Asian breast cancer event highlights courage

BY LING-MEI WONG

The Asian Breast Cancer Project and Asian Women for Health Celebration took place March 28 at Tufts Medical Center. The event raised awareness about breast cancer among Asian and Pacific Islander immigrants through songs and survivor testimonials.

Breast cancer is the most common type of fatal cancer among Asian and Pacific Islander women. It also affects Asian women at a younger age and fewer immigrants get screened for breast cancer.

“Since Asian women tend to develop breast cancer at a younger age than any other group, we developed a Breast Cancer 101 course on April 5 at Tufts University’s School of Medicine,” said Chien-Chi Huang, founder of ABC Project who has been cancer-free for eight years.

ABC Project trained 18 women to conduct home visits in Cantonese, Vietnamese and other Asian languages in 2012. Since then, the women have completed 100 home visits and gotten 57 women screened as a result.

Jen Pip Yong was diagnosed with stage 2 breast cancer last October when she was 31. When she searched online, she came across the ABC Project and connected to the women. “It’s nice to have such strong support,” she said. “It’s important for young Asian women to have a voice to be heard.”

ABC Project presented awards to community partners and group members. A demonstration of yin yang taiji took place, along with a raffle.

To find out more about the ABC project, visit www.facebook.com/Asian-BreastCancerProject.

Home Depot 歡迎多元文化大家族

BY LING-MEI WONG

The Chinatown Safety Committee met for its monthly meeting on April 3 at the Doubletree Hotel.

A proposal for a Walgreens pharmacy at 800 Washington Street, or the intersection of Washington and Essex Streets, was presented. The drug store does not need the committee’s approval to open, but wanted to reach out to the community for any questions. Walgreens will open in fall 2013 or January 2014. It will offer fresh fruit and vegetables, and will not sell alcoholic beverages. Construction has not yet begun at the location.

“We’re looking to get Walgreens involved in the community,” said David Smith, Walgreens district manager for Boston central. He mentioned Walgreens’ involvement with Boston’s summer job program for young people and working with the Office of New Bostonians to hire employees from the community.

Walgreens will also try to hire cashiers who are fluent in Chinese. The company’s prescription labels can be printed in 14 languages for customers.

Capt. Tom Lee of the Boston Police Department reported two possible sexual assaults in Chinatown. One took place in the Oak Street area and is being investigated by the Sexual Assault Unit. Another incident was reported by a person who believed prostitution of minors was taking place.

A 58-year-old woman was the victim of a scam on April 2. She only spoke Mandarin and the police officers helped by pedestrian interpreters, Lee said. Three Chinese women approached the victim, saying they needed money for a badly sick daughter. The victim withdrew $8,000 and gave it to the suspects, who fled.

“Many of these scammers tell people they have an emergency for a family member and say they’re from China to establish a level of trust,” Lee said.

The police will try to notify the 27 elderly complexes in the district and urge people to be aware as the suspects have not yet been identified.
Event Calendar

UMass Chinese bridge speech contest
Sunday, April 7
11:30 a.m. - 5:30 p.m.
The University of Massachusetts Boston
100 William T. Morrissey Blvd.
Boston, MA 02125
UMass Boston Confucius Institute is holding its annual high school Chinese bridge speech contest. This year, 24 high school students from all over the United States will compete in Mandarin in UMass Boston’s Campus Center Ballroom. The popularity of this contest has been growing for eight years and now attracts students from schools and states all over the country.

First-time home buyer class
Saturday, April 13
9:30 a.m. - 1 p.m.
Stop&Shop
61 Asian Newport Ave, Quincy, MA 02171
Asian Community Development Corporation (ACDC) will hold its first-time home buyer class. The second class will be held in Chinatown on April 27 to 28. With the completion of the two-day class, students will get their first-time home buyer certificate, which is issued by the government and will be valid for three years. Middle or low income residents can apply for affordable housing with this certificate, and enjoy benefits such as loans and low prepayments, which can be 3% of the house price. Class fee is $40. Contact: (617) 482-2380 x 208, or CHOP@asiancdc.org.

Harvard China Forum
April 13-15
Harvard University
The 2013 Harvard China Forum will host a group of distinguished speakers at this year’s forum. Over 30 prominent chairmen of China’s top companies will be speaking at the event. Topics will include climate change, new media, urban development and transformations, Chinese businesses, development and innovation, Chinese entrepreneurship, etc. Registration starts on Friday, April 12 at Radcliffe Gymnasium. For more information, please visit www.harvard-china.org.

