**Boston’s Chinatown rings in Chinese New Year**

BY LING-MEI WONG

Boston Chinatown celebrated Chinese New Year on Feb. 21, after freezing cold temperatures postponed the original Feb. 14 event. Pleasant weather allowed performances to take place outdoors. Parades by lion dance troupes took place down Harrison Avenue, Tyler Street and Beach Street. Lion dances also took place in Allston.

Local politicians showed support for the community, including state Rep. Aaron Michlewitz, Boston council president Michelle Wu, Boston councilor for District 2 Bill Linehan and Quincy city councilor Nina Liang.

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**Boston City Hall hosts first Lunar New Year event**

BY LING-MEI WONG

The first Lunar New Year celebration was held at Boston’s City Hall on Feb. 22. It was organized by Boston Council president Michelle Wu.

“I am really proud to celebrate Chinese New Year right here in City Hall for the first time. We can provide space to highlight traditions throughout our city. Our diversity makes us stronger,” Wu said.

Seniors from Roxbury Tenants of Harvard Association performed traditional Chinese dances. The New England Kung Fu Dance Group had a percussion group formed by elders.

Lunch was catered by Tiki Port and Great Taste Bakery & Restaurant.

Daniel Koh Arrigg, chief of staff for Mayor Marty Walsh, wished attendees a prosperous Lunar New Year on the mayor’s behalf.

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**HIGHLIGHTS**

- **Boston welcomes ‘The Wong Kids’**
  PAGE 4
- **One in three adults don’t get enough sleep**
  PAGE 6

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Sampan publishes every other Friday. For more news, please visit Sampan.org
Fuel assistance program
Friday, Feb. 26
87 Tyler Street 5F
Boston, MA 02111
The fuel assistance program is a federally-funded program that helps low-income households with their home heating bills in winter season. All eligible fuel assistance applicants will receive discounted gas, electric and telephone rates. Residents of Boston, Brookline or Newton may apply from now on until April 30, 2016. To apply, please call (617) 426-9492 x 6 or make an appointment at the Asian American Civic Association.

Junior League annual charity gala
Saturday, Feb. 27
6 p.m. to 11 p.m.
217 Commonwealth Avenue
Boston, MA 02116
Enjoy a night of French decadence while giving back as the Junior League of Boston hosts The Gilded Gala at the Algonquin Club of Boston. This annual gala fundraiser celebrates the 110th year of the League, an all-women’s nonprofit organization focused on promoting voluntarism and developing tomorrow’s healthy confident women leaders. Tickets are $250 non-member or $125 at www.jfboston.org.gala.

Naturalization workshop
Monday, Feb. 29
1 p.m. to 4:30 p.m.
87 Tyler Street
Boston, MA 02111
The Asian American Civic Association naturalization workshop provides free instruction on filing naturalization applications, translated study material and much more. Please register with Melody Tsang at (617) 426-9492 x 0 or melody@aacsboston.org.

Free health care service
Every Tuesday
6 p.m. to 8 p.m.
First Church in Malden
10 Pleasant Street
Malden, MA 02148
The Sharewood Project offers free, uncharted health care to the medically underserved populations of the greater Boston area. For more information please call (781) 324-8991 or e-mail sharewood.director@gmail.com.

Parenting class
Wednesdays, March 2 to 5
9:30 a.m. to 11:30 a.m.
275 Hancock Street, 2nd Suite 200
Quincy, MA 02171
The Parenting Journey is one that begins when you were born. This 10-week program provides parents with an opportunity to develop themselves as nurtured and nourishing individuals, and to improve their capability of making responsible and informed choices in raising their children through reflecting on their own journey growing up. Free with breakfast. Register by Feb. 24 with Shixin Su at (617) 625-5129 x 0139 or shixin.su@bcnc.net.

Chinatown Safety Committee meeting
Wednesday, March 2
10:30 a.m.
821 Washington Street
Boston, MA 02114
The Chinatown Safety Committee meeting will take place at the Chinese Consolidated Benevolent Association. The public is welcome to attend.

Chinatown Resident Association meeting
Wednesday, March 2
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. The public is welcome to attend. For more information, email chinatownresidents@gmail.com.

