Asian realtors group celebrate fifth year in Boston

BY LING-MEI WONG

The Asian Real Estate Association of America (AREA)’s Boston Chapter held its fifth annual gala on Jan. 20 at the Taj Hotel. A sold-out crowd of 275 realtors and their guests celebrated the Boston chapter’s win of Chapter of the Year among 37 national chapters.

AREA national president Angie Lee attended gala. Lee is the first Korean American and first millennial leader of the 16,000 member group.

“The Asian American Pacific Islander community has a mortgage origination volume of $600 billion a year,” Lee said. “That’s tremendous economic power that we represent.”

Lee and Boston chapter president Dick J. Lee installed the 2017 board of directors and executive board.


Founded in 2003, AREA is a nonprofit professional trade organization dedicated to promoting sustainable homeownership opportunities in Asian American communities by creating a powerful national voice for housing and real estate professionals.

HIGHLIGHTS

Chinatown land parcel discussed PAGE 3

Stopping smoking may ease symptoms of depression PAGE 7

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社區會議討論華埠地塊 中英文第二版

停止吸煙可能緩解抑鬱症的症狀 中英文第五版

Mulan Society empowers immigrant women

BY LING-MEI WONG

The Mulan Society Center for Women Empowerment serves female immigrants at the Asian American Civic Association, as most of the agency’s clients are women. Pictured is Coco Huang, a teller at Citizens Bank and graduate of the Careers in Banking and Finance program. (Image courtesy of AACA.)

The Mulan Society Center for Women Empowerment honors female immigrants at the Asian American Civic Association (AACA). Named for the Chinese heroine Mulan Hua who fought in her father’s place, the Mulan Society formed in 2012, as the majority of AACA’s clients are women. The Center for Women Empowerment will offer free classes on Saturdays to accommodate the women’s schedules.

“Mulan is a hero who served her family and country,” said AACA board president Yongmei Chen, who is also a senior vice president at Eastern Bank.

“There are separate programs out there helping women facing domestic violence, language or workforce training. I hope our program will be the support system for immigrant women who come through and want to better themselves. They can be empowered to pursue their own dreams, such as becoming a citizen, gaining needed knowledge or skills, or becoming a well-informed and empowered parent.”

Classes begin Feb. 4 for citizenship test preparation, computer skills and other topics, such as social services and women’s health. The center aims to address needs most relevant to immigrant women, along with providing emotional support.

Julia Kim, AACA board member said, “What I would like the Mulan Society to do is to take these women and make the world small enough to feel warmth and familiarity with a helping hand. It’s not a hand out, but a hand up.”

Kim came to the States from Korea when she was five and is head of technology professional services at Information Research + Management. While she assimilated quickly, she understands the immigration process can make adults feel powerless.

Madge Meyer came to America from Shanghai, China, and has worked at major corporations such as IBM and State Street Corporation. She now runs her own consulting firm and understands the challenges facing Asian women in the workplace.

“The work of the Mulan Society is great and needed,” Meyer said. “AACA has proven track record to help immigrants with key skills and find jobs.”

Registration is needed three days ahead. Sign up by calling (617) 426-9492 x 216 or emailing hgong@aaca-boston.org.

1月25日在君子樓慶祝會, 由君子樓周圍唐人社區的耆英們一同歡渡春節, 气氛熱烈。

慶祝會開始，首先由中華耆英會向耆英們致春節親切的問候和祝賀，接著豐富多彩的文娛節目開始。君子樓合唱團的大合唱《恭喜！恭喜！》，一曲高歌向耆英們拜個早年，引起耆英們開懷歡笑，掌聲不停。接接著是《我愛我的國家》一曲高歌向耆英們獻上新年祝福。

著名音樂家楊一鳴、韓老彤老師，他們多年大力支持和辛勞付出，使耆英們在每個節目裡都可歡聚一堂欣賞優秀的文娛節目和美餐分享。真是萬分感激！

波士頓市長政府兩位代表：波士頓老人局營養主任Tara Hatala及波士頓年長項目主任Tiffany Favers。中華耆英會的行政主任張青梅及員工黃利紅也到場向耆英們拜年。
Chinese New Year flower market
Friday, Jan. 27
9 a.m. to 6:30 p.m.
2 Boylston Street
Boston, MA 02116
Chinatown Main Street will host a flower market for Chinese New Year at the China Trade Center, selling plants, red envelopes and other cultural merchandise for Chinese New Year.

Lunar New Year festival
Saturday, Jan. 28
10 a.m. to 4 p.m.
161 Essex Street
Salem, MA 02970
Celebrate the Year of the Rooster with music, art making and lion dances at the Peabody Essex Museum. For more information, visit www.pem.org.

NEACP Chinese New Year luncheon
Saturday, Jan. 28
Noon to 3 p.m.
213 Burlington Road
Bedford, MA 01730
Celebrate the Year of the Rooster with Chinese New Year riddles at Bamboo Burlington with the New Year riddles at Bamboo Burlington with the New Year of the Rooster at the Museum of Fine Arts. Admission all day long.

Small business workshop
Tuesday, Jan. 31
10 a.m. to noon
700 Boylston Street
Boston, MA 02116
A free small business workshop on Instagram will take place at the Kirkstein Business Library of the Boston Public Library. Register online at www.eventbrite.com/e/instagram-how-to-make-it-work-for-your-small-business-tickets-3056180170.

Free health care event
every Tuesday
6 p.m. to 8 p.m.
First Church in Malden
184 Pleasant Street
Malden, MA 02148
The Shrewsbury Project offers free, unscheduled health care to the medically underserved populations of the greater Boston area.