2013 Walk for Hunger
Sunday, May 5
7 a.m.
Boston Common Tremont St, Boston, MA 02108
Project Bread’s 45th Walk for Hunger will be held on May 5. The 20-mile route weaves through Boston, Brookline, Newton, Watertown, and Cambridge, and includes entertainment and free snacks along the way. Contact: (617) 723-5000 or www.projectbread.org.

ACDC fundraiser
Friday, May 10
7:30-10 a.m.
China Pearl
Project Bread’s 45th Walk for Hunger will be held on May 5. The 20-mile route weaves through Boston, Brookline, Newton, Watertown, and Cambridge, and includes entertainment and free snacks along the way. Contact: (617) 723-5000 or www.projectbread.org.

CHSNE scholarship
Hao Lu
The Chinese Historical Society of New England (CHSNE) and the Boston HarborSides Home of J.S. Waterman & Sons-Waring-Langone Funeral Home will award two scholarships to high school seniors of Chinese ancestry entering a New England college in the fall of 2013. Each scholarship is $500 per year. The deadline of submission is May 31 and winners will be announced Sept. 2013. For more details, please visit the website: http://chsne.org/scholarships.htm
Fugu Food Truck delivers authentic Asian street food to Boston

BY LING-MEI WONG

The Fugu Truck does not actually serve fugu, a poisonous puffer fish that must be prepared by a licensed chef. But the spirit of painstaking attention is reflected in Fugu Truck’s dishes. Chef and owner Bing Liu was inspired by a fugu dish on a sushi knife, while working as a sushi chef. Fugu Truck hit the streets of Boston April 1, serving pork belly buns, glass noodle salad and spring rolls made from local ingredients. “It’s been a surreal experience, from a 2-D image on my knife to seeing a 3-D truck and it’s moving,” said Liu. “I couldn’t have done it without my friends, who helped me every step of the way.”

Liu studied engineering at the University of Michigan and realized it wasn’t for him. He then attended culinary school in France, worked in New York and learned about Japanese food in Boston. Recalling the street food of his youth in Harbin, China, he recruited his friends to help him out. “Bing is our inspiration,” said Michelle Choi, a Fugu founder and one of Liu’s college friends. “We decided to put the dishes and brainstorm the menu together.”

More than 50 people sampled the Fugu Truck at a launch party on March 24, which included a raffle for Fugu tote bags. The grand prize was adding a menu item to the Fugu lineup, which would be free to the winner for a month.

“This is better than all the other food rolls made from local ingredients.”

Andy Liu (left) played Chang Hao during the American Collegiate Go Association march on Long Beach. Image courtesy of Kawaly Xie.

Go Expo introduces traditional game

BY KAWALA XIE

The American Collegiate Go Association hosted its 2013 Expo on March 23-24 at Harvard University. The expo included lessons for beginners, a film screening of the documentary “The Surrounding Game” and professional matches. Chinese player Chang Hao, ranked professional at 9p, faced off against American player Andy Liu, ranked amateur at 1p. Chang beat Liu by 3.5 points after a tough two-hour game.

“Fugu was the closest thing to what we stand for; it’s resilient,” said Allan Lim, another Fugu staffer and classmate of Liu’s. “We’re going all out.”

The Fugu team relied on conference calls between Boston, Chicago and New York City to get the truck rolling. “The truck brought us together,” said Kelvin Wu, a Fugu staffer who went to college with Liu. “It’s been a great experience.”

Follow the truck online at www.figutruck.com.

The Fugu Truck parked in Maiden. Image by Ling-Mei Wong.

Home Depot welcomes diverse work ‘family’

When Bob Lundy started at Home Depot 25 years ago, he was a lot like the many associates who pushed shopping carts around the parking lot.

Today, Lundy is the district manager of Boston South, an area that encompasses seven Home Depot locations in Avon, Dorchester, Quincy, Rockland, Watertown and West Roxbury.

“I love that anybody who wants to can move up,” Lundy said. “Our environment is inclusive. The best of the best are ones that move forward.”

Customer service is a priority in Home Depot’s retail environment. With more diversity in the Boston area, the company looks for hard-working people eager to learn and who can comfortably interact with a complete stranger. Bilingual skills are a key advantage.