The Chintatown Coalition meeting
Thursday, March 10
3:50 p.m.
88 Beach Street
Boston, MA 02111
The Chintatown Coalition meeting will take place at Hei La Moon. It is one of the largest community celebrations in Chinatown and its biggest fundraiser, raising funds to provide essential family-centered services to 2,000 people each year. RSVP online at www.bcnc.net.

MIT Media Business Conference
Saturday, March 5
6 a.m. to 6 p.m.
75 Amherst Street
Cambridge, MA 02142
The Asia Business Conference "Decoding the Business Landscape in Asia" will take place at the META Media Lab. Register online at www.mitiasia.businessconference.com.

High school essay competition
Saturday, March 5
1 p.m. to 3 p.m.
885 Washington Street
Boston, MA 02111
The Chinese American Citizens Alliance (CACA) Boston Lodge will host an essay competition for high school students at the Josiah Quincy School cafeteria. Students must complete a 500-word essay in two hours, which will be judged for prizes. RSVP by March 3 at http://ow.ly/NXn4l.

Clean Up Chinatown meeting
Tuesday, March 8
11 a.m.
87 Tyler Street
Boston, MA 02111
The Clean Up Chinatown meeting will take place at the Asian American Civic Association, 5F. The public is welcome to attend.

The Chintatown Coalition meeting
Thursday, March 10
9:30 a.m.
38 Ash Street
Boston, MA 02111
The Chintatown Coalition meeting will take place at the Boston Chinatown Neighborhood Center, 4F. The public is welcome to attend. For more information, visit ttcoboston.org.

Chinatown/South Cove Neighborhood Committee meeting
Tuesday, March 15
6 p.m.
90 Tyler Street
Boston, MA 02111
The Chinatown/South Cove Neighborhood Committee meeting will take place at the Chinese Consolidated Benevolent Association. The public is welcome to attend. For more information, email BostonCSCNC@gmail.com.

Naturalization workshop
Monday, March 28
1 p.m. to 4:30 p.m.
87 Tyler Street
Boston, MA 02111
The Asian American Civic Association naturalization workshop provides free instruction on filing naturalization applications, translated study material and much more. Please register with Melody Tsang at (617) 426-9492 x 0 or melody@aacsboston.org.

Free legal clinic
Monday, March 28
6 to 8 p.m.
1599 Hancock Street, Suite 209
Quincy, MA 02169
Asian Resources, Inc. will host a free monthly legal clinic addressing individual concerns over immigration law, landlord/tenant law, family law, personal injury and criminal issues. Please contact QARI at (617) 472-2200 or e-mail info@quincyasiaresources.org.

A Taste of Ginger gala
Monday, April 4
6:30 p.m. to 9:30 p.m.
165 Huntington Avenue
Boston, MA 02115
A Taste of Ginger is one of Boston’s largest food events of the year, held at the Museum of Fine Arts. It was established in 2005 to promote awareness and raise funds for the diabetes care, education, community outreach and research programs of the Asian American Diabetes Research Initiative (AADI) at Jodin Diabetes Center. Buy tickets at GivingJoslin.org/Ginger.

CRA spring banquet
Friday, April 8
6 p.m.
88 Beach Street
Boston, MA 02111
The Boston Chinatown Resident Association New Year Spring Banquet will take place at Hei La Moon. For more information, email chinatownresidents@gmail.com.

CORRECTION
An article in Sampan’s Feb. 12 issue on page 5, “Two women to represent Chinatown agency at Boston Marathon.” Following the publication date of this issue, it has组委会 announced that two women will represent Boston Chinatown Neighborhood Center at the Boston Marathon for the first time since 2012. The Sampan sincerely regrets the error.

AFFORDABLE OVER-55 LOTTERY
195 Salem, Wilmington.
5 condos 2BR, 2 BA,$178,000.
Max income
1P $48,800; 2P $55,800; 3P $62,750; 4P $69,700.
Info session 3/10/16 Lottery 4/7/16
both 6pm @ Wilmington Town Hall.
Apps Kristen 978-758-0197 kriscosta@verizon.net.
Castle Square celebrates Black History Month and Chinese New Year

BY LING-MEI WONG

The Castle Square Tenants Organization celebrated Black History Month and Chinese New Year on Feb. 19 at the Ben Franklin Institute of Technology. The event was attended by local elected officials, businesses, community-based organizations and labor. The board performs an important advisory function in the development and execution of policies and programmatic direction of the federally-funded public workforce development system, which consists of 16 local workforce development boards and 32 one-stop career centers across the Commonwealth.