Lunar New Year networking
Tuesday, Jan. 31
5:30 p.m. to 8 p.m.
250 Congress Street
Boston, MA 02210
Get connected with NAAAP and the Commonwealth Seminar will host a Lunar New Year networking event at McKinsey and Company. Register online at http://getconnected.com/events/gbkny.

Chinatown Safety Committee meeting
Wednesday, Feb. 1
10:30 a.m.
621 Washington Street
Boston, MA 02110
The Chinatown Safety Committee meeting will take place at the DoubleTree Hotel.

Free immigration clinic
Wednesday, Feb. 1
1 Noon to 2 p.m.
1 City Hall Square
Boston, MA 02109
The Mayor’s Office for Immigrant Advancement offers free immigration clinics at the Boston City Hall Room 806. For interviewers other than Spanish, please call at least one week in advance at (617) 635-2980.

Chinatown Resident Association meeting
Wednesday, Feb. 1
6:30 p.m.
885 Washington Street
Boston, MA 02111
The Chinatown Resident Association meeting will take place at the Josiah Quincy Elementary School cafeteria.

Economic Development office hours
Thursday, Feb. 2
3 p.m. to 5 p.m.
87 Tyler Street
Boston, MA 02111
The Mayor’s Office of Economic Development will host weekly office hours at the Asian American Civic Association.

‘China in Song’ concerts
Feb. 3 to 4
7:30 p.m. to 9 p.m.
The Genesis Chamber Singers will present “China in Song” on Feb. 3 at 1 Linden Street, Quincy, MA 02171 and on Feb. 4 at 23 N. Main Street, Cohasset, MA 02025. For more information, visit www.genesischambersingers.com.

Give Kids a Smile Day
Saturday, Feb. 4
9 a.m. to 1 p.m.
1 Kneeland Street
Boston, MA 02110
Tufts Dental School will provide children age 0-13 free dental screenings, educational activities, face painting, toothbrushes and more. Register at dental.tufts.edu/CKAS.

Fire alarm installation
Saturday, Feb. 4
5 p.m. to 6 p.m.
The American Red Cross will be installing free fire alarms and carbon monoxide detectors in Quincy. To register, call 1-800-746-3511.

Annual Boston Chinatown Chinese New Year parade
Sunday, Feb. 12
10 a.m. to 4 p.m.
MulanSocietyCenter for Women’s Empowerment classes will take place at the Josiah Quincy Elementary School cafeteria.

Mulan Society classes
Saturday, Feb. 4
1 p.m. to 4 p.m.
87 Tyler Street
Boston, MA 02111
The AACA Youth Council theatre workshop Saturday, Feb. 4
2 p.m. to 4 p.m.
87 Tyler Street
Boston, MA 02111
The AACA Youth Council theatre workshop works with youth to write plays, perform and have fun. Elementary and middle age students are mentored by high school students, with direction from actress and playwright Charmaine C. Santiago Gaddion. Register with Tong Gao at (617) 426-9492 x 205 or tango@aaac-boston.org.

Independent living discussion
Wednesday, Feb. 8
6:30 p.m.
426-9492 x 205 or
sampan.org
The reproduction, in whole or in part, of any information contained herein is forbidden without the express written permission of the publisher.

Year Market and Food Festival will take place at North Quincy High School.

In a few days your hair is a mess. Get a haircut.

Now You’ve Got a Spot on the Team! You’re Making Money.

VOLUNTEER! JOIN US!

Get Konnected
The Sharewood Project presents a discussion about available housing options for older adults will take place at Old South Church. Register by calling (617) 723-9713.

Quincy Chinese New Year celebration
Sunday, Feb. 12
Noon to 6 p.m.
316 Hancock Street
Quincy, MA 02171
The annual Lunar New Year celebration will take place.

Advertise with us!

To apply, visit www.qcc.edu/business-resources for a complete job description, qualifications and application procedures. All applicants must apply online.

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Chinatown land parcel discussed
BY SARA BROWN

The community gathered at a Boston Planning and Development Agency (BPDA) meeting on Jan. 19 to discuss the future of Parcel 12 at the Josiah Quincy Elementary School. Parcel 12 is one of the few remaining undeveloped properties in Chinatown. It is owned by the BPDA and is located on Tremont Street between the DoubleTree Hotel/Wang YMCA and the Tufts Medical Center parking garage.

The BPDA plans to request for proposals (RFP) this year, inviting developers to bid on the land parcel following requirements outlined in the RFP, said BPDA deputy director for community planning Lara Mérida. It intends for Parcel 12 to become a mixed-use project with condos, affordable housing and retail space. Whoever the BPDA chooses as a developer, the BPDA will still own the land, which will be for lease.

Unlike the Massachusetts Department of Transportation land parcels on Kneeland Street, the BPDA is not required to award the project to the highest bidder. Mérida said the agency wants any potential project to be right for the community. The community meeting allows Chinatown residents to help the BPDA develop requirements for the RFP application.

“We really want what is best for the community with this project,” said BPDA senior planner Mary Knasas. “We do not plan on going with the highest bidder.”

Residents broke out into groups to discuss what they would like to see at Parcel 12. The BPDA plans on taking those ideas and crafting the draft guidelines. Many residents voiced their objections to luxury condos at Parcel 12. They wanted to see more affordable housing in Chinatown.