“Our customers try very hard to conduct transactions in English,” said Jeff Perry, district human resource manager for Home Depot in the Boston area. “They work hard to assimilate, but it can be hard to specify what they would like to do, such as fixing a leaking toilet. Our bilingual associates can help.”

At the Willard Street location in Quincy, 13 of the 130 associates are Asian. “We hired an individual who will do more cultural identity,” said Perry. “She recently came from China with a degree, which is perfect for us. We have a significant interest in Asian shows in our stores, who now have become homeowners and want to renovate their houses. We’re able to improve that shopping experience.”

Xiaoying Wu is the designer Perry spoke of, who will begin as a cashier and work her way up. Wu moved to the United States in September 2012, after earning her degree in digital media art at the South China Normal University.

“I know Home Depot has a very good staff promotion system while I was training. I thought about coming here. I decided my next step at Home Depot, I want to be a part of the Home Depot team.”

After graduating, she worked for “China Noodle,” a restaurant in Canton.

“I didn’t learn a lot in the kitchen,” she said, “but I learned about the American culture.”

Buds and Blossoms educator recognized with award

BY LING-MEI WONG

The Asian American Civic Association celebrated an early education awards for one of its staff.

Ilda Koo, co-director of AACA’s early education center Buds and Blossoms, was recognized by the Boston Association for Education of Young Children. She will receive the Award for Leadership and Management at the 12th Annual Early Educators Awards Gala on April 12.

Koo will be one of six award winners who were nominated by their peers for being a strong presence in the early education field and understanding the procedures for a quality early education.
Crime ring targets Chinatown seniors

BY LING-MEI WONG

When an elderly Chinatown resident walked down Beach Street on March 26, she never imagined she would lose her life savings to “gold diggers” who were also Chinese seniors. The incident was reported to the Boston Police Department.

The resident was approached on Beach Street by a woman asking for directions to “a da shi” or spiritual guru for her ill husband and daughter. When the resident said she did not know where the guru was, another woman said she knew where he was. The resident was curious about the unknown guru and went to find him. They encountered a man, who when the two women said was the guru’s son. He promised to ask for the guru’s blessing, then left.

When the man returned, he said the guru had lit three sticks of incense for each woman. He then asked the resident if her last name was “Zhang” and whether she had a son. When she responded that both were true, he said the guru was unable to light her stick of incense and that her son would suffer bad health.

The resident was convinced of the guru’s power. She was told to put all her cash and valuables in a bag as a goodwill gesture, so the guru could bless her, then her belongings would be returned to her.

She went to sleep with a headache and no memory, then took a shower the next day. When she came to her senses, she checked the bag, which contained an empty water bottle and a brick. She then went to the police. Similar incidents were reported last April and October.

The BPD encourages individuals who have further information regarding similar incidents to contact the District A-1 detectives at (617) 343-4571 or 911. The BPD has detectives available who are fluent in Chinese and other Asian languages.

Community members wishing to assist investigators anonymously can do so by calling the CrimeStoppers Tip Line at 1(800) 494-TIPS or texting the word “TIP” to CRIME (27463).

South Cove Manor and Boston Chinese Evangelical Church sign agreement for 120 Shawmut Avenue

SUBMITTED BY SOUTH COVE MANOR AND BOSTON CHINESE EVANGELICAL CHURCH

A purchase and sale agreement has been signed to sell 120 Shawmut Avenue, presently owned by South Cove Manor Nursing Home, to the Boston Chinese Evangelical Church. The closing date should be the first quarter of 2014.

In anticipation of their relocation to nearby Quincy in early 2014, South Cove Manor has been seeking a buyer who would promote the property’s continued use and service within the Asian community, and still provide South Cove Manor a Boston base from which it can continue to serve the downtown elderly and their families.

“We are pleased with the diligent efforts of our CEO Richard Wong in negotiating the sale of 120 Shawmut Avenue,” said South Cove board chairman Richard Lui. “It is important to us that the property not only remain a community resource, but also that we can continue to maintain an office at the site and use it as a location to offer our very popular Breakfast Seminar Series to the public.”

The Boston Chinese Evangelical Church seeks the 120 Shawmut Avenue property to accommodate and grow its ministries and community programs such as a youth drop-in center, a summer day camp, English classes, and other social programs.