Two Chinese women named to Mass. workforce board

BY THE SAMPAN EDITORIAL TEAM

The Massachusetts Workforce Development Board named two Chinese women as appointees on Feb. 25 at the Statehouse. Bunker Hill Community College president Pam Eddinger and Tufts Medical Center director of community health improvement programs Sherry Dong were appointed to the 33-member board, representing Gov. Charlie Baker’s administration, the legislature, local elected officials, businesses, community-based organizations and labor. The board performs an important advisory function in the development and execution of policies and programmatic direction of the federally-funded public workforce development system, which consists of 16 local workforce development boards and 32 one-stop career centers across the Commonwealth.

Preschoolers learn about Chinese New Year

BY LING-MEI WONG

In the seventh year, bringing together diverse cultures through art and food, the Jo-Me Dance Company performed modern dance and BeanTown Jumpers youth demonstrated double Dutch. King Illabash Productions’ Shaquan Gabriel closed the program with an African drum performance.

African drumming and double Dutch jump roping.

Castile Square residents celebrated Black History Month and Chinese New Year on Feb. 19 at the Ben Franklin Institute of Technology. Ivy Dance School performed traditional Chinese dances. (Image courtesy of Ling-Mei Wong.)

Castle Square is an affordable housing complex on Tremont Street. The event is in its seventh year, bringing together diverse cultures through art and food.

African drumming and double Dutch jump roping.

African drumming and double Dutch jump roping.

African drumming and double Dutch jump roping.

African drumming and double Dutch jump roping.

African drumming and double Dutch jump roping.

African drumming and double Dutch jump roping.

African drumming and double Dutch jump roping.

St. James Church celebrates Year of the Monkey

BY ST. JAMES THE GREATER CHURCH

St. James the Greater Church and the Boston Chinese Catholic community celebrated the Year of the Monkey on Feb. 14. It began with a Mass presided by Episcopal Vicar Father James Flavin. His homily paid homage to the Chinese culture, wished everyone a blessed Lunar New Year and how it complemented with the Catholic Church Lenten season.

After Mass a festive program took place in the Church Hall. Delicious Chinese New Year pastries and buffet food was served. Lion and martial art demonstration, folk dance, greetings, singing and musical instruments brought joy, peace, good luck to parishioners, visitors, family members and friends.

Lucy Liu honored at Harvard

Motion picture star Lucy Liu was honored at Harvard University by the Harvard Foundation For Intercultural and Race Relations for her artistic achievements and her humanitarian efforts on Feb. 20 at Sanders Theater. (Image courtesy of George Weinstein.)

45 Marion Street Affordable Housing Lottery

Brookline, MA

Two Studios @ $765*, Ten 1BRs @ $805*, One 2BR @ $958*

*Rents subject to change in 2016. No utilities include except Water and Sewer. Tenants will pay own Gas Heat, Gas Hot Water, Electricity and cooking fuel (electric). No parking spot is included.

MAXIMUM Household Income Limits:

- $34,500 (1 person), $39,400 (2 people),
- $44,350 (3 people), $49,250 (4 people)

45 Marion Street is a 64 unit rental apartment located in Brookline. 13 of these apartments will be made available through this application process and rented to households with incomes at or below 50% of the Area Median Income. Units will first be available July/August 2016.

Completed Applications and Required Documentation must be received, not postmarked, by April 19th, 2016

A Public Info Session will be held at 6 pm on March 7th, 2016 in Room 103 in Brookline Town Hall (333 Washington Street). The Lottery for eligible households will be held on May 11th, 2016 at 6 pm as the same location as the info session.

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 for rental then x4) and leave a message. For TTY Services dial 711. Free translation available.

Applications also available at Brookline Public Library on 361 Washington Street

(Library hours: M-Th 10-9, F-Sa, Fri-Sat 10-5, Su 1-5)
Chinatown/South Cove Neighborhood Council discusses local businesses

BY LING-MEI WONG

The Chinatown/South Cove Neighborhood Council met on Feb. 16 at the Chinese Consolidated Benevolent Association.

Joy Luck Hot Pot and Seafood restaurant owner Qian Wang returned to update the council on the restaurant’s application for a liquor license. All alcohol must be served with food at the 81-seat restaurant.