There will be another workshop in February or March with the community to review the draft guidelines and to see if there is anything else to add. The BPDA’s plan on releasing the RFP to bid in spring or summer 2017.

The community meeting on Parcel P-12 on Tremont Street took place Jan. 19 at the Josiah Quincy Elementary School. (Image courtesy of Sara Brown.)

Get an inside look at vibrant retirement living on the South Shore. Come and tour our beautiful campus and maintenance-free homes. Experience top-notch amenities and discover dozens of exciting clubs, classes, and activities.

Bring your friends and family! Join Linden Ponds for a Sunday, January 29, 2017 Tours scheduled from 10:00 a.m. to 12:00 p.m. 300 Linden Ponds Way, Hingham Call 1-800-989-0448 for more information and directions.

The proposed Winthrop Garage skyscraper would replace a five-story building in downtown Boston. However, the 115 Winthrop Square project has raised concerns about potential impacts to the city, which were discussed at a Boston Planning & Development Agency (BPDA) meeting on Jan. 19.

The BPDA advised buildings not be higher than 725 feet based on airport regulations. Developer Millennium Partners proposed a 775-foot tower in November 2016, with 300 condos and 14 floors of office space. The Massachusetts Port Authority objected to the proposed building, saying it is too high and would affect aviation operations at Logan Airport.

Moreover, because of the height of the tower, it would create a shadow on the Boston Common along Frog Pond. The Boston Common is protected under state law, limiting construction of buildings and structures that would cast shadows on it on certain hours. Of the total allowed acreage of shadow, there is only a quarter left.

Millennium Partners offered $153 million, or “$153 million?” Golden said. “We think this is a meaningful, concrete step to address those concerns, and it yields $153 million for the City of Boston.”

The 115 Winthrop Square project is still undergoing review, with construction not to begin until 2018.

The Taipei Economic and Cultural Office in Boston celebrated the Year of the Rooster on Jan. 19. (Image courtesy of Ling-Mei Wong.)

Proposed Winthrop Garage skyscraper faces concerns over height
BY RUOBING SU

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The Taipei Economic and Cultural Office in Boston celebrated the Year of the Rooster on Jan. 19. (Image courtesy of Ling-Mei Wong.)
The Chinatown/South Cove Neighborhood Council reelected Sherry Dong as moderators on Jan. 23. Pictured are the co-moderators at the Dec. 21, 2015 meeting (from left): Felix Lui, Sherry Dong and Ruth Moy. (Image courtesy of Ling-Mei Wong.).

Dong to be a moderator, who will serve a three-year term, while Lui and Moy are continuing their terms. One co-moderator position is up for election each year. Public safety was discussed, in light of recent crime incidents on Tyler Street. Better street lighting and increased police presence was needed, along with the public being more vigilant of their surroundings, Dong said.

Mayor Martin Walsh gave his third State of the City address. (Image courtesy of Sara Brown.)

Boston Mayor Martin Walsh gave his third State of the City as mayor on Jan. 17 at Symphony Hall. While times are uncertain due to incoming President-elect Donald Trump, Walsh said he will continue to fight for what is right for the city of Boston.

“At a time when cities must lead, Boston is a leader of cities. Whatever happens nationally, I will fight for our values,” Walsh said. “I will fight for our families. I will fight for our seniors and our children, for our veterans, our immigrants, and those with disabilities. I will fight for good jobs, public schools, and affordable housing, for racial justice and equal rights. And I will never stop fighting for recovery.”

Walsh walked on stage to a thunderous standing ovation. Walsh said he would continue to protect immigrants’ rights.

“We don’t just welcome immigrants in Boston, we help them thrive, and we continue to protect immigrants’ rights. "We don’t just welcome immigrants in Boston, we help them thrive, and we won’t retreat an inch," said Walsh.

Walsh said he could relate to immigrants. "I was the son of immigrants who needed a second chance. “This is the city that made me who I am,” Walsh said.

The Mayor unveiled his new plan for universal pre-kindergarten for all children in the city.

“It’s only fair that Boston’s success benefits all Boston’s children,” Walsh to thunderous applause. According to Walsh, the plan will be funded when the mayor files a home-rule petition. He says it will raise $16.5 million. He said more than 1,300 children will attend the program.

Walsh said he would bring library services back to Chinatown. He says services such as computer access, book-checkouts and educational support will happen at the China Trade Center.

Walsh said the current state of Boston is strong. Crime is down 9 percent and according to Walsh Boston is considered one of the safest big cities in America. Last year there were 45 homicides.

Work consists of providing a comprehensive elevator modernization for three (3) obsolete elevators at Alewife station, to include removal and replacement of the elevators, systems modifications to the elevator machine rooms, and various other improvements to the mechanical, electrical, security and plumbing systems in proximity to these areas.

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 1 percent.

Additional information and instructions on how to submit a bid are available at http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/
Day of Service discussion explores racism and personal identity

BY RUOBING SU

A day of service event took place in Boston Renaissance Charter School on Martin Luther King Day on Jan. 16 at Boston Renaissance Charter School. (Image courtesy of Ruobing Su.)

A Martin Luther King Day event featuring panel discussions on identity and racism took place Jan. 16 at Boston Renaissance Charter School. (Image courtesy of Ruobing Su.)

BY RUOBING SU

A day of service event took place in Boston Renaissance Charter School on Martin Luther King Day on Jan. 16. The “I am” (#IAM) event by Peregrinum featured several experts addressing trauma and harassment in schools, as well as identity in the era of negative political discourse.

