MA 02111. Fax: (617) 521-6795. E-mail: lchu@scchc.org

South Cove Community Health Center is an Equal Opportunity Employer.
Building a stronger city through stronger school communities

SUMITTED BY BOSTON MAYOR THOMAS M. MENINO

This morning, more than 1,100 Boston students who live within a few blocks of each other board school buses and began long commutes to reach their classrooms in 67 different schools across our city. Together, they traveled more than 1,782 miles – the distance from Boston to Cheyenne, Wyoming.

As these children live in the Bowdoin/Geneva section of Dorchester, here, one in three children are raised by a single parent. The unemployment rate is twice the city average and nearly one in four families lives below the poverty level.

These are the very children we are defending, three-zone student assignment system was designed to help nearly 25 years ago. But, instead of traveling to attend great schools, we see these children scattered across town, without the quality of the school they attend as a consideration.

The real way to lift communities like Bowdoin/Geneva into opportunity is not to split them up, but to build them up. This means investing in our schools and helping families attend quality schools closer to where they live.

Since I became Mayor we have turned a struggling school system into one of the 20 most improved systems in the world. In 1998, just 25 percent of high school students passed their math and English exams. Today, 86 percent do. Two years ago, we shifted to a new system that ensures dol-

Johnson announced UP Academy will transform in this fall, bringing greater new teachers, a longer school day and a proven track record of high performance – all while re-

Our new budgeting system has allowed us to invest an additional $600,000 in the Marshall and more impressive results are ahead. Last month Superintendent

Mayor Menino and Superintendent Johnson visited UP Acad-

December 28, 2012

As last of eight anti-Army military hazing trials conclude, Asian American civil rights groups continue to seek reforms

SUMITTED BY ASIAN AMERICAN JUSTICE CENTER

This week brought to a close the last of eight courts-martial of soldiers charged in connection with the death of Army Private Danny Chen, a 19-year-old Chinese American from Manhat-

Some might say we must put these losses behind us and focus on the future.

The real way to lift the needs of our students they will stay. Our new budgeting system has allowed us to invest an additional $600,000 in the Marshall and more impressive results are ahead. Last month Superintendent Johnson announced UP Academy will transform in this fall, bringing greater new teachers, a longer school day and a proven track record of high performance – all while re-

Talking to teachers and parents, it is clear that we need a stronger and more comprehensive system of accountability.

Our new budgeting system has allowed us to invest an additional $600,000 in the Marshall School, where only ten percent of students scored highly on reading and mathematics MCAS exams last year.

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We need a system that ensures every Boston child has the opportunity to attend a great school. We also need local, regional and state leadership to ensure all our children are given equal opportunities to achieve and succeed.

In the 2013 National Defense Authorization Act (NDAA), an annual defense budget bill, to the full Congress that contains provisions that address the prevalence of violence and the need for preven-

Now is the time for us to do both. We need to end the daily scattering of our children, to make sure that all our students have the opportunity to attend a great school.

And the children of Boston are sure to benefit immensely.
**Boston Mayor’s International Celebration**

**BY JOANNE WONG**

At Mayor Thomas Menino’s International Celebration, children of all ages enjoyed games, performances and educational talks from Boston’s culturally diverse community organizations. Hosted by the Boston Parks and Recreation Department and the Mayor’s Office of New Bostonians, the event was held at the Franklin Park Golf Clubhouse on Saturday, December 15.

Families were invited to celebrate various cultures by enjoying festive music, entertainment and dancing. Gund Kwok, an all Asian female lion and dragon dance troupe, performed a traditional lion dance and relayed the tale of the origins of the lion dance. Participants were offered an opportunity to try out the three lion head-pieces.

“It’s great that the mayor is promoting cultural diversity among youth,” said Jessica Fauve, City Councilor At-Large, made an appearance and spent time playing the dreidel with some children.

Performances from around the world.

**Cultural Arts Center.** The youth-focused dance troupe travels abroad to perform and learn about other cultures. The artistic director, Shamba – Yan-nde Dibinga led a call and response with the young crowd and taught the audience several African words. The dance troupe spoke of the origin and principles of Kwanzaa.