The restaurant at the former McDonald’s on 702 Washington Street is slated to open soon, pending a fire inspection.

CONTINUED ON PAGE 5

Chinatown crime blotter for Feb. 13 to Feb. 26

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from Feb. 13 to Feb. 26 for District A-1, which includes Chinatown.

To report a crime or suspicious activity, call 911. Interpreters are available for Chinese speakers.

Leaving the scene of a car accident

Feb. 1, 1:38 a.m.: The suspect was arrested on a charge of leaving the scene of an accident. She struck the two victims and fled the scene without stopping.

Trespassing

Feb. 13, 11 a.m.: The suspect was arrested on Washington Street for trespassing inside the hospital.

Warrant arrest

Feb. 15, 10:36 a.m.: The suspect was arrested on Washington Street on an outstanding warrant issued out of Boston Municipal Court.

Larceny

Feb. 15, 11:02 a.m.: The suspect was arrested on Washington Street on a larceny charge. He was caught using a stolen credit card inside of the CVS.

Boston welcomes ‘The Wong Kids’

BY SARA BROWN

The Josiah Quincy Elementary School welcomed the cast of “The Wong Kids” on Feb. 16.

“The Wong Kids” play premiered at ArtsEmerson on Feb. 19. The welcome party was sponsored by Boston Chinatown Neighborhood Center (BCNC), Epicenter Community and Get Konnected.

“Often times we don’t tell people what’s going on in our community,” said BCNC executive director Giles Li. “One of my goals for the new year is to tell everyone the great things going on in Chinatown.”

The ArtsEmerson website describes the play as “Using a mix of action-driven storytelling, puppetry, and visual magic, ‘The Wong Kids’ transports its audience into the far reaches of the galaxy. Violet and Bruce Wong just don’t fit in with the other Earth kids. Sure, they have superpowers, they’re just not very good ones. But when an evil beast called the Space Chupacabra appears, intent on universal destruction, The Wong Kids must travel to outer space in order to stop it... if they can only stop bickering. Violet and Bruce ultimately realize that being different isn’t just okay, it might just be the most important thing ever.”

To welcome the cast to Boston, several groups performed. The first was a dragon dance by Calvin Chin’s Martial Arts Academy. The dancers started from the audience members, moving the dragon through the entire auditorium before reaching the stage.
Tufts University employees give grants to three Chinatown organizations

BY TUFTS UNIVERSITY

The Tufts Neighborhood Service Fund (TNSF) committee recently awarded grants to three organizations in Chinatown. TNSF collects donations from university employees throughout the year and then awards grants to community-based, charitable organizations that serve Tufts’ host communities (Somerville, Medford, Grafton and Boston’s Chinatown) and that 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 2015, there was a total of $18,500 available to distribute through TNSF. The committee received 53 proposals representing more than $79,000 in requests and selected 38 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.

Out of six grant applications from organizations in Chinatown, three were funded. The Chinatown grant recipients for 2015 are:

- **Asian American Civic Association:** $500 for T-pass costs for their Workforce for 2015 are: organizations in Chinatown, three were of Tufts volunteers.
- **Greater Boston Chinese Golden Age Center:** $1,000 to develop a comprehensive program to increase awareness of cancer prevention in Chinese American community.
  "The range of work and services that each agency provides the community continues to impress the TNSF committee," said Barbara Rubel, director of community relations. "It is no wonder that these agencies attract so many Tufts volunteers to work with them. We hope the employee contributions to TNSF demonstrate how vital our host communities are to the university.”

TNSF is a giving option of the Tufts Community Appeal (TCA), in which the university encourages its employees to contribute to charitable organizations at the regional, national and international levels. The TCA unites faculty and staff across all campuses of the university, and demonstrates the support the Tufts community for local and global efforts. It reflects the university community’s belief that individual action can make a difference in the world.

Questions regarding the Tufts Neighborhood Service Fund can be directed to the Community Relations Office at Tufts University (617-627-3780).

**CRIME: Local crime for Feb. 1 to Feb. 12**

**CONTINUED FROM PAGE 4**

**Why did one woman get off a bus in downtown Dedham and not walk?**

A warrant arrest
Feb. 17, 11 a.m.: The suspect was arrested on Harrison Avenue on an outstanding warrant issued out of Dedham District Court.