Farah Assiraj, Peregrinum founder and English for speakers of other languages, was an undocumented immigrant when she came to the United States at the age of 10 from Morocco. Living in a country where nearly no one knew her language and culture, Assiraj felt marginalized by her ethnicity and religion. New immigrants experience similar feelings of alienation, which can profoundly influence students as they grow up.

Assiraj said, “Today’s day of service is really just the start point of where we go from here to where the work takes place. We need to focus all our attention to daily life, work and our agenda — how to really ensure there is equity for all the students and children regardless of their races, ethnicities, religions and languages.”

Two panel discussions took place. One addressed the impact and response to trauma and harassment in schools regarding students’ identities. Shannah Varon, Boston Charter Alliance chairwoman, emphasized the need for a bullying curriculum for children in schools across Boston. “They [students] have to educate themselves and others when harassment and bullying take place,” Varon said. “And we need to make sure the implementation that our teachers know what to do with bullying when they see it.”

Jessica Tang, Boston Teacher Union’s director of organizing, said the union supports both the students and teachers who feel uncertain as undocumented residents and their immigration status after President Donald Trump’s inauguration on Jan. 20. “We want to send a strong message that everyone is welcomed here; and reaffirm to our students that they are loved and cared for, and we are going to do everything within our power to make sure they are safe,” Tang said.

Going beyond the community of school, the role of identity also plays out in workplace and political discourse. Another panel focused on the role of identity in the era of negative political discourse. Diverse decision makers could bring different voices, aspects and representations regarding genders, religions and cultures, to implement more considerate school policies. The panel believed equality and education are important to form a healthy community which can accept different cultures.

Tufts University employees give grants to eight programs in Chinatown

By Tufts University

The Tufts Neighborhood Service Fund (TNSF) committee recently awarded $4,200 in grants to eight programs in the Chinatown neighborhood of Boston. TNSF collects donations from university employees throughout the year and then awards grants to community-based, charitable organizations that serve Tufts’ host communities (Medford; Somerville; Grafton; and Boston’s Chinatown, Fenway, Mission Hill, and Mattapan neighborhoods) and actively engage Tufts volunteers in their work.

A committee comprised of Tufts administrators, faculty and staff meets annually to review proposals and select grant recipients. In 2016, there was a total of approximately $15,046 available to distribute through TNSF. The committee received 55 proposals, and selected 36 programs and projects for awards. Members of the TNSF committee base their decisions on a desire to address the most pressing needs in the communities and to encourage expanded involvement of Tufts volunteers.

The Chinatown grant recipients for 2016 are:

- Asian American Civic Association - $400 for MBTA passes for clients
- Asian Community Development Corporation - $200 for workshop materials
- Boston Chinatown Neighborhood Center - $300 for first-generation college students to take bus tours of college campuses
- Friends of the Chinatown Library - $200 for their ongoing library support
- Greater Boston Chinese Golden Age Center - $400 for a campaign on chronic illness
- Jossiah Quincy Elementary School - $400 to help fitting out maker space in school library
- Racesticks and Tea - $2,000 for the food pantry
- Wang YMCA - $300 for first-generation college students to take bus tours of college campuses

MARBLED HOUSING OPPORTUNITY PURCHASE PROGRAM ROUND 11-B

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

MAXIMUM GRANT AMOUNTS

<table>
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<tr>
<th>1 Bedroom</th>
<th>2 Bedroom</th>
<th>3, 4, and 5 Bedrooms</th>
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<td>$86,000</td>
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MAXIMUM HOUSE/CONDOMINIUM AMOUNTS

<table>
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<tr>
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<th>Maximum Grant</th>
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MAXIMUM ANNUAL HOUSEHOLD INCOME EFFECTIVE MARCH 29, 2016

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</table>

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

Net family assets may not exceed $75,000.

Housholds interested in applying should attend one of the two informational sessions being provided.

Informational sessions will be held at the following locations:

- Thursday, February 23, 2017, 7:00 PM:  Hearing Room #2, Marshfield Town Hall, 870 Moraine Street, Marshfield
- Saturday, February 25, 2017, 10:00 AM: Hearing Room #2, Marshfield Town Hall, 870 Moraine Street, Marshfield

A lottery will be held on Thursday, March 23, 2017 at 7:00 PM at the Marshfield Town Hall, Hearing Room #2, to select grant recipients. Successful grant recipients are required to have at least one family member attend and complete a Homebuyer Education Workshop.

For additional information or to receive an application please contact the Marshfield Housing Partnership (781-834-6353) or the Marshfield Housing Coordinator: (781-834-1051). Applications are also available outside the Town Clerk’s Office, Marshfield Town Hall.

All applications must be received and dated stamped by the Marshfield Housing Authority no later than 12:00 PM (Noon) on Friday, March 10, 2017.

Marshfield Housing Authority
12 Tea Rock Gardens
Marshfield, MA 02050

The Marshfield Housing Partnership has an obligation to provide reasonable accommodations to applicants if they or any family member has a disability. Written, language assistance is provided at no cost to the applicant.

MHOPP Funding was made possible by the Town’s adoption of the Community Preservation Act
The dangers of smoking

BY SARA BROWN

Smoking is one of the most dangerous things one can do to your overall health. Yet, thousands of people every day light up a cigarette. Here are some of the major health effects of smoking.

Cardiovascular disease

Smoking causes stroke and coronary heart disease, which are among the leading causes of death in the United States. Smoking damages blood vessels and can make them thicken and grow narrower. This makes your heart beat faster and your blood pressure go up. Clots can also form. A stroke occurs when a clot blocks the blood flow to part of your brain or when a blood vessel in or around your brain bursts. Even people who smoke fewer than five cigarettes a day can have early signs of cardiovascular disease.