A wide range of games from around the globe was also featured at the event. Activities included a piñata, dreidels, and a multicultural game of blocks featuring 28 commonly found words in six languages: Spanish, simple Mandarin, French, German, Latin and English. Children were able to employ their creativity at the arts and crafts table, where they decorated snowflakes with celebratory words in different languages.

Guests sampled hot chocolate provided by Dunkin’ Donuts and cookies from Great Taste Bakery of Chinatown.

The event wrapped up with a special visit from Santa Claus and a viewing of the holiday classic “A Charlie Brown Christmas.”

Author Amy Kwei read her new novel, family saga “A Concubine for the Family,” at the Boston Chinese Neighborhood Center on December 11.

Set in late 1930s China, the story focuses on Purple Jade, the matriarch of the Huang family, and the interfamilial relationships in an upper-class family. Having produced no male heir to the family, and in an attempt to save the family’s honor, Purple Jade makes the difficult decision to present a concubine to her husband as a birthday gift.

“The story could not exist without the historical background,” Kwei said. Fusing her own family’s historical background, Kwei says have appeared in numerous publications. Kwei, who retired from teaching psychology at Bennett College and Dutchess Community College, has twice won the Talespinner Competition sponsored by the Poughkeepsie Journal. Her short stories and essays have appeared in numerous publications. Kwei is currently working on the sequel to the family saga, “Under the Red Moon.”

**LEAD: Possible risks and prevention**

CONTINUED FROM PAGE 1

Someone with lead poisoning may look fine from the outside. The only way to find out is through blood testing. This is mandatory for Massachusetts children at least once a year from when they are newborns old until they turn four.

Understand lead risks

An owner of a Massachusetts home built before 1978 must have it inspected for lead if a child under six lives there. If lead risks are found, the house must be leaded or made temporarily safe from serious lead threats for a maximum of two years.

However, lead-based paint is not always hazardous. If it is in good condition and not on a friction surface, such as a window, people should be unaffected.

Inspectors can detect if there is lead in a home and where the sources of serious exposure are. They conduct a visual inspection to look for lead, use a sodium sulfide solution and scan with portable X-ray fluorescence machines. Finally, lab tests can confirm whether there is lead in the paint, dust or soil.

"Don’t try to do lead removal yourself," Tsang said. "Many people over the problem areas with regular paint is ineffective and only a temporary measure."

Home repairs are a common cause of lead poisoning. It is important to take precautions to avoid lead exposure, particularly around old paint or plumbing pipes.

Steps to protect your family from lead hazards

1. If you think your home has high lead levels, the Environmental Protection Agency has the following recommendations:
   a. Get young children tested for lead, even if they seem healthy.
   b. Wash children’s hands, bottles, pacifiers and toys often.
   c. Make sure children eat healthy, low-fat foods high in iron and calcium.

2. Get your home assessed for lead hazards.

3. Wash children’s hands, bottles, pacifiers and toys often.

4. Get your home assessed for lead hazards.

5. Get your home assessed for lead hazards.

6. Wipe soil off shoes before entering the house.

7. Talk to your home owner or landlord about fixing surfaces with peeling or chipping paint.

8. Take precautions to avoid lead dust when remodeling or renovating.

9. Don’t use a belt sander, propane torch, heat gun, dry scraper or dry sandpaper on painted surfaces that may contain lead.

10. Don’t try to remove lead-based paint yourself.

**This is part three of an affordable housing series.**
Felicia Tsang knows what it’s like to be new. Tsang came to the United States when she was 17 years old. When she was assigned to read “Catch-22” by Joseph Heller and came across an unfamiliar expletive, she couldn’t find it in the “F” section of the dictionary and turned to her classmate.

“That story went all over campus in two hours,” she laughed.

Today, Tsang knows her cultural references. As the principal of Kwong Kow Chinese School, she wants children to learn Chinese not just as a language, but to understand the culture and history as well.