**Trespassing**
Feb. 17, 1:10 p.m.: The suspect was arrested on Washington Street on a charge of trespassing. He was told on several occasions to leave the hospital and he refused to leave.

**Larceny**
Feb. 17, 7:42 p.m.: The victim reported she lost her wallet in the area of Oxford Place and Beach Street. She also reported an unknown person used her credit card at the MBTA station in Chinatown.

**The pink tax is that little bit of extra money put on products directed toward women. The same product in the men’s aisle costs less. On average, women pay about $1,300 more than men every year.**

"Everyday things like lotions, shampoos, razors and even deodorant are more expensive than men’s versions."

The pink tax
Feb. 17, 6:25 p.m.: The suspect was arrested on Washington Street on a charge of trespassing. He was told on several occasions to leave the hospital and he refused to leave.
One in three adults don’t get enough sleep

BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION

More than a third of American adults are not getting enough sleep on a regular basis, according to a new study in the Centers for Disease Control and Prevention’s (CDC) Morbidity and Mortality Weekly Report. This is the first study to document estimates of self-reported healthy sleep duration (seven or more hours per day) for all 50 states and the District of Columbia.

The American Academy of Sleep Medicine and the Sleep Research Society recommend that adults aged 18 to 60 years sleep at least seven hours each night to promote optimal health and well-being. Sleeping less than seven hours per day is associated with an increased risk of developing chronic conditions such as obesity, diabetes, high blood pressure, heart disease, stroke and frequent mental distress.

“As a nation we are not getting enough sleep,” said Dr. Wayne Giles, director of CDC’s Division of Population Health. “Lifestyle changes such as going to bed at the same time each night; rising at the same time each morning; and turning off or removing televisions, computers, mobile devices from the bedroom, can help people get the healthy sleep they need.”

Prevalence of healthy sleep duration varies by geography, race/ethnicity, age, income, education, occupation, marital status, and public health department and CDC.

Key findings

Healthy sleep duration was lower among Native Hawaiians/Pacific Islanders (54 percent), non-Hispanic Blacks (54 percent), multiracial non-Hispanics (54 percent) and American Indians/Alaska Natives (60 percent) compared with non-Hispanic whites (67 percent), Hispanics (66 percent), and Asians (63 percent). The prevalence of healthy sleep duration varied among states and ranged from 56 percent in Hawaii to 72 percent in South Dakota.

A lower proportion of adults reported getting at least seven hours of sleep per day in states clustered in the southeastern region of the United States and the Appalachian Mountains. Previous studies have shown that these regions also have the highest prevalence of obesity and other chronic conditions.

People who reported they were unable to work or were unemployed had lower healthy sleep duration (51 percent and 60 percent, respectively) than did employed respondents (65 percent). The prevalence of healthy sleep duration was highest among people with a college degree or higher (72 percent).

The percentage reporting a healthy sleep duration was higher among people who were married (67 percent) compared with those who were never married (62 percent) or divorced, widowed or separated (66 percent).

The Melanoma Foundation of New England launched a nationwide program to provide free sunscreen. (Image courtesy of Melanoma Foundation of New England)

Melanoma Foundation of New England launches nationwide program

BY THE MELANOMA FOUNDATION OF NEW ENGLAND

Melanoma Foundation of New England (MFNE), a nonprofit aimed at reducing the incidence of melanoma, the deadliest form of skin cancer, announced that it is now offering cities, nonprofits and private businesses the opportunity to obtain weather-resistant, low-maintenance sunscreen dispensing units for the benefit of their communities. A limited number are available for free to municipalities and non-profits that apply via an online RFP process, and any public or private organization can purchase dispensers for their use or as a donation. This sunscreen distribution program, called Practice Safe Skin, offers an effective preventive measure to help visitors avoid sun over-exposure year round in public and private recreation areas including playgrounds, ski areas, beaches, civic buildings and amusement parks.

The RFP process for municipalities and non-profits runs Jan. 3-4, March 30, 2016, with priority given to New England-based organizations in the first round. Businesses and organizations seeking to purchase units can apply online throughout the spring. All public and private units to be installed by spring/summer 2016.