Respiratory disease

Smoking can cause lung disease by damaging your airways and the small air sacs called alveoli found in your lungs.

Lung diseases caused by smoking include chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smokers are 12 to 13 times more likely to die from COPD than nonsmokers. Smoking is directly responsible for almost 90 percent of lung cancer and COPD deaths.

Cancer

Cigarette smoking causes most cases of lung cancer. Smoking can cause cancer anywhere in your body. Smoking, including secondhand smoke, is the leading cause of lung cancer. Smoking increases the risk of respiratory system cancers. These include cancer of the nose, sinus, voice box, and throat. Smoking also increases the risk of many other cancers of GI (gastrointestinal), urinary, and female reproductive systems.

Cigarette smoking causes more than 480,000 deaths each year in the United States. This is nearly one in five deaths.

South Cove Manor at Quincy Point hosted a breakfast seminar about mental health challenges facing Asian immigrants on Dec. 22 at 120 Shawmut Avenue. (Image courtesy of South Cove Manor.)

The emotional challenges facing seniors are loneliness, isolation, a sense of belonging and no social support. However, many seniors are reluctant to seek mental health resources. They feel emotional issues may stem from physical ailments or a lack of toughness in character.

Chinatown seniors learn about immigrant mental stress

BY SOUTH COVE MANOR AT QUINCY POINT

South Cove Manor at Quincy Point hosted a breakfast seminar about mental health challenges facing Asian immigrants on Dec. 22 at 120 Shawmut Avenue. (Image courtesy of South Cove Manor.)

A breakfast seminar on mental health challenges facing Asian immigrants took place Dec. 22 at 120 Shawmut Avenue. (Image courtesy of South Cove Manor.)

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Chinatown seniors learn about immigrant mental stress

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A breakfast seminar on mental health challenges facing Asian immigrants took place Dec. 22 at 120 Shawmut Avenue. (Image courtesy of South Cove Manor.)
Cancer Research UK found in a new study that stopping smoking could help improve the troubles of depression. Researchers at Kings College London looked at 3,775 patients attending a stop smoking clinic in the Czech Republic.

In the study, they found that smokers who received the clinic’s specialist behavioral support and medication were more likely to remain smoke free for a year. There were 835 participants in total.

Also, quitters found large improvements in their depression. A total of 66.3 percent of those with moderate or severe depression while they were smoking said they had little to no depression symptoms after they quit.

Smoking rates among people with mental health conditions are more than double those of the general population. However, it can be hard for people with depression to quit smoking successfully.

“While there’s been an overall fall in smoking rates in recent decades, there hasn’t been the same decline among people with mental health problems,” said Dr. Leonie Brose, a Cancer Research UK fellow based at King’s College London and senior author of the publication.

“The findings also suggest that giving up smoking may improve depressive symptoms, improving mental as well as physical health.”

The results can be found published online in the journal Annals of Behavioral Medicine.

Affordable Housing Lottery
Modera Medford
5 Cabot Road, Medford, MA

The first apartments will be ready for occupancy in April/May 2017 with the majority of units coming online through the summer and fall of 2017.

One Studio @ $1,119*, Sixteen 1BRs @ $1,252*, Twelve 2BRs @ $1,372*, One 3BR @ $1,485
*Rents subject to change in 2017. Utilities not included. Tenants will pay own Gas Heat, Gas Hot Water, Electricity (including cooking), Water and Sewer

Modera Medford is a 297 unit rental apartment community located in Medford at 5 Cabot Road. 30 of these apartments will be made available through this application process. Unit features include fully applianced stainless kitchens, moveable kitchen islands, quartz counter and island tops, in unit washers and dryers, and include one parking spot.

MAXIMUM Household Income Limits: $51,150 (1 person), $58,450 (2 people), $65,750 (3 people), $73,050 (4 people), $78,900 (5 people) and $84,750 (6 people)

Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on February 16th, 2017.

A Public Info Session will be held on January 10th 2017 at 5:00 pm at the Medford Fire Department (10 Medford Street in the Arthur Dello Russo Community Room). The Lottery will be held in the same location on March 7th, at 6 pm.

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.s-e-b.com/lottery or call (617) 782-6900 (x1 and then x7) and leave a message. Applications and Information also available at the Medford Public Library on 11 High St. Library Hours (M-Th 9-9, Fri 9-6, Sat 9-5)

Stopping smoking helps depression. (Image courtesy of Flickr user Lilmonster Michi.)

Stopping smoking may ease symptoms of depression
BY SARA BROWN

Winter brings lots of joys. However, due to the weather, it can also bring a lot of illnesses. Here are four tips to stay healthy during this cold season.

1) Keep stress to a minimum
When someone is consistently more stressed out, they are more susceptible to catching colds. There are different ways to stay relaxed. Experts suggest to work reasonable hours at work, have at least one night with family and friends, and get plenty of sleep.

2) Exercise daily
Doctors say it is important to exercise every day, even if it is just for 15 minutes a day. The more you exercise, the more your body will be healthy to build up its immune system to fight off colds. Also, exercise releases endorphins, which will help fight away the winter blues.

3) Don’t smoke
It seems like common sense but it bears repeating. Smoking significantly weakens your immune system no matter what season it is. During the winter, immune systems are usually weaker. Don’t make things worse if you don’t have to.