“The way to go about education is through language and culture, and you cannot really assimilate unless you have the language,” Tsang said. “You cannot know the intricacies of the language unless you know the culture. They have to go hand in hand.”

Homecoming
When Tsang grew up in Hong Kong, she considered Boston her home. After studying electrical engineering at MIT, she completed graduate studies at Dartmouth College and Boston University, and worked as a research scientist at Harvard Medical School. She began working in K-12 education in 1986, as she raised her responsibility for eight years.

“My younger son would say, ‘We’re the only kids who are doing this,’” Tsang said. “Chinese school on Saturday became a fact of life.”

Tsang moved to Hong Kong in 2002 to found a private school at the behest of Nobel Physics Prize winner Charles Kao. Once the school was on its way, she launched the Learning through Engineering, Art and Design program with the MIT Media Lab, the Chinese University of Hong Kong and the Hong Kong Federation of Youth Groups. The collaborative project brought multimedia into education for Hong Kong, spanning multiple topics and serving special needs children.

When the Kwong Kow board looked for a new principal, Tsang was already well-known.

"Given my experience in Hong Kong and working in partnership in the community, I really wanted to do something," Tsang said. “It’s a good feeling to come home and do this.”

Busting Chintown
In a day, Tsang handles administrative tasks, meets with teachers, checks on students, meets with parents, and advises Kwong Kow’s high school volunteers on college admissions. She performs all tasks in fluent English, Cantonese and Mandarin, which she credits to knowing the background of each language.

"Unless you start to appreciate the nation, the people and its history, along with the culture, you won’t be able to develop an interest to learn the language well," she said.

As Kwong Kow teaches Cantonese and Mandarin classes to immigrant children from Chinatown — along with other children, the school serves as a cultural link. “A lot of people in the neighborhood don’t know the culture in America. They can take language classes but it’s hard to assimilate,” Tsang said. “They can’t take part in their children’s education, which results in a generation of very frustrated kids and parents. The parents feel hopeless for themselves, while hopeful for their children. The kids can be very frustrated. They’re in a bad position because if they disappoint their parents they feel like they’ve failed.”

Kwong Kow not only offers language classes, but also has dulcimer, kung fu and Chinese dance so students have a fuller appreciation of the Chinese culture. On Sundays, children of new immigrants take English classes to help them adjust more quickly.

“I want to see the children here succeed,” Tsang said. “I want them to break out of the community, in a way, but to always feel they are a part of it.”

Malden Mayor’s end of year recap - highlights of 2012
SUBMITTED BY MAYOR GARY CHIRSTENSON

Time flies! It’s been nearly one year since I was sworn in as Mayor of Malden and over the past year there have been many exciting changes and improvements. If I had to pick one I am most proud of it would be the advances we have made in communicating directly with our residents.

We now connect with residents through a variety of mediums – the City website, Facebook, Twitter, Flickr, YouTube, E-newsletters, and monthly online forums – all in an effort to not only keep residents informed and engaged in the community, but also to broaden their participation in government. It’s exciting that as Malden’s Social Media turns one-year old, the followers on Facebook and Twitter hit 2,316 and 1,428 respectively!

We have also placed constituent service representatives in the Mayor’s Office who provide multi-lingual services to Malden’s diverse population. Our Mandarin and Haitian Creole speaking Constituent Services representatives have been instrumental throughout City Hall in translating for our residents.

Business development has been another top priority. Malden has many resources to compete as one of the top destinations in the greater Boston area for new businesses and my administration is working hard to promote our City. I have directed them to have City Hall go from ‘Red Tape’ to ‘Red Carpet’ for new and existing businesses so they feel welcomed and appreciated. Our ongoing goal is to work with businesses to facilitate the licensing and permitting process and to efficiently address their needs.