The church’s senior pastor Steven Chin said, “We are excited by the South Cove Manor board’s decision and with the prospects of being able to better share God’s love and to serve the community with the new space.”

South Cove Manor is developing a new state-of-the-art home at 288 Washington Street in Quincy to replace its current facility. South Cove Manor at Quincy Point will include 141 private and enhanced semi-private rooms clustered around interior courtyards, expanded rehabilitation facilities, and gracious common areas.

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Chinatown Resident Association rings in Chinese New Year

BY LING-MEI WONG

The Chinatown Resident Association Chinese New Year celebration took place March 29 at the China Pearl restaurant. The CRA received an award. (Left to right) CRA co-chairwoman Marie Man, state Rep. Tackey Chan, state Rep. Aaron Michlewitz, Boston City Councilor Tito Jackson, CRA co-chairman Henry Yee and state Sen. Anthony Petruccelli. (Image courtesy of the CRA.)

The Chinatown Resident Association celebrated Chinese New Year with a banquet on March 29 at the China Pearl Restaurant. It also held its monthly meeting on April 3 at the Josiah Quincy Elementary School. During the meeting, the elderly residents discussed the Massachusetts Bay Transit Authority’s proposed 33 percent fare increase. The seniors felt it was unfair, as they relied on public transit to visit the doctor and their families. Another protest will take place on April 10 against the state government.

Chinese Progressive Association Chinese New Year

The Chinese Progressive Association Chinese New Year banquet took place March 22 at the China Pearl restaurant. About 400 guests attended the dinner. Mei Lim Tong (right) receives the “Unsung Hero” award from former CPA director Suzanne Lee. (Image courtesy of Eadwin Huang.)

Learn at Work program celebrates graduation

The Learn at Work program organized by Asian American Civic Association held a graduation for its South Cove Community Health Center students on March 27. A total of 13 students from South Cove’s Quincy and Chinatown sites were presented with graduation certificates. “I feel that this class has improved my English in many ways. I am more confident communicating with my son’s teachers and my American neighbors,” said Michelle Li, a graduate at the Chinatown class. “I am much more comfortable talking on the phone in English. I can handle things better at work and in my daily life.” (Image courtesy of Teresa Cheong.)

What’s new in housing and the legislature

SUBMITTED BY ASIAN COMMUNITY DEVELOPMENT CORPORATION’S THOMAS STACK, SANDY LIANG AND VIVIEN WU

Over the past several months, numerous proposals have come before the Massachusetts legislature seeking to improve the state’s infrastructure. Much of this proposed legislation relates to improving public transportation and the availability of affordable housing within our state. Such measures would benefit communities across the state and have gained the support of groups such as the Massachusetts Association of Community Development Organizations and the Asian Community Development Corporation. At ACDC, we are encouraging our constituents to contact their legislators in support of two legislative initiatives.

The first bill is the Affordable Housing Bond Bill, which would fund affordable housing through the sale of state treasury bonds. Due to significant decreases in federal funding in addition to the state’s continuing economic troubles, funding for Massachusetts Affordable Housing Program projects is predicted to run out this year. The Housing Bond Bill will prevent this cutoff by providing $1.4 billion for affordable housing over the next five years.

In the spirit of Gov. Deval Patrick’s recent pledge to build 10,000 new units of affordable housing in Massachusetts, the Affordable Housing Bond Bill will fund the modernization of existing affordable housing developments, while maintaining a tax credit for residents of low-income housing. The bill will promote the development of new affordable housing in communities where it is needed most. The current market rent for a two-bedroom home in the state stands at $1,187 per month, a renter making an average hourly wage can only afford rent of around $881 per month. Moreover, there are currently more than 16,000 homeless individuals across the state and 7,400 Massachusetts homeowners who lost their homes to foreclosure last year. A cutoff in state funding to affordable housing programs would exacerbate these problems. The Affordable Housing Bond Bill prevents this cutoff and would benefit thousands around Massachusetts.

The second primary legislative initiative that ACDC supports is the “Transportation for Massachusetts” initiative. This initiative allocates the debt of the Massachusetts Bay Transportation Authority associated with the Big Dig through new allocation of state funds. Currently, nearly 75 percent of the MBTA’s budget goes toward paying the interest on the debt. The transportation initiative would find alternatives and supplements to the Massachusetts gas tax.