4) Wash hands
Keep the bacteria and viruses off your hands and out of your mouth and eyes. Keep a bottle of hand sanitizer close-by for those instances where you can’t get to soap and water.

Four tips to stay healthy during winter
BY SARA BROWN

Smoking rates among people with mental health conditions are more than double those of the general population. However, it can be hard for people with depression to quit smoking successfully.

“While there’s been an overall fall in smoking rates in recent decades, there hasn’t been the same decline among people with mental health problems,” said Dr. Leonie Brose, a Cancer Research UK fellow based at King’s College London and senior author of the publication.

“The findings also suggest that giving up smoking may improve depressive symptoms, improving mental as well as physical health.”

The results can be found published online in the journal Annals of Behavioral Medicine.

Stopping smoking helps depression. (Image courtesy of Flickr user Lilmonster Michi.)

Most people get colds during the winter months. (Image courtesy of Flickr user Allen Lee.)
Newton Cantonese School students entertain with a performance of "Three Little Pigs" on Jan. 21. (From left) Emma Soeradinata, Kyla Ng, Alexey Flinkoff, Abigail Lam, Hoi-ching Ma, Isabel Lam, Leo Ying. (Image courtesy of Tat Ng.)

Happy New Year
from the Rose Kennedy Greenway Conservancy!

Visit Chinatown Park for our newest public art installation – Make and Take – and take home your very own Rooster – FREE!

Quincy Tower residents and the Greater Boston Chinese Golden Age Center seniors celebrated the Year of the Rooster on Jan. 25 at Quincy Tower. (Image courtesy of Ling-Mei Wong.)

The Neighborhood Home Initiative (NHI) gives first-time homebuyers the chance to participate in a lottery to purchase an affordable single or two-family home in Boston. With SIX new homes available now, and more coming soon, NOW is the time to see if you qualify!

To qualify for inclusion in the lottery, you must:

1. Be a 1st time homebuyer & complete an approved homebuyer education course prior to closing;
2. Have a minimum household size of one (1) person per bedroom;
3. Meet income and asset requirements.

MAXIMUM HOUSEHOLD INCOME

2 person: $78,500
3 person: $88,300
4 person: $98,100
5 person: $105,950

Mortgage, deed, owner-occupancy, Boston residency, household size preference, and other restrictions apply. Requirements are subject to change.

APPLICATIONS ARE AVAILABLE NOW!
www.bostonhomecenter.com
617.635.4663

Newton Cantonese School rings in Year of Rooster

Quincy Tower celebrates New Year

Newton Cantonese School students entertain with a performance of "Three Little Pigs" on Jan. 21. (From left) Emma Soeradinata, Kyla Ng, Alexey Flinkoff, Abigail Lam, Hoi-ching Ma, Isabel Lam, Leo Ying. (Image courtesy of Tat Ng.)

Newton Cantonese School students entertain with a performance of "Three Little Pigs" on Jan. 21. (From left) Emma Soeradinata, Kyla Ng, Alexey Flinkoff, Abigail Lam, Hoi-ching Ma, Isabel Lam, Leo Ying. (Image courtesy of Tat Ng.)

Newton Cantonese School students entertain with a performance of "Three Little Pigs" on Jan. 21. (From left) Emma Soeradinata, Kyla Ng, Alexey Flinkoff, Abigail Lam, Hoi-ching Ma, Isabel Lam, Leo Ying. (Image courtesy of Tat Ng.)
現在就是你獲得醫保和購買明年新保險計劃的最佳時刻。
開放登記截止於1月31日。

高質量醫療保險
所有通過健康聯絡者獲得的醫保計劃都包含您所需的重要福利, 例如
- 看醫生
- 急診服務
- 住院
- 處方藥
- 懷孕和新生兒護理
- 康復服務
- 預防和健康
- 化驗服務
- 精神健康
- 藥物濫用

需要登記協助？
前往你所在地區的以下中心：

健康聯絡者步入式諮詢中心
133 Portland St. Boston

馬奈社區健康中心
9 Bicknell St. Quincy
(617) 471-4715

馬奈社區健康中心
1193 Sea St. Quincy
(617) 471-8683

馬奈社區健康中心
110 W Squantum St. North Quincy
(617) 376-3000

www.MAhealthconnector.org | 1-877-623-6765 | TTY 1-877-623-7773
活動信息

新年花市
1月27日（週五）
上午9時至下午3時
2 Boylston Street, Boston, MA 02116
華埠主辦，舉行花市在中華廣教大樓，方便市民購年貨。

農曆新年慶典
1月27日（週五）
上午10時至下午4時半
213 Hancock Street, Boston, MA 02111
波士頓華埠農曆新年慶典，有燈籠表演、舞獅及音楽樂。

免費牙科檢查
2月6日（週一）
上午10時至下午4時
2 Boylston Street, Boston, MA 02111
塔芙茨牙科醫學院提供0至13歲孩童免費牙科檢查，教育活動，畫臉及牙刷。

農曆新年慶典
2月4日（週六）
上午10時至下午3時
2 Boylston Street, Boston, MA 02111
波士頓華埠農曆新年慶典，有燈籠表演、舞獅及音楽樂。

免費兒童牙科檢查
2月4日（週六）
上午8時至10時
465 Huntington Ave, Boston, MA 02115
波士頓美術館農曆新年慶典，有燈籠表演、舞獅及音楽樂。

英文班編班考試
2月6日（週一）
上午10時至下午4時
2 Boylston Street, Boston, MA 02111
塔芙茨春節聯歡會
2月12日（週六）
上午11時至下午3時
357-4499查詢。