I’d be remiss if I didn’t mention as a proud accomplishment our hard work to provide resources for Malden’s youth. The Mayor’s Summer Youth Employment Program was a huge success! We had 335 teens working for the City – nearly triple from the previous year! We will continue this program which offers our future leaders the opportunity to gain work experience, develop essential job skills and connect with their community. Also, we recently opened the Malden Teen Enrichment Center, which provides a safe place for Malden teens to socialize with friends, receive homework assistance, play games, take part in enrichment activities, develop leadership skills, and participate in community service opportunities.

It’s been a great first year and I look forward to an even better year in 2013!

Alta Brigham Square
Affordable Housing Lottery
Arlington, MA
www.s-e-b.com/lottery

17 New Affordable Apartments

- 1 Person - $45,500
- 2 Person - $52,000
- 3 Person - $58,500
- 4 Person - $65,000

Rent does not include any utilities except water and sewer

Affordable apartments include designer finishes such as gorgeous plank flooring in kitchen and bath; granite countertops; stainless steel appliances; upgraded espresso-colored designer cabinetry; oversized kitchen islands; and tile surrounds in baths. Community amenities include a wellness center with cardio salon and an outdoor lounge with fire pits and community grills.

The Maximum Income Limits for Households are as follows:

<table>
<thead>
<tr>
<th>Person(s)</th>
<th>Income Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$45,500</td>
</tr>
<tr>
<td>2</td>
<td>$52,000</td>
</tr>
<tr>
<td>3</td>
<td>$58,500</td>
</tr>
<tr>
<td>4+</td>
<td>$65,000</td>
</tr>
</tbody>
</table>

A public Info Session will be held on January 10th, 2013 at 6:00 pm in the Arlington Senior Center Mural Room (27 Maple Street, next to Town Hall).

Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on January 30th, 2013.

The Lottery will be held on February 12th, 6 pm in the Arlington Senior Center Mural Room.

For Lottery Information and Applications go to www.s-e-b.com/lottery or call (617) 782-6900 And Leave A Message. Applications and Information also available at the Robbins Library on 700 Mass Ave in Arlington (M-W 9-9, Thurs 1-9, Fri+Sat 9-5, Sun 2-5).
Fish is an excellent source of high quality protein and healthy fat, especially omega-3, and it is packed with healthful vitamins and minerals. Not many people know that fatty fish is a great source of Vitamin D, which is uncommon in other food. There is strong evidence that eating fish or taking fish oil is good for the heart and blood vessels, and research studies show eating approximately one to two 3-ounce servings of fatty fish a week reduces the risk of dying from heart disease by 36 percent. Fatty fish we commonly see include salmon, herring, mackerel, anchovies and sardines. There is a great deal of scientific research studying the association between omega-3 polyunsaturated fatty acids and cognitive development throughout childhood. They show promising but inconclusive evidence. Some studies show that beneficial health outcomes are more likely to result from supplementation with DHA itself, which is why many baby formulas include DHA today. The effect of fish oil supplementation on child intelligence remains uncertain. In spite of the uncertain cognitive benefit, fish itself should be included as a part of a nutritious meal for children.

One concern about eating fish is the mercury, since nearly all fish and shellfish contain traces of it. The risk of eating large amount of mercury from fish and shellfish is that it may harm an unborn baby or young child’s developing nervous system. Therefore, the Food and Drug Administration and the Environmental Protection Agency advise pregnant, pregnant women, nursing mothers and young children to follow these recommendations:

1. Do not eat shark, swordfish, king mackerel or tilefish because they contain high levels of mercury.
2. Up to 12 ounces (two average meals) a week of a variety of fish and shellfish that are lower in mercury.
3. Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock and catfish.
4. Another commonly eaten fish, albacore (“white”) tuna has more mercury than canned light tuna. So, when choosing your two meals of fish and shellfish, you may eat up to 6 ounces (one average meal) of albacore tuna per week.
5. Check local advisories about the safety of fish caught by family and friends from your local lakes, rivers and coastal areas. If no advice is available, eat up to 6 ounces (one average meal) per week of fish you catch from local waters, but don’t consume any other fish during that week.