Most importantly to ACDC constituents, the initiative will direct investment in public transportation projects equitably across the state and suburbs, a greater amount of transportation funding than they traditionally get. Moreover, the initiative will secure funding for vital transportation repairs, which guarantee safety. The initiative will also ensure that communities are consulted about transportation investments that can best fit their needs. ACDC believes it is in the interest of all Massachusetts citizens that this bill passes. Equitable application of transportation investment to areas of highest need will improve access to economic, educational and cultural opportunities throughout the state.

Thomas Stack and Sandy Liang are interns at ACDC, while Vivien Wu is director of programs.
Submitted by David Sawyer, Eastern Wealth Management

Although it’s hard to believe, spring is upon us and that also means April 15 is drawing near. For those of us who haven’t filed our 2012 tax returns, here are some last-minute pointers to consider regarding two traditional tax deductions.

1. Unreimbursed medical expenses: Taxpayers can deduct unreimbursed medical expenses when they exceed 7.5 percent of their adjusted gross income. This is a difficult threshold to meet for most taxpayers. However, be sure to consider all of the following:
   - Identify your payments to doctors and dentists. Also, gather expenses related to medical supplies, prescription medications, and hospital stays. Be certain to exclude expenses paid from a flexible spending account and any expense reimbursed by your health plan provider.
   - Be aware that the cost of traveling to your doctor’s office is deductible; the standard mileage rate is 23 cents per mile, plus the cost of tolls and parking.
   - Most taxpayers are unaware that they can deduct medical expenses paid for a child under the age of 27, even if they are not a dependent. This could help you reach the 7.5 percent threshold.

2. Contributions to an individual retirement account: The 2012 limits for IRA contributions are $5,000 for individuals age 49 and below and $6,000 for individuals age 50 and above. Taxpayers can receive multiple benefits for making a contribution to an IRA prior to April 15. First, an IRA is an efficient means of saving for retirement. Second, the contribution may be deductible depending on income levels:

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<th>Household Size</th>
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   For single filers who are covered by a company retirement plan a full deduction is received if your adjusted gross income is below $58,000. The deduction gets phased out with AGI between $58,000 and $68,000.

   For married filers, where you are covered by a company plan but your spouse is not, the full deduction for your spouse is received when AGI is less than $92,000. The deduction gets phased out with AGI between $92,000 and $112,000.

   For married filers where you are covered by a company plan but your spouse is not, the full deduction for your spouse is received when AGI is less than $173,000. The deduction gets phased out with AGI between $173,000 and $183,000.

   As always, it is best to consult your tax professional should you require clarification on any tax laws and deductions. Enjoy the spring and good luck with your tax preparation.

David Sawyer is a certified financial planner and a senior vice president at Boston-based Eastern Bank Wealth Management. He can be reached at d.sawyer@easternbank.com.

Ask a financial planner: How to prepare your taxes

College experience validates hard work of high school

By Jun Yu Liu

Many high school students — especially seniors — look forward to college. College is time to grow and mature, a period to discover oneself and gain the necessary skills for success. However, for high school seniors, it is important to stay focused. The end of high school does not mean the end of stress or hard work.

From my own experience as a freshman at Boston University, college work is a step up from high school. For those experiencing the phenomena of “senioritis,” or slacking off after receiving college acceptances, it is important to keep your head straight and maintain good study habits. A possible result of “senioritis” are rescinded acceptances, after the colleges have determined that the individual is inconsistent in academic performance and thus deemed no longer fit for acceptance at their institutions.

However, college is not all about stress, work and worries. Aside from gaining independence, college is a remarkable place to meet people with all kinds of interests and backgrounds. At an institution of higher education like Boston University, this rings especially true. The weekly lectures are like congregations of the international community, with people from every single nation in the world. It is a unique experience and a unique change from the high school experience.

Aside from academics, social life is also arguably just as important for college students. For those who are uncomfortable with socializing and meeting new people, college is the place to overcome this. While academic knowledge and skills are crucial, social skills are essential for your future career. As a business management major, having exceptional communication skills will be crucial for me to carry out business transactions and accomplish tasks. In the meantime, I need good communication skills for success on team presentations and projects.

From my experience, college is definitely worth the effort. All those sleepless nights of studying, making a contribution to my community and participating in after-school activities were all means by which colleges based their admissions.