華埠農曆新年慶典
2月12日（週六）
上午10時至下午4時
2 Boylston Street, Boston, MA 02111
波士頓華埠農曆新年慶典，有燈籠表演、舞獅及音楽樂。

華埠農曆新年慶典
2月21日（週日）
上午10時至下午5時
316 Hancock Street, Boston, MA 02111
波士頓華埠農曆新年慶典，有燈籠表演、舞獅及音楽樂。
中華頤養院12月22日在波士頓華人佈道會120所物街樓宇舉辦早餐講座。(圖片由中華頤養院攝。)

長者探討亞裔家庭
移民美國的經歷

中華頤養院 供稿

中華頤養院12月22日在波士頓華人佈道會120所物街樓宇舉辦早餐講座。大約50名長者參加了此活動，並了解了亞裔家庭移民的經歷如何影響他們的精神狀況。

目前美國頤養院的4.6%於2000年1190萬人，到2008年增長到1550萬人。

Emily Wu醫師(吳醫師)是哈佛Longwood住院培訓項目的住院醫師，在Brigham婦女醫院及碧芙以色列迪區尼醫療中心服務。因語言及離鄉背井，移民面對新環境的挑戰，不是每位亞裔是富有且高學歷的人士。根據新移民匯報的四項普遍壓力(Blair, 2000):

• 擔心在美國的將來 (27%)
• 擔心健康問題 (26%)
• 擔心在母國的家人 (24%)
• 擔心經濟問題 (23%)

目前美國頤養院的最快少數族裔是亞裔老年人群，從2000年到2009年由84萬到134萬人口，成長64.4%。根據美國人口調查的2011年資料，自1990來，來自菲利賓, 中國, 韓國, 越南的老人占前四位，其中包括子女申請移民的長者和早期移民的老人。多數亞裔家庭接受多代祖孫同堂，根據美化程度有所改變。老年人面對的情緒健康問題有孤單, 沒歸屬感, 疏於照管，沒有社會團體的支持。

來美定居的長者必須面對孤立和孤單。老人的建議不被重視，因為偏向個人主義講究個人成功，獨立, 隱私。在家中, 老人通常在生活上非常依賴兒女, 而能傳授給子女的智慧有限。長輩到異鄉失去原本的工作(老師, 工程師)和社會地位。他們的孫子融入美國文化和語言，出現更深代溝，失去長輩的親權。年邁的老人負擔照顧孫子和家務勞動。根據移民年數，長輩不一定符合健康保險，社安收入。

精神疾病是任何負面的感情和情緒上的困難導致無法進行正常的生活工作和生活都可能是精神疾病。台灣文化影響, 大多數亞裔認為只有不被社會大眾接受的行為意識是問題需要接受治療的精神疾病。看情況的嚴重性，醫師能幫助克服心理障礙。因文化認知, 情感理解, 社會觀念, 和地理位置，我們需要幫助亞裔家庭跟詳細的了解自身情緒和精神壓力的問題。鼓勵他們尋求專業幫助，並增加適應亞裔文化的情緒醫療服務。
吸煙的危險
Sara Brown 報導

吸煙時對整體健康極其危險的一件事。然而，每天成千上萬的人都在吸煙。以下是一些主要的健康危害。

心血管疾病
吸煙導致中風和冠心病，這兩項都是美國主要致死原因。吸煙會損壞血管，使血管壁厚，變窄，這讓心臟搏動變得更快，血壓上升。血管也會變得僵硬，當血液循環流到大腦或當大腦中的血管爆裂時，中風就會發生。甚至那些每天抽5根煙以下的人都會出現心血管疾病的早期症狀。

呼吸道疾病
吸煙會損壞呼吸道和肺部中的肺泡，從而導致肺部疾病。吸煙導致的肺部疾病就有慢性阻塞性肺病（COPD），包括肺氣腫和慢性支氣管炎。吸煙者死於COPD的可能性是不吸煙者的12至15倍。吸煙直接導致近90%的肺癌和COPD致死。

癌症
吸煙導致大部分的肺癌。吸煙可以導致身體任何部位的癌症。吸煙，包括二手煙，是肺癌的主要致病原因。吸煙增加呼吸系統癌症的風險，包括鼻咽癌、喉癌和喉癌的癌症。吸煙也增加了癌癥的風險，比如腦腫瘤、泌尿系統癌症和生殖系統的癌症。

在美國每年導致超過480,000人死於癌症，幾乎佔所有死後其中的20%。

非吸煙者


經過住房抽籤
Modera Medford
5 Cabot Road, Medford, MA

首套公寓將於2017年4月/5月可以入住，大部分公寓將在2017年夏季和秋季陸續就締。

1套單房$1,119*, 16套1房$1,252*, 12套2房$1,372*, 1套3房$1,485

*租金可能在2017年變化。設施費用不包括。租戶自己支付燃氣供暖、燃氣熱水、電費（包括烹飪）、水費和排污費。

Modera Medford是一個有297套出租公寓的社區，位於Medford的Cabot Road 5號。其中30套公寓將通過這個申請過程可得。公寓設施包括全套設施不銹鋼廚房、可移動廚房島、石英檯面和廚房島檯面、室內洗衣機和烘乾機，以及一個停車位。

住戶最高收入限制：$51,150（1人），$58,450（2人），$65,750（3人），$73,050（4人），$80,350（5人），$87,650（6人）。