Melanoma is rising faster than any other cancer with one person every 56 minutes dying from the disease. Studies show that with daily sunscreen protection, the risk of melanoma is preventable. In response to Surgeon General’s 2014 Call to Action to address skin cancer as a major public concern, MFNE and partner Make Big Change (MBC) launched a pilot program during the summer 2015 to donate free sunscreen throughout Boston parks and Massachusetts beaches at no cost to taxpayers.

Deb Girard, MFNE executive director, said, “Our pilot program this past summer to install sunscreen dispensers within the City of Boston and on Massachusetts state beaches was a huge success. We are thrilled to be able to expand on that program and offer these sunscreen units for public and private distribution throughout New England and beyond.” She added, “We hope these bright yellow sunscreen dispensers will become as ubiquitous as hand sanitizer over the next few years in businesses and recreation areas across the country.”

Following the success of the pilot program, the Practice Safe Skin initiative is expanding to give cities and businesses across the country the ability to offer this public safety program. MFNE will continue to donate free sunscreen dispensers to the City of Boston and the Massachusetts Department of Recreation for state beaches in 2016.

Sunscreen dispensers hold a 1,000-milliliter bag of sunscreen, for 670 applications per bag. The all-natural SPF-30 sunscreen is safe for people aged six-months and up with an all-natural blend of 6 percent zinc and 6 percent titanium. All of the ingredients will be printed on the machines upon installation, and are available upon request.

MFNE is subsidizing the cost and procurement of the free public units through private and corporate sponsorship donations, and funds raised by MFNE’s Running for Cover, one of the Boston Athletic Association’s Official Charity Teams for the Boston Marathon. MFNE is also using this platform to expand their year-round public education programs aimed at melanoma prevention and detection.

MBC is the New England provider of state-of-the-art automated sunscreen dispenser units. Since 2014 MBC has worked to place sunscreen-dispensing devices across high-traffic areas in New Hampshire including public parks and beaches.
Diabetes drug may prevent recurring strokes

BY NATIONAL INSTITUTES OF HEALTH

Pioglitazone, a drug used for type 2 diabetes, may prevent recurrent stroke and heart attacks in people with insulin resistance but without diabetes. The results of the Insulin Resistance Intervention after Stroke (IRIS) trial, presented at the International Stroke Conference 2016 in Los Angeles and published in the New England Journal of Medicine, suggest a potential new method to prevent stroke and heart attack in high-risk patients who have already had one stroke or transient ischemic attack. This large, international study was supported by the National Institutes of Health's National Institute of Neurological Disorders and Stroke (NINDS).

The IRIS trial is the first study to provide evidence that a drug targeting cell metabolism may prevent secondary strokes and heart attacks even before diabetes develops. Insulin regulates metabolism and keeps blood sugar levels from getting too high, along with many other processes, in the body. Insulin resistance is a condition in which the body produces insulin but does not use it effectively.

“This study represents a novel approach to prevent recurrent vascular events by reversing a specific metabolic abnormality thought to increase the risk for future heart attack or stroke,” said Dr. Walter Kernan, professor of general medicine at Yale University School of Medicine, New Haven, Conn., and lead author of the study.

More than 3,000 patients from seven countries who had experienced an ischemic stroke or transient ischemic attack within the previous six months were randomized to receive pioglitazone or placebo for up to five years in addition to standard care. Ischemic stroke and transient ischemic attacks can occur when a cerebral blood vessel becomes blocked, cutting off the delivery of oxygen and nutrients to brain tissue.

In this study, stroke or heart attack occurred in 9 percent of participants taking pioglitazone and 11.8 percent of patients on placebo, which was a relative decrease of 24 percent. The results suggest that 28 strokes or heart attacks may be prevented for every 1,000 patients who take pioglitazone for up to five years.

Insulin resistance is a hallmark of type 2 diabetes but also occurs in more than 50 percent of people with ischemic stroke who do not have diabetes. People with diabetes are known to have increased risk of stroke. Previous research suggested that insulin resistance increases risk for stroke, but the IRIS trial was the first to treat it and suggested that the therapy reduced the risk of recurrent stroke and heart attacks. However, pioglitazone is not FDA-approved for the uses studied in the IRIS trial.

In this study, pioglitazone also reduced the risk of diabetes by 52 percent in the study participants. The study evidenced an additional known side effect of the drug, which is an increased risk of bone fractures. To help doctors and patients choose the best strategy for preventing recurring strokes, future studies will attempt to identify a person’s risk of bone fractures due to pioglitazone. As approved for use in medical practice, the drug also carries additional side effects.