Other sources of omega-3 fats include nuts and tree nuts. Nuts contain large amounts of omega-3 fat and no cholesterol, along with no mercury. There is moderate evidence that eating nuts makes children smarter. However, if your children are not allergic to nuts, they are nutritious foods that can be a great part of a well-balanced diet to make them healthier.

Benefits and concerns from eating fish

BY ZHANGLIN KONG
Master of Nutrition Science, Registered Dietitian. Nutritionist of Greater Boston Chinese Golden Age Center

Fish market in Asia. Image courtesy of Flickr.

HFCS in manufactured food may lead to health issues, study says

BY HAO LU

Have you ever thought about your high blood sugar being linked to daily intake of soft drinks and processed foods? A study published in the journal Diabetes Metabolism May 2012 issue shows that consumption of high fructose corn syrup (HFCS), a sweeter commonly used in manufactured foods and beverages, may link to a variety of health issues such as diabetes and metabolic effects.

According to the research, “Effects of high fructose corn syrup and sucrose on the pharmacokinetics of fructose and acute metabolic and hemodynamic responses in healthy subjects”, excessive fructose intake is one of the factors driving the increases in diseases like hypertension, obesity, diabetes and kidney disease. Specifically, the increase in fructose consumption is primarily due to the increased use of HFCS in Western diet.

“HFCS is very similar to table sugar, but they are processed so they actually have a higher percentage of fructose,” said Emily Biever, dietitian at the Floating Hospital for Children at Tufts Medical Center.

While table sugar has 50 percent fructose and 50 percent glucose, with the process, HFCS has 45 percent fructose and 45 percent glucose, Biever said.

“The most common and the most popular way that people are consuming HFCS is in sodas, so the majority of sodas contain the HFCS. You also see it in a lot of package food, like candy, cookie, cake. So it’s a common sweetener used in a lot of processed food,” she said.

Although researches implicated that high fructose systemic concentrations would lead to increased fructose-induced adverse metabolic effects, Biever said that there is no evidence to link consumption of HFCS to diabetes or obesity directly.

“It might not quite fair yet to say there is a direct, positive link between HFCS and type two diabetes,” said Biever. “People who typically consume a lot of HFCS are also consuming a lot of food that can lead to diabetes. So it leads to something called metabolic syndrome and that syndrome includes things like heart disease and diabetes.”

The main reason why companies prefer to use HFCS rather than table sugar is because that as a corn based product, HFCS is much cheaper to produce, Biever said.

“We recommend that kids do not consume more than 50 grams of added sugar a day. We say, no more than 200 calories in from sugar a day,” Biever said. “If you look at that, one can of soda is about 50 grams. So if someone drinks a can of soda, they are done for the whole day in terms of their added sugar intake.”

Biever said that the best thing consumers could do is to start reading the nutrition fact labels on food to choose the products with smaller amount of sugar.

“What I would say is to educate people on reading the nutrition fact and becoming aware that if certain products have 30, 50 grams of sugar, that is probably too much sugar, and we will find another product that has less sugar to replace it,” she said.
MASSACHUSETTS BAY TRANSPORTATION AUTHORITY
TRANSPORTATION BUILDING
10 PARK PLAZA
BOSTON, MASSACHUSETTS 02116-3975

NOTICE TO BIDDERS

Sealed bids for MBTA Contract No A20C01, LIGHT RAIL ACCESSIBILITY IMPROVEMENTS, GOVERNMENT CENTER STATION, BOSTON MASSACHUSETTS (CLASS I, GENERAL TRANSIT CONTRACT AND PROJECT VALUE $91,000,000.00), 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 January 31, 2013. Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

The Work consists of the renovation of and improvements to Government Center Station, and improvements within City Hall Plaza and the surrounding City of Boston Streets. Improvements to Government Center Station include a new Green Line headhouse, renovation of platform and station areas, new elevators, escalators and stairs, new electrical substation, new communications an security systems, and a new emergency egress from the Blue Line portion of the Station. Improvements at the surface include realignment of Cambridge Street and the replacement, renovation and restoration of pavement surfaces and new landscaping and lighting in both public ways and City Hall Plaza.

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 prequalified 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.