完成的申請表和需要的收入文件必須在2017年2月16日下午2點前處理。

－文章由馮竟羽翻譯

停止吸煙可能緩解抑鬱症的症狀
Sara Brown 報道

英國癌症研究在新的研究中發現，停止吸煙可以幫助改善抑鬱症的問題。

倫敦國王學院的研究人員調查了捷克共和國戒菸診所的3,775名患者。

在其中835人參與的研究中，他們發現接受診所專業醫師行為支持和藥物治療的吸煙者更可能在一年時間內保持戒煙。而且，戒菸對於他們抑鬱症病情也有很大的改善。一共66.3%患有中度或重度抑鬱症的吸煙者說在他們戒菸後幾乎沒有抑鬱症的症狀。

患有精神疾病的吸煙率是一般人的兩倍。然而，患有抑鬱症的人更難成功戒菸。

英國癌症研究協會的倫敦國王學院Leonie Brose醫師說：「雖然在最近幾十年吸煙率總體有下降，患有精神疾病的人群中的吸煙率沒有出現相同的下降。研究還發現戒菸可能可以改善抑鬱症狀，改善精神狀態和身體健康。」

研究結果可網上搜尋，出版在行為醫學年刊雜誌上。

出版物：萊因斯作者：英國癌症
研究協會的倫敦國王學院Leonie Brose醫師：『雖然在最近幾十年吸煙率總體有下降，患有精神疾病的人群中的吸煙率沒有出現相同的下降。研究還發現戒菸可能可以改善抑鬱症狀，改善精神狀態和身體健康。』

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吸煙的危害
Sara Brown 報道

吸煙可以導致中風，心臟病，肺部疾病和癌症。

(圖片來源：Flux用戶Joe Ploch。)

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(圖片來源：Flux用戶Joe Ploch。)
木蘭女性資訊中心幫助女性移民

黃靈美 報導

總裁陳詠梅說：「花木蘭是一個服
務家庭和国家的英雄。社會上已經
有不同的項目幫助女性面對家庭暴
力、語言障礙或者提供職業培訓。
我希望我們的項目可以成為那些想
要提高自己的女性的支持。她們可
以獲得支持去追求想要的東西，比
如成為公民，獲得技能或者成為一
名受過良好教育的家長。」

課程在2月4日開始，包括公民
考試準備、計算機技能和其他主題
（如社會服務和女性健康）。木蘭
女性資訊中心目標是解決與女性移
民最相關的需求，以及提供情緒支
持。

華美董事Julia Kim說：「我
希望木蘭協會做的事情是讓這些女
性在這裡感受到溫暖和幫助。我們
不是在施以援手，我們是在提供支
持。」

Kim在5歲的時候從韓國來到美
國。雖然她很快就適應，她明白移
民過程可以讓成人覺得無力。

Kim說：「研究表明如果女性
在工作中和在家中行使權力，整個
社區都會受益。在你做這些之前，
你知道並且有自信自己是有價值
的。你需要知道你不孤單。」

毛正行從中國上海來到美國,
曾在大公司就職，比如IBM和道富銀
行。她如今運營自己的諮詢公司,
她知道亞裔女性在工作中會遇到的
挑戰。

毛正行說：「木蘭協會的工作
很好，很多人都需要。我知道華美
協會有能力做一些很棒的事情。
這個機構有足夠的經驗幫助移民獲
得關鍵的技能，找到工作。」

華美福利會提供10個等級的英
語課程，以及職業培訓。

這個項目要求提前三天報名。
報名請聯繫龔小姐617-426-9492分
機216或電郵至hgong@aaca-boston.
org。

─文章由馮佳瑜翻譯
華埠南灣社區議會1月23日在中華公所開列會。議會員重選曾雪清做共同主席之一，任期三年。三位主席是曾雪清、梅伍銀寬及雷國輝。主席是每年其中一位被選，梅伍銀寬及雷國輝是上兩屆被選做主席。

華埠南灣社區議會1月23日在中華公所開列會。華埠南灣社區議會選出共同主席。

華埠南灣社區議會選出共同主席

學習英文成語

Hit the nail on the head

意思：完全正確

市長華殊在第三次城市致詞支持移民

華埠南灣社區議會選出共同主席

學習英文成語

Hit the nail on the head

意思：完全正確
縮小種族鴻溝
擁抱固有文化身份

社區會議討論華埠地塊
Sara Brown 報導

社區居民於1月20日在昆士大學參加波士頓規劃局舉辦的社區會議，討論12號地塊的規劃。這塊地塊是華埠社區的重要地塊。

一位社區成員表示，現在的規劃讓華埠社區與其他地區一樣，失去了自身的特色。

梅森表示，他們希望能夠在華埠社區保留一些傳統的文化元素，而不是讓它成為一個普通的住宅區。

當地的華埠社區組織也表示，他們希望能夠在這個地區保留一些文化設施，比如學校、圖書館等，讓華埠社區的居民能夠方便的使用。

華埠社區的居民也對這個規劃表示了擔憂，他們擔心這個規劃會讓華埠社區變得像其他地區一樣，失去自身的特色。

梅森表示，他們會繼續與有關部門討論這個問題，直到他們的需求得到滿足。
美國亞裔地產協會第五屆晚宴

台北經濟文化辦事處
歡慶新春聯誼

紐頓中文學校舉辦新春聯歡

中華廣教學校學生獲優異成績

項目會發揮作用
健保計劃會傾聽意見

一個經濟的健保提供者網絡，全新
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幫助你保持健康的努力的一部分。

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