“More research is needed to determine the mechanisms by which pioglitazone decreases risk for stroke and heart attack and increases bone fracture risk, with the hope of developing strategies that maximize benefit and minimize serious side effects in our patients,” Kernan said.

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MBTA NOTICE TO BIDDERS

- Electronic proposals for the following project will be received through the internet using Bid Express until the date and time stated below, and will be posted on www.bidx.com forthwith after the bid submission deadline.

- No paper copies of bids will be accepted.

- Bidders must have a valid digital ID issued by the Authority in order to bid on projects.

- Bidders need to apply for a digital ID with Bid Express at least 14 days prior to a scheduled bid opening date.

- MBTA Contract No. T92CN01, KNOWLEDGE CORRIDOR – NORTHAMPTON UNDERPASS PROJECT IN NORTHAMPTON, MASSACHUSETTS, CLASS 1-General Transit Construction AND PROJECT VALUE – $4,806,200.00.

- Submitted at www.bidx.com until two o’clock (2:00 p.m.) on March 24, 2016.

- Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

As part of the American Recovery and Reinvestment Act (ARRA) High-Speed and Intercity Passenger Rail program, the Knowledge Corridor - Restore Vermonter Project restored intercity passenger rail service on the Pan Am Southern (Pan Am) Connecticut River Main Line (CRML) between Springfield, Massachusetts and White River Junction, Vermont. Work on the Knowledge Corridor Underpass Project generally consists of the construction of a precast concrete underpass structure to accommodate a bike path beneath the CRML in Northampton, Massachusetts.

Additional information and instructions on how to submit a bid are available at http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/
Interested? To qualify for inclusion in the lottery, you must:

1. Be a 1st time homebuyer who has completed an approved homebuyer education course prior to closing;
2. Have a minimum household size of two (2) persons;
3. Meet income and asset requirements.

MAXIMUM HOUSEHOLD INCOME

<table>
<thead>
<tr>
<th>Number of Persons</th>
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Mortgage, deed, owner-occupancy, Boston residency, household size preference, and other restrictions apply. Requirements are subject to change.

Buyer will be selected by lottery.

Interested homebuyers must apply to the Neighborhood Homes Initiative (NHI). Applications are accepted on a rolling basis, however, to be included in the 77 Dwinell lottery you must submit a complete application with all required documentation by April 6, 2016.

Applications are available in person at the Boston Home Center, 26 Court Street, Boston, MA; on-line at www.bostonhomecenter.com; or can be requested by calling 617-635-4663.

77 Dwinell Street Lottery deadline is April 6, 2016

City of Boston
Mayor Martin J. Walsh

Tufts Medical Center (Tufts MC) welcomed the Lunar New Year celebration on Feb. 12. (From left) Josiah Quincy Elementary School principal Cynthia Soo Hoo, Tai Tung Village property manager Fong Cheong, Tufts MC director of community health improvement programs Sherry Dong, Boston City Council president Michelle Wu, Tufts MC president and CEO Michael Wagner. (Image courtesy of Ling-Mei Wong.)

Tufts celebrates Lunar New Year

BY LING-MEI WONG

Tufts Medical Center welcomed the Year of the Monkey with a Lunar New Year celebration on Feb. 12 at the atrium. Josiah Quincy Elementary School (JQES) students performed, while artists demonstrated Chinese calligraphy.

“This is one of the happiest days of the year, to see the atrium filled with children,” said Michael Wagner, Tufts Medical Center president and CEO.

The Gung Ho club of the Boston Chinese Freemasons performed a lion dance. Students from the JQES Mancini orchestra performed two string pieces. The Children’s Choir sang “Happy New Year” and “Gong Xi Gong Xi,” followed by two dances by students.

Cathay Bank gives to AACA

Cathay Bank made a donation of $20,000 to the Asian American Civic Association (AACA) on Feb. 11 at the China Pearl. (From left) AACA board members Mary Chin, Julia Kim, David Chang, Yongmei Chen, Cathay Bank first vice president and manager of commercial lending Grant Pat-tison, AACA executive director Chau-ming Lee, AACA board members Marvin Gilmore, Kuhn Lee and Patty Moy. (Image courtesy of Ling-Mei Wong.)

Irene Ruan致力于为您提供您应得的服务。