Prequalified 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 December 27, 2012, Monday through Friday, at no charge. Copies of the Bidding Documents will be available in electronic format (CD). Contract Specifications and Contract Drawings shall be available in portable data file (.pdf) 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.

Bidders 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 sixteen percent (16%).

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 or 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, Dan Beaulieu, 6th Floor, MBTA Design and Construction, 10 Park Plaza, Boston, MA 02116-3975, 617-590-3562. The Authority will conduct an inspection tour of the site on January 14, 2013. Bidders are requested to be present in front of the Government Center Station Headhouse at Cambridge Street and Court Street, Boston Massachusetts, at 10:00 a.m. to participate in the tour. Bidders are advised that they should have representation at this tour as no extra visits are planned.

A prebid conference will be held on January 16, 2013 at 10:00 a.m. at the 10 Park Plaza, Boston, MA. 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/

Date: December 20, 2012  By: Richard A. Davey  Dr. Beverly Scott
Secretary and Chief  General Manager of the MBTA
Executive Officer of  & Rail & Transit Administrator
MassDOT  of MassDOT

MASSACHUSETTS BAY TRANSPORTATION AUTHORITY
In the view of Chinese medicine, from birth to adulthood, the growing and developing human body has significant physical, physiological and pathological differences in each stage. Therefore, a child should not be taken as a miniature adult and given nutritious supplements that are usually for grown-ups. During growth, a child’s organs are not fully developed and cannot function well, especially their lungs, spleen and kidneys. They can easily catch a cold, cough and vomit as well as suffering from diarrhea, enuresis, edema and other illnesses. Focusing on their physiological characteristics, the best nutritious supplements for children are not expensive Chinese medicine like ginseng, but some food supplements that are easy to digest and can strengthen their lungs, spleen and kidneys. Here are some of them:

**Sesame**
Sesame is sweet in flavor and neutral in nature, acting on the channels of the liver and the kidney. It contains 60% fatty acids, most of which are unsaturated fatty acids (oleic acid, linoleic acid and arachidic acid). Sesame invigorates the liver and the kidney, and moisturizes the organs. It is usually used to combat dryness in fall and treat deficiencies of the liver and the kidney, dirriness due to internal wind of deficiency type, dry stools and difficult defecation, weakness during convalescence, early graying of hair, and lack of lactation in women.

**Walnut kernel**
Walnut kernel is sweet in flavor and warm in nature, acting on the channels of the kidney and the lung. It contains 40-50% fatty acids (mainly triolein), protein, carbohydrate, calcium, phosphorus, iron, carotene, vitamin B1, B2, and niacin. Its functions include warming the lung to relieve asthma and moisturizing the intestines to relax the bowels. It is used to treat symptoms due to deficiency of kidney yang, asthma, cough, lung numb and beribers, impotence, constipation, frequent urination and enuresis.

**Hyacinth bean**
Hyacinth Bean is sweet in flavor and warm in nature, hyacinth bean contains large amounts of protein, fat, carbohy- drates, and minerals. It acts on the channels of the spleen and stomach. Its functions include invigorating the spleen to eliminate dampness. It is used to treat spleen deficiency with dampness, fatigue, anorexia, diarrhea, leukorrhagia due to hypofunction of the spleen, as well as diseases caused by summer-heat and dampness.

**Ginkgo seed**
Ginkgo seed is bitter in flavor and neutral in nature, acting on the lung channel. It contains carbohydrate, protein, fat, calcium, phosphorus, iron, carotene, various kinds of amino acid, and riboflavin. Its functions include inducing astringency, arresting discharge, arresting spontaneous emission, and leukorrhagia. It is used to treat asthma attacks, spontaneous emission, enuresis and frequency of urination.

**Luo Han Guo**
Luo Han Guo is sweet in flavor and cool in nature, acting on the channels of the lung and the large intestine. It can moisturize the lung and the intestine, and clearing away heat. It is used to treat cough, aphony, sore throat and constitution due to intestine dryness. It can also prevent asthma attack.

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