YOUTH VOICES

Featuring original work written by students

Fight the urge to cry

But the fact that you are in college does not make any of your efforts any less relevant. They only heighten your sense of belonging. In a sense, college allows you to further your understanding and gain a new perspective of the world around you. There are simply more resources in college to take advantage of, more ways to commit your time. Through these resources, individuals are able to take a step further and discover what they want to make of their lives. It is this discovery that will point individuals in the right direction. I was told the following last year: “It’s not what college you get into that matters, it’s what you do at college that matters.”

This has resonated with me as I near the end of my freshman year in college. Best of luck to those still waiting for admissions.

Ava Estates

90 Rangeway Road

Billerica, Massachusetts 01862

Four two-bedroom townhomes featuring one and one half-bath, one-car attached garage, deck, 1,550 square feet $169,100

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:

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<tr>
<th>Household Size</th>
<th>Maximum Income Limit</th>
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Household Asset Limit of $75,000

To request an application and information packet, contact: Housing Resource Group, LLC at 781.820.8797 or visit the Billerica Public Library, 25 Concord Road

Completed applications must be returned to the

Housing Resource Group, LLC

Four Raymond Street, Lexington, MA 02421

posted May by May 25, 2013.

An informational meeting will be held at the Billerica Public Library, 25 Concord Road, Billerica at 1:30 p.m. on Saturday, April 13, 2013.
Preschool implements nutritional program for fighting childhood obesity

BY HAO LU

Although the nation has long been aware of its childhood obesity problem, not every school is taking action. Children of America, an educational childcare center with 570 schools in 12 states across the country, however, is going beyond standard childcare. The academy has been implementing its Mind and Body Matters Program since last September, providing classes to children from six weeks to 12 years old.

“Nutrition is very, very big today,” said Thad Pryor, CEO of Children of America. The Mind and Body Matters Program consists of three elements, which are the Just Read Program, the Nutrition Program, and the Presidential Fitness Campaign Program. All of the programs aim to bring children a mentally and physically healthy school life starting from early age.

“We don’t have any fried food in our schools,” Pryor said. “We have wheat bread, wheat pasta, fruit and vegetables. We give a healthy serving to our children. We give them nutritional food that balances the diet and we teach them how to eat properly.”

“If you are a hurry and have to take your child to eat fast food, what is healthier? Is it the hamburger or the chicken nuggets?” Pryor asked.

“Most of the parents would say chicken nuggets, but that is wrong. Because of the fat in fried food, the hamburger is actually healthier to the child,” he said.

Ask Doctor Yu, Chinese medicine practitioner: Winter herbal soups

SUBMITTED BY ALEX YU

Chinese traditional medicine principles for cold weather recommend nourishing yin and soothing dryness, to prevent irritation and dryness to the lungs. The following are some recipes to ward off cold weather.

Papaya, lotus root and bamboo shoot soup

Papaya contains acid that aids digestion, particularly for breaking down animal protein in the digestive tract. Papaya and bamboo shoot are good sources of Vitamin A, which prevents dryness of the eyes and improves symptoms of eye allergies.

Ingredients: Papaya (800 grams), lotus root (60 grams), three tomatoes, bamboo shoot (400 grams), and pinch of salt
1. Wash the nan sha shen, odoratum and pear soup

Nano sha Shen, odoratum, and pear soup are two highly effective herbal remedies. They are cold in nature, sweet and slightly acidic tasting, and aid the lungs and stomach. Pears reduce dryness, excessive “yang” heat and phlegm build-up. By easing “yang” heat, it eliminates thirst, “yang” coughing, phlegm and constipation.

Ingredients: Nan sha shen, odoratum and pear soup
1. Wash the nan sha shen, odoratum and pear soup

Pear, apple and almond soup

Ingredients: Two pears, two apples, 12 ounces of almonds and four dates
1. Wash the almonds and soak them in warm water for 20 minutes. Wash the pears and apples, then remove the stems without peeling the skin. Slice the pears and apples into pieces.
2. Add 1.2 liters of water to a large pot. When the water reaches a rolling boil, add all the ingredients and boil at medium heat for an hour. Add salt to taste.

Zucchini, peanut and lotus root soup

Zucchini cleanses the stomach and intestines, and aids urination. Peanuts can treat beriberi. While zucchini is a summer crop, the transition to autumn is when athlete’s foot and beriberi are most common. Zucchini and peanuts can combat dampness and prevent the recurrence of athlete’s foot and beriberi. Raw lotus root is cold in nature, while cooked lotus root is warm, helping to soothe the lungs.

In addition to teaching children how to eat properly through their nutrition program, the school also has a physical fitness program for children older than three to start doing exercises such as jumping jacks, sit ups and push ups. This stems from the idea that fitness could become a healthy part of every child’s life.

“I was one of those children that were left behind. When I was little I had dyslexia. I didn’t go to college. I barely graduated high school,” said Pryor. “I got into this business because I want to help children and I want to make sure children were able to read, to eat well, to take care of their body properly. My idea [for this program] comes from the struggles that I’ve had in my life, and I’m trying to make a difference to the young children that go to our schools.”

Currently Children of America has three locations in Massachusetts. For more information, please visit the school’s website: http://childrenofamerica.com/.

The Mind and Body Matters Program of athlete’s foot and beriberi. Raw lotus root is cold in nature, while cooked lotus root is warm, helping to soothe the lungs,
yogurt, fruits and vegetables.

3. Add the pears and dates, then boil at medium to low heat for 40 minutes. Add salt for taste.

4. Put 1.5 liters of water in a large pot, adding the bamboo shoots and lotus root. Boil at high heat for 20 minutes.
5. Add the papaya and tomatoes, then turn the heat down to medium. Add salt to taste.

6. Add the almonds and soak them in warm water for 20 minutes. Wash the pears and apples, then remove the stems without peeling the skin. Slice the pears and apples into pieces.

7. Wash the almonds and soak them in warm water for 20 minutes. Wash the pears and apples, then remove the stems without peeling the skin. Slice the pears and apples into pieces.

8. Wash the nan sha shen, odoratum and pear soup

9. Wash, peel and slice the zucchini.
10. Wash and slice the bamboo shoots.
11. Remove the stems from the tomatoes and slice into large pieces.

12. Put 1.5 liters of water in a large pot, adding the bamboo shoots and lotus root. Boil at high heat for 20 minutes.
13. Add the papaya and tomatoes, then turn the heat down to medium. Add salt to taste.
Discovering vegetarian dim sum at China Pearl

BY LING-MEI WONG

Dim sum is a wondrous guilty pleasure. A never-ending procession of carts serve shrimp-filled “har gow” dumplings, pork with shrimp “siu mai” dumplings and crackling fried turnip cake. The selections are delicious but often prepared with MSG and animal fat, making dim sum a treat to be enjoyed in moderation.

The China Pearl added 10 vegetarian dishes to its dim sum lineup, made with fresh ingredients and vegetable oil. No artificial tofu “meats” are to be seen, leaving out processed additives for clean vegetable flavors. For those who have sworn off meat, these vegetarian options do not disappoint.

The fried buns stuffed with chive and tofu were hot and aromatic. Meat lovers at the table did not feel in the least deprived. The vegetarian cheong fun was another hit, a rice noodle filled with wood ear mushrooms, carrots and bamboo shoots that gave it a crunchy texture.

We also enjoyed the napa cabbage roll, filled with shiitake mushrooms. The three-color cabbage dumpling was very pretty, but relatively bland compared to the previous savory dishes. However, the deep-fried tofu blocks, with accents of garlic and pepper, redeemed this.

Even the simplest dishes had deep flavor. Japanese squash with goji berries was lightly steamed but rich and buttery. Steamed broccoli was prepared with rice wine vinaigrette instead of the typical oyster sauce, which gave the broccoli a citrusy tang.

For dessert, three treats offer vegetarians some sweet choices. The pumpkin cake with red bean filling is delicate and not as heavy as flaky pastries made with pork fat.

Fried lotus root drizzled with honey and toasted sesame seeds heightened the lotus root’s crunchiness without the powdery texture. Steamed lotus root stuffed with sticky rice was intensely sweet, tempered by a scattering of osmanthus flower petals.

By the time the desserts arrived, we were decidedly full. Each of the dishes were distinct in flavor, rather than bland.

If you want to go for a guilt-free dim sum lunch, look no further than the China Pearl. This was an arranged tasting, so the Sampan’s experiences may be more pleasant than the